

Go Red at Thurgood Marshall

On Friday, February 3, the faculty and staff at Thurgood Marshall Academy PCHS celebrated the 15th anniversary of the National Wear Red Day. This day is observed to bring national attention and show support for women with heart disease and stroke. According to the Centers for Disease Control and Prevention, cardiac events and stroke cause one out of three female fatalities in the US each year. The good news is that 80 percent of cardiac events may be prevented with education and lifestyle changes.

Under the direction of Michele Thompson, physical education teacher, several events occurred to raise awareness on this day. The gymnastic/exercise room was open for staff and faculty. A few tasty heart healthy treats were placed in everyone's mailbox with educational literature on eating healthy. The day was very exhausting for some staff but the outpouring of support for women with heart disease and stroke was phenomenal.

Yvonne Akinwumi RN, BSN
Community Health Nurse
Thurgood Marshall Academy PCHS



Welcome to Children's School Services - New Hires 2017

Alita-Geri Carter, CHN Ward 3
Mariatu Sesay, LPN Ward 5
Hannah Pilgrim, CHN Ward 1
Charise Kitchen, LPN Ward 8
Leonard Okereke, LPN Ward 7
Dana Freeland, CHN Ward 5

Ward 1 Nurses Generously Gave Back this Holiday Season!

Ward 1 participated in the Spirit of Holiday Sharing Program this season at Children's National. This program is supported through Children's Social Work Department, where families are paired with a sponsor to make the holiday season a little brighter for our constituents in the communities. More than half of Ward 1 nurses participated by donating money to purchase various gifts and toys for our sponsored family. We also collected gift cards from Dave and Buster's, Target, and Giant Foods. Gifts included robes, pajamas, fragrance sets, Barbie dolls, nails polish kits, baby bibs, an infant snow suit, and hats and glove sets to keep warm this winter. Once all the gifts were packaged and wrapped, they were hand delivered to a lovely family in Washington, DC. The goal of this joint venture was to plant a seed of selflessness and give back to our community partners whom we care for on a routine basis. Immeasurable acts of kindness sends a piercing impact of placing a smile on children and parents' faces, with memories of this experience for years to come. "Service is the rent we pay for living," - Marian Wright Edelman.



Danielle Chapman RN, BSN, MSA
School Nurse
Oyster Adams Middle Campus

Healthy Recipe of the Month – Quick and Easy Veggie Chili

Ingredients:

- 3 tablespoons olive oil
- 1 onion, diced
- 2 red bell peppers, cored and diced
- 4 cloves garlic, minced
- 1 1/2 teaspoons cumin
- 1/4 teaspoon cayenne pepper
- 1 tablespoon chili powder
- Salt
- Freshly ground black pepper
- 1 can (14.5 ounces) kidney beans, rinsed and drained
- 1 can (14.5 ounces) black beans, rinsed and drained
- 3 cans (15 ounces each) diced tomatoes
- 1 cup frozen corn

Instructions:

1. In a Dutch oven or large stock pot, heat oil over medium heat. Add onions, peppers, garlic, cumin, cayenne, and chili powder, and season with salt and pepper. Stir together and cook until soft, 3 to 4 minutes.
2. Mix in beans, tomatoes, and corn. Bring mixture to a boil, then lower heat and simmer for 30 minutes, stirring occasionally. Taste and season with additional salt and pepper, if necessary. Served with desired toppings.

Using Bulletin Boards as a School Health Teaching Tool

Many of us have viewed the bulletin board as a means to share information about student performance in class; however, this is not the only use of a bulletin board. They are often a springboard to new information, a community building tool and can even provide inspiration to students. In addition, bulletin boards often support school-wide themes, or they may even be cross-curricular reflecting information about math, geology, and music. Educators are taught to have interesting bulletin boards and displays around the room to keep students engaged. The School Nurse may also utilize the bulletin board in similar ways by integrating information from science, into a language which is age-appropriate, engaging, and educational.

When creating your bulletin board use encouraging and affirming words to inspire and assist in developing a positive environment. Michael Gravois, an educator/author recommends three things when creating a bulletin board:

1. Be interactive.
2. Give students a sense of ownership.
3. Have student input whenever possible (*Education World, 2010*).

Whenever possible, ensure the bulletin board is understandable to your target audience and begin with the end in mind. Display items using eye catching color versus a plain background. Use your bulletin board to drive your agenda. Will it be information about self-care? Asthma? Try correlating your bulletin board to the goals of your health suite; include global information about your health targets for the year. Make learning about health visible and fun.



Patricia Howard-Chittams, MSN, RN
Nurse Manager, Ward 6

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.

Diabetes Territory



Well, here we are at the end of February! Time really does fly!

I hope you all have been keeping up with the information and exercises provided through the newsletter and RNsConnect, as we will be assessing your carb counting and insulin dosage calculation abilities again this year at the Skills Fair, whenever that may be. Understanding these principles and processes is extremely important in maintaining your independent school nursing practice. You never know who is going to walk through your doors and need your expertise.

For this edition of Diabetes Territory, you will be asked to combine the calculations from the last exercise with the calculations in this month's exercise to determine the total amount of insulin to be administered to a student. To refresh your memory, the last Diabetes Territory exercise asked you to count the carbs in the October breakfast calendar put out by Revolution Foods, and also provided you with a Insulin-to-Carb ratio for the week, so that you could calculate the amount of insulin needed to cover that meal. I have posted the answers to that exercise on RNsConnect and on the Nurse Share, as well as information related to Correction Factors and how they are calculated.

Soon we will all be experts in Diabetes Care!

Shawn Hickey-Higgins, MSN, RN, CHES
Professional Development Specialist

February Health Observances

AMD/Low Vision Awareness Month

American Heart Month

International Prenatal Infection Prevention Month

National Children's Dental Health Month

Teen Dating Violence Awareness Month

1 - 7 African Heritage & Health Week

3 Give Kids A Smile® Day

3 National Wear Red Day

4 World Cancer Day

7 - 14 Congenital Heart Defect Awareness Week

7 National Black HIV/AIDS Awareness Day

14 National Donor Day

21 - 27 National Eating Disorder Screening Program®

22 National Heart Valve Disease Awareness Day

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

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