

Joyful Food Markets: A Partnership for Strong Children

One in three children in Washington, DC, live in a household that struggles with hunger, one of the highest rates in the nation. Hunger is most predominant in Wards 7 and 8, which face high levels of poverty as well as limited access to healthy foods. These factors heavily effect the health and well-being of residents. Wards 7 and 8 have the highest rates of obesity, among other diet-related illnesses, in the city. To reduce hunger and increase access to and consumption of fresh fruits and vegetables, the Capital Area Food Bank and Martha's Table are planning to launch Joyful Food Markets at all 44 public and charter elementary schools in Ward 7 and 8 during the 2015-2016 and 2016-2017 school years.

Joyful Food Markets are pop-up markets held in elementary schools where families of school-age children can shop for free, healthy groceries. The markets are held once a month, immediately following school dismissal for about two hours. The markets are open to families with children enrolled in that school. Colorful tables filled with baskets of fresh produce and piled high with healthy non-perishable food will fill a school gym or cafeteria while festive music plays in the background. Shoppers move from table to table choosing fruits and vegetables, whole grains, lean protein, and beans as they fill grocery bags with 23 pounds of food (the equivalent of 18 meals) per enrolled child, with a minimum of 40 percent fresh produce. Martha's Table chefs and volunteers host cooking demonstrations, share recipes, and encourage children to participate in hands-on healthy and fun cooking activities using foods available at the market.

Participating schools need to:

- Commit to a regular monthly market schedule that works well with the school calendar, the Capital Area Food Bank and Martha's Table
- Allow the Capital Area Food Bank to deliver food within hours of the market and Martha's Table to transform the gym or cafeteria into a Joyful Food Market
- Secure a handful of school staff to help with registration/sign in and supervision as well as a school staff member needs to ensure that monthly outreach, such as robo-calls and text messages take place, and flyers are distributed to families about the market
- Help secure volunteers; each market requires 15-20 volunteers to help with set up, distribution, and food education. Ideally, half of the volunteers will be families from the school or in the community

For more information, please visit marthastable.org.

Ronald McDonald visits Drew ES

On May 22, 2015, Ronald McDonald visited the students at Drew ES for reading time. He performed magic tricks and read to the preschool and kindergarten students, and the children really enjoyed his visit!

Rose Moore, RN, BSN
School Nurse— Drew Elementary School



Reflective Listening

People of all ages come to your health suite because they need something. Sometimes, their most important needs are not part of their chief complaint and are not apparent on physical exam. What can you do to recognize and meet the needs below the surface?

At a recent workshop at Johns Hopkins Center for Public Health Preparedness, psychologist George S. Everly presented the RAPID framework for providing psychological first aid. While the discussion primarily focused on responses to disasters, the basic principles are applicable to everyday interactions, especially in the health suite where you provide care and comfort day in and day out. By being a compassionate and supportive presence, you can mitigate distress arising from perturbations in students' lives and help them get what they need to do their best.

To understand what someone needs, you need to know not only what has happened but also how the event was perceived and where it fits in the context of his or her life. Reflective listening is an effective tool for eliciting that information. Whether you are listening to a stressed-out teacher, a worried parent, or a troubled student, when you hold up a mirror for them as they tell you their stories, people tend to open up and provide more information that can give you insights into what the most important issues are. When you practice reflective listening, you are "present" in that moment with the person. You listen to the person's recollection of events with acceptance and empathy. You allow catharsis. You don't rush to judgment, trivialize their concerns, or argue. You observe the person's reactions, paraphrase what he/she has told you to check for accuracy, and reflect the emotion expressed. While too many probing questions might make people feel like they are under attack, reflecting back what he/she told you about what happened and how he/she felt helps to feel accepted and understood. When you acknowledge both the cognitive and emotional levels of the communication, you communicate empathy, which helps to build trust, fosters more honesty, and paves the way for compliance with your recommendations.

Once you recognize what people need and gain their trust, you are better able to help them find positive outcomes. Even while you are cleansing that abrasion or icing that sprain, you also can help students modify how they think and feel about hurtful happenings by gently correcting errors of fact, enabling them to recognize silver linings in their clouds, and instilling hope that things will go better next time. To intervene most effectively, you need to discern what they need by using all of your powers of observation, especially listening and reflection.

Additional resources:

<http://www.compassionandsupport.org/pdfs/professionals/training/ReflectiveListening.pdf>

<http://learn.nctsn.org/>

Janet Gingold, MD, MPH

Healthy Recipe of the Month– Stir Fry Fajita Chicken

Ingredients:

- 3 cups brown rice cooked
- 2 tablespoons canola oil
- 1/2 cup diced onion
- 1 pound of cooked chicken strips
- 1 pound squash, diced
- 1/2 cup red pepper, diced
- 8 ounces frozen corn
- 4 ounces canned diced green chili pepper
- 4 ounces canned diced tomato (with juice)
- 1/2 teaspoon black pepper
- 1/2 teaspoon cumin
- 1/2 teaspoon garlic powder

Directions:

1. Prepare rice in advance
2. Add oil to skillet and heat on stovetop. Add onions to skillet and sauté until softened and translucent
3. Add chicken and squash to onions
4. Stir-fry mixture until squash is barely tender
5. Add red pepper, corn, green chili, tomato and spices
6. Mix and stir until well combined. Do not boil
7. Reduce heat and let mixture simmer 2-3 additional minutes. Do not overcook!
8. Serve each portion over 1/2 cup rice.

The Annual Health Fair at Browne Education Campus

On Thursday, May 21st, Browne Education Campus hosted its annual Spring Health Fair, which featured mobile vans and a number of health and wellness resources. Various agencies provided healthy snacks for patrons, and the “No Obesity Fitness Center” hosted a zumba session. Barbara Freeman, RN, MPA/HSA, Case Manager, and Beverly Taylor, BSN, RN, school nurse, were in attendance.

Beverly Taylor, BSN, RN
School Nurse– Browne Education Campus



Beverly Taylor, School Nurse (left) with
Barbara Freeman, Case Manager

The Juvenile Diabetes Walk

School nurses Egypt Middleton, RN, BSN, Jamara Washington, MSN, BSN, RN, and Marcell Kitt, LPN, gathered on Sunday, May 31st to participate in the Juvenile Diabetes Walk at the National Mall. The two-mile walk was created to raise money for life-changing research for the millions of children, adults, and families affected by Type 1 Diabetes.

Pictured: Clockwise– Marcell Kitt, LPN, Jamara Washington, MSN, BSN, RN Egypt Middleton (center), RN, BSN, and their children.

Jamara Washington, MSN, BSN, RN
School Nurse– Ballou Senior High School



June 2015 Health Observances

Cataract Awareness Month

Men's Health Month

National Safety Month

National Scleroderma Awareness Month

National Cancer Survivor's Day (June 7)

Men's Health Week (June 15-21)

World Sickle Cell Day (June 19)

The Blood Drive at Ellington School of the Arts

Delphenia James, RN, BSN, school nurse at Ellington School of the Arts, worked with Principal Desepe DeVargas to plan and host a the Children's National Blood Mobile at the school. James met with the students, faculty, and staff to educate them on the need to donate blood, what foods to eat in preparation for the blood drive, and the requirements for someone to be able to donate. The blood drive, held in early April, was a huge success with over 14 pints of blood being donated. The school is already planning to host a blood drive next year!



Delphenia James holding her transfusing equipment and her pint of blood for the Children's National Blood Mobile.



(Left to right) Abeer Shibil, Charles Gray, Delphenia James, Perryn Miller, and Zenovia Cole

Delphenia James, RN, BSN
School Nurse –Duke Ellington School of the Arts

Eat Healthy, Stay Healthy

On May 16, 2015, "The Amazing Food Detective" program sponsored by Kaiser Permanente performed a play for Drew ES students. The play encouraged students to think about the effects of junk food on their bodies and discover healthier food choices. The students enjoyed the performance and told the school nurse that they are going to make healthier food choices now such as eating more fruits and vegetables.

Over the last few years, Washington, DC, schools have come together to provide students with locally grown, juicy strawberries and crunchy salad greens on a special day in celebration of supporting local foods. This year, the Strawberries and Salad Greens Day was held on May 20th, and students at Drew were able to taste locally grown strawberries and salad greens in their cafeteria. The students also were able to go outside to see the DC Central Kitchen Truck Farm, a traveling mini-garden in the bed of a truck. The students planted their own seeds and learned how healthy foods grow in the Truck Farm.



Rose Moore, school nurse, with a student next to the DC Central Kitchen Truck Farm



The Amazing Food Detective presentation to Drew ES students

Rose Moore, RN, BSN
School Nurse– Drew Elementary School

Susan G. Komen Race for the Cure

On Saturday May 9th, Valerie Horne, RN, with Luke C. Moore SHS (Ward 5) participated in the Susan G. Komen 5K Race For The Cure. This event was held on the day before Mother's Day, which was fitting for Valerie and her family to honor their mother, Ida E. Hardy, who succumbed to breast cancer in 2006. It was a beautiful day to join thousands of other individuals including breast cancer survivors in support of raising funds for breast cancer research.



Valerie Horne after completing the 5k run/walk

Valerie Horne, RN
School Nurse– Luke C. Moore High School

Nine Ways to Fall Asleep Faster

Even if you do not suffer from insomnia, odds are you have experienced nights when you have tossed and turned, wondering why you are unable to fall asleep. However, if you get tense and worried about not being able to sleep, your frustrated mindset may make it even harder for you to relax and fall asleep the following nights. Here are a few steps you can take to help you fall asleep more quickly:

- **Do a 60 minute wind down.** Give your mind and body a full hour to wind down from work before you try to fall asleep.
- **Take a warm bath or shower.** Spending time in a hot shower is beneficial because your body temperature drops rapidly once you exit the shower. Research shows that this decrease in temperature can trigger a sleepy feeling because your heart rate, digestion, and other metabolic processes slow down.
- **Put on socks.** When it comes to optimizing your temperature for sleep, it is best to have a cooler core and warmer extremities. One study revealed that wearing socks dilated your blood vessels and can help blood flow, which causes a better temperature for sleeping.
- **Do not get in bed until you actually feel sleepy.** If you are not sleepy, your body will not settle down. Your sleep will actually be worse the longer you stay in bed.
- **Try the 4-7-8 exercise.** By deliberately changing the pattern of your inhales and exhales, you can change your heart rate and blood pressure, two systems linked to sleepiness. Many relaxation specialists recommend inhaling through your nose, focusing on filling your chest and lungs (for about three to four seconds) and then exhaling slowly through your mouth for double the time you were inhaling. The 4-7-8 exercise involved inhaling for four seconds, holding your breath for seven seconds and exhaling for eight seconds.

Alex Orlov

http://www.huffingtonpost.com/2015/02/23/fall-asleep-faster_n_6713464.html

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