

## Children's School Services Annual School Health Nurse Awards Program

The Children's School Services (CSS) Leadership and Management Team have created a platform that promotes a culture of recognition. This year we extend the opportunity for you to nominate your peers for recognition for National Nurse's Week. This peer-to-peer recognition program provides an opportunity for you to express the value you see in the achievements and actions of your colleagues. It also provides the opportunity to acknowledge and celebrate the extraordinary accomplishments of the nurses with whom you work. The Annual School Nurse Awards Program will be held at the CSS School Nurse's Week Program on Friday, May 19, 2017 at the University of Maryland Marriott Conference Center. This is an opportunity to applaud your colleagues for distinguished successes in school health. Self-nominations will not be considered.



Please consider nominating a colleague with outstanding contributions in the following areas:

- Excellence in School Nursing Practice
- Family Advocacy Award
- Mentoring in School Health Nursing
- Innovation in School Nursing Award
- Excellence in School Nurse Practice— Licensed Practical Nurse

To nominate a colleague for one of these awards, please send a brief description of the person's accomplishments or actions (with anecdotal evidence) that qualify them for the specific award to Angela Johnson at [aljohnso@cnmc.org](mailto:aljohnso@cnmc.org) no later than April 14, 2017. Please be sure to include the nominee's name, assigned school, the award category and a brief description of why you nominated the individual.

## Children's National 7th Annual Research & Education Week

Research & Education Week at Children's National is April 24-28, 2017. This is one of the best internal opportunities to learn about new and ongoing research, quality and education projects underway at Children's National. Four poster abstracts from Children's School Services have been accepted and will be displayed during the poster session.

- Improving School Nurse Participation in 504/IEP Meetings  
Authors: Tanya Hankton, BS, BSN, RN, Michelle Green, BSN, RN, Valerie Horne, BSN, RN
- Pass it on: Improving Teacher-Nurse Collaboration  
Authors: Adrienne Rogers, MSN, RN, Isatu Mansaray-Destry, BSN, RN
- Implementing a Diabetes Care Coordination Model  
Authors: Malika Henderson-Grays, BSN, RN, Natalie Shropshire, BSN, RN, CPN
- Asthma Action Plan Initiative: Breathe Easy  
Authors: Angala Johnson, MSN, RN, Courtney Jones, BSN, RN, Patricia Howard-Chittams, MA, MSN, RN, Marcell Kitt, LPN, Robert Allen, BSN, RN, Grace Echeona, BSN, RN, Katrena Clark, BSN, RN,

Join me in congratulating our colleagues on their great work. Be on the look out for more information and registration details for Research & Education Week.

## Healthy Recipe of the Month – 1 Pan Garlic Roasted Salmon & Brussel Sprouts

### Ingredients

- 14 large cloves garlic, divided
- ¼ cup extra-virgin olive oil
- 2 tablespoons finely chopped fresh oregano, divided
- 1 teaspoon salt, divided
- ¾ teaspoon freshly ground pepper, divided
- 6 cups Brussels sprouts, trimmed and sliced
- ¾ cup white wine, preferably Chardonnay
- 2 pounds wild-caught salmon fillet, skinned, cut into 6 portions
- Lemon wedges

### Directions

1. Preheat oven to 450°F.
2. Mince 2 garlic cloves and combine in a small bowl with oil, 1 tablespoon oregano, ½ teaspoon salt and ¼ teaspoon pepper. Halve the remaining garlic and toss with Brussels sprouts and 3 tablespoons of the seasoned oil in a large roasting pan. Roast, stirring once, for 15 minutes.
3. Add wine to the remaining oil mixture. Remove the pan from oven, stir the vegetables and place salmon on top. Drizzle with the wine mixture. Sprinkle with the remaining 1 tablespoon oregano and ½ teaspoon each salt and pepper. Bake until the salmon is just cooked through, 5 to 10 minutes more. Serve with lemon wedges.



## Bulletin Board Contest

1. Each Nurse may submit up to 2 entries for the competition.
2. Items on the bulletin board may be purchased (not bulletin board sets), hand designed, stenciled, die cut, or computer generated.
3. Should be based on the components of the WSCC model, intended audience may include: school personnel, students, and parents.
4. Should reflect creativity and originality.
5. Should be a reflection of the title of the bulletin board.
6. Should include the Nurse's Name and assigned school.
7. Draws and holds the attention of the intended audience.
8. The bulletin board should be neat and well organized

The display shall be graded on:

- Resourceful and expresses content in an attention-grabbing way.
- Originality
  - ◊ Innovative way to display content
  - ◊ Unique and distinctive way in which context is expressed
  - ◊ Use of color, proper grammar, correct spelling
- Presentation
  - ◊ Title clearly stated and easily seen from a distance.
  - ◊ Information presented on the bulletin board matches the targeted audience.
  - ◊ Theme is readily evident.



To participate in the contest, please submit a photo of your bulletin board to [pchittam@childrensnational.org](mailto:pchittam@childrensnational.org)

## Health Promotion Digital Video Playlist

The health promotion digital video playlist hosted by HRM Video is now available on RNsConnect. The digital video playlist allows for quick and easy access to health promotion videos to display via projector or smart boards in the classroom. Videos topics are many of those included in Healthy People 2020. Featured titles include:

- Are You a Bully?
- Basic Hygiene
- Choose to Refuse
- Frenemies
- Everything You Need to Know About Substance Abuse
- Myplate and You
- Say No to Negative Peer Pressure
- Overweight in America
- School Rules
- Spit Tobacco Kills
- Teen Truth
- Ten Reasons to Get and Stay in Shape

And many more. If you do not have the capability to share these videos in your school, each of these videos are also available on DVD by request to Shawn Hickey-Higgins.

## Diabetes Territory



Happy St. Patrick's Day!

I hope you all have enjoyed our spring-like winter and the winter-like spring we are heading for. You know what 'they' say...if you don't like the weather here, just wait 5 minutes. It will change.

For this month's edition of Diabetes Territory, we are going to change direction some, also. While we have spent the last few months focusing on how to calculate insulin dosage, this month we will focus on insulin, itself.

We all know there are many different types of insulin. So many, in fact, that it may be difficult to know how one type differs from the others and how it is decided which type of insulin your students may take. Toward that end, I have done some research into insulin and compiled it in a short 'Primer on Insulin for School Nurses'. You can find this on RNsConnect in the Diabetes Territory block. There is also a table for your reference which breaks down the different types of insulin you may encounter in your practice.

Please also take the short quiz, to establish comprehension of the materials provided.

### March Health Observances

Bleeding Disorders Awareness Month  
National Colorectal Cancer Awareness Month  
National Endometriosis Awareness Month  
National Kidney Month  
National Nutrition Month <sup>®</sup>  
Save Your Vision Month  
Trisomy Awareness Month  
Workplace Eye Wellness Month  
6 - 10 National School Breakfast Week  
9 World Kidney Day  
10 National Women and Girls HIV/AIDS Awareness Day  
12 - 18 Patient Safety Awareness Week  
13 - 19 Brain Awareness Week  
19 - 25 National Poison Prevention Week 2  
0 National Native American HIV/AIDS Awareness Day  
22 American Diabetes Alert Day  
24 World Tuberculosis Day

This newsletter is published monthly by the Children's School Services School Health Services Program.

Chantel Skipper, MSN, CPNP-AC, RN-BC  
Performance Improvement Coordinator  
cskipper@childrensnational.org

Sharon Bostic, DNP, MBA, BSN, RN, CPN  
Director of Quality and Education

Colleen E. Whitmore, MSN, RN, FNP  
Executive Director /Director of Nursing