

Immunization Surveillance Reports

Your immunization surveillance reports show how hard you are working to improve immunization compliance among our students. Many of you have described difficulties with the registry reports, especially problems with the accuracy of enrollment lists. We can expect that your continued feedback to your school registrar and to the Washington, DCc immunization registry will result in fewer of these barriers in the future.

Deborah Eades at KIPP-Aim and Christine Cockrell at Lafayette Elementary lead the list for sending out Birthday Card reminders students turning 4 and 11 to encourage immunization before they become overdue.

Hats off to the team at Anacostia High, where Natalie Suttles is collaborating with colleagues throughout the building to provide more reminders and education about adolescent immunizations! When non-compliant students sign in with the security guard, they get referred to the nurse. Ms. Suttles also works with the program coordinator of the school-based health center so that at every encounter immunization records are checked and reminders are given. These reminders for high school students about their immunization status is a great way to get them immunized and to help them start to take charge of their own health care decision-making.

Jocelyn Esposito is providing education about HPV vaccine at Capital City Public Charter School by providing information at the check-in table during parent-teacher conferences and sending home HPV information along with grade reports for all middle school students. At Randle Highlands Elementary School, Selinda Boyd-Graham spoke with fifth grade girls about HPV vaccine. At Excel Public Charter School, Julia Mayrant has used the school newsletter to provide information about immunizations, including flu shots.

How do you motivate compliance? To get students and teachers motivated to remind parents to get kids immunized, Katrina Clark has offered a pizza party for classes at Savoy that reach 100% compliance. At Kramer Middle School, Rolanda Young found that there was no money for pizza parties, so she got the Principal to approve a dress-down day for the class with the highest compliance rate. At Johnson Middle School, Marcell Kitt has found that many of his letters get returned because of incorrect addresses, so he sends notices home with the students and calls parents the same day to alert them regarding immunization status. He also uses "Panther Bucks" and gift cards as incentives for compliance. Sara Tewolde reports that the one-day exclusions instituted by Friendship Charter Schools have been effective in motivating parents to get their children immunized and bring in updated records.

It's great to see that all over the city, CSS nurses are using creative problem-solving and collaborating with others to improve immunization compliance. Keep up the good work!

Janet Gingold, MD, MPH
School Physician

Welcome to CSS!

Theedith Moore, LPN– Ward 7

Renee Garnes Spense, CHN– DC Prep-Anacostia

Kristi Rohwer, CHN– Lincoln MS

Did you know?

You can download your registry reports to Excel by choosing the Output Type "Excel." Using the Sort function, you can arrange the student list on the Detail sheet by birthdate. That makes it easy to identify the students who should get birthday card reminders each month.

December Health Observances

World AIDS Day (December 1)

Safe Toys and Gifts Month

National Influenza Vaccination Week (December 7-13)

National Handwashing Awareness Week (December 6-12)

The Tower Garden at Lafayette ES

As Lafayette undergoes complete renovation, we have had to be creative about a lot of things, including our garden, which is temporarily out of service. In anticipation of this, last year Nurse Cockrell and Ms. McClure, the P.E. teacher, participated in a Wellness Grant, through which we purchased an Aeroponic Garden, called the Tower Garden. As its name suggests, it is a tower of plants, watered by a pump, and fed by plant food instead of soil. It requires greenhouse lights, but the result is very fast growth of edible fruits and vegetables indoors.

This year, thanks to the Home-School Association, we invited Duane McCarthy, sales representative for Juice-Plus/Tower Garden products, to give the teachers a training on background, mechanics, and uses for our new indoor garden. He helped us set it up, plant the seedlings, and get the plant food and PH correct. This garden has a wealth of educational material to draw from. Our second graders have begun to “adopt” the garden for instructional purposes in their classrooms, because it can move from classroom to classroom easily on wheels.

For example, in Mr. King’s second grade class, the garden became an example of “Then and Now,” or the scientific advances in gardening, land use, and global nutrition. Other classes will use it to stimulate discussion about healthy eating and urban, rooftop and apartment gardens. The Kindergarten classes will make a “Parts of the Plant Salad” by harvesting the celery (stems), kale (leaves), cauliflower (flowers), and fruit (tomatoes). We will then make a yummy dressing using the cilantro and chives, while teaching about flavors other than salt. Pre-K has been learning to identify the different shapes, textures, and flavors of the leaves. They measure the leaves with rulers to compare size and readiness for harvest. Plus, there is just something special about making and eating anything directly from the garden! So while we await our beautiful outdoor classroom garden planned for the Fall, we are having a great time with this one.



Christine Cockrell, RN, BSN,
School Nurse– Lafayette ES

Kids Walk to Cure Diabetes at Leckie Elementary School

The Juvenile Diabetes Research Foundation (JDRF) works to raise funds for type 1 diabetes research. Their primary fundraising event, the annual JDRF One Walk, takes place all over the country. Having two students diagnosed with type 1 diabetes, Leckie ES thought it would be a great idea to host its own walk in mid November. A representative from the Washington, DC, chapter of the foundation visited the school and held an educational assembly as a kickoff to the walk. Students learned about type 1 and type 2 diabetes, the importance of a healthy diet and exercise, and how they could raise money. The students received donations by selling the JDRF's signature paper sneakers. Leckie ES raised \$297.00 in total and will receive a ten percent appreciation check and school banner. The fourth grade classes raised the most money, bringing in nearly half of the total raised. There were also individual prizes for students who participated.



Students and parents pictured with the school nurse



JDRF signature paper sneakers posted on the main school lobby bulletin board

Egypt Middleton, BSN, RN
School Nurse-Leckie ES

Healthy Recipe of the Month– No Cook Corn Chowder With Avocado Salsa

Ingredients:

- 1 1/2 cups frozen organic corn kernels
- 1/2 carrot
- 1/2 stalk celery
- 1 lime, juiced (about 2 teaspoons)
- 1/2 teaspoon raw honey
- 1/2 green onion
- 1/4 teaspoon salt
- 1/2-3/4 cup water
- 1/2 avocado, diced
- 1/2 tomato, diced

Directions:

1. Combine all ingredients except avocado, tomato, and cilantro in a blender or food processor until smooth (Start with 1/2 cup water and add more if necessary)
2. To make salsa, gently combine avocado, tomato, and cilantro in a small bowl
3. Pour soup into two bowls and top with salsa to serve.

Veterans Homeless and Stand Down Resource Day

Prince George's County hosted its fourth annual Veterans Homeless and Stand Down Resource Day on Saturday, November 8th at the Wayne K. Curry Sports and Learning Complex. This event provided onsite resources such as emergency housing assistance, employment education, legal information, health and vision services, clothing and more to support county residents who are homeless. All homeless veterans were immediately offered shelter, free flu shots and hot meals. I volunteered to escort the individuals around the facility to make sure all services available were tailored to their personal needs. All individuals enjoyed the to-go food bags and the free shuttle transportation to the Metro station with transportation assistance. Overall it was a wonderful event and I was so happy to help and give back!

Carolyn Dickens, RN, BSN
School Nurse– Maya Angelou PCS



Nurse Dickens at the Veterans Stand Down Homeless Resource Day Event

Four Exercises To Boost Digestive Health

Aerobic exercise: Shoot for 20 to 30 minutes of aerobic activity every day. This is especially helpful if you struggle with constipation. Try to walk briskly, bike ride, play tennis, swim or jog to raise your heart rate and make you sweat. Vigorous activity helps to improve the circulation to the stomach and stimulates enzyme production.

Yoga: Stress can worsen disorders such as irritable bowel syndrome (IBS) and indigestion. Yoga is a great way to relax and manage stress.

Sit ups: Doing sit ups can help prevent a bloated belly associated with gas. Aim for one set of eight to twelve sit ups. If you're able to do more, shoot for two to three sets.

Pelvic Floor Exercises: If you have trouble with fecal incontinence, pelvic floor exercises can help. To do them, squeeze and relax your pelvic floor muscles. Aim for 50 to 100 reps per day.

Paige Greenfield
<http://healthguides.healthgrades.com/article/4-exercises-to-boost-digestive-health>

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