

Cultivating Greatness in School Nursing Practice

On Friday, May 1st, Children's School Services gathered at the Kellogg Conference Center at Gallaudet University to honor and celebrate the school nursing staff. Barbara S. Scott, Executive Director, and Charlissa Quick, MSA, RN, School Health Division Chief, Community Health Administration, District of Columbia Department of Health, opened the program and thanked the nurses for all of their hard work and commitment to serving the students. Al Way, Associate Adjunct Professor at American University and motivational speaker, delivered the keynote address and facilitated two "learning sessions" for the nurses that included team-building exercises and inspiring words of wisdom. Way reminded the nurses that they are capable of doing anything that they want and to think positively to reach the highest heights.

This year, the Children's School Services Leadership and Management team gave the nurses the opportunity to nominate their peers for recognition based on the following categories or awards: Excellence in School Nursing Practice, Family Advocacy Award, Mentoring in School Health Nursing, Innovation in School Nurse Award, Dedicated Service Award, and Excellence in School Nursing Practice (Licensed Practical Nurse). The inaugural School Health Nurse Awards Program was definitely a success, and the nurses are already looking forward to next year's event. Denice Cora-Bramble, MD, MBA, also stopped by to give remarks and to praise the school nurses for their tremendous efforts in caring for students. At the end of the day, nurses were allowed to share "personal moments of greatness" with their peers.



Nurses participating in a team-building exercise.



Natalie Shropshire, RN, BSN; Marie Sejour, LPN;
Katrena Clark, RN, BSN



Al Way, keynote speaker, pictured with Barbara S. Scott, Executive Director



Al Way cheering on our nurses!



Charlissa Quick, MSN, RN and Roslyn Peaks (r), BSN, MS, RN, winner of the Mentoring in School Health Nursing Award.



Patricia Tolson, RN, BSN, winner of the Family Advocacy Award.



Charlissa Quick with Imogene Scales, LPN, winner of the Excellence in School Nursing Practice (Licensed Practical Nurse) Award.



Charlissa Quick pictured with Jade Bland, RN, BSN, winner of the Innovation in School Nursing Award.



Charlissa Quick presenting Egypt Middleton, RN, BSN with the Excellence in School Nursing Practice Award.



Ruth Richardson, RN-BC, BA, BSN, MA, EdD, sharing a personal moment of greatness.



Cathy Raisher, RN, BS, NCSN, winner of the Director's Award with Charlissa Quick, and Sharon Bostic, MBA, BSN, CPN, Director of Quality and Education.



Sharon Bostic, MBA, BSN, CPN, with the nominees of the Dedicated Service Award; Suzanne Kenney, LPN, Linda Pope, RN, BSN and winner Grace Echeona, RN, BSN, MSN.

Decision Critical Data Entry

DEADLINE: June 1, 2015

Decision Critical (Professional Portfolio) is a software tool for all RNs and APRNs. It serves two important purposes. For each nurse, Decision Critical stores and safeguards all professional data in one place for the purpose of creating customized portfolios or resumes. For Children's School Services, Decision Critical is the database from which we obtain nursing demographic information that promotes the image of school nursing and support Magnet Recognition.

All RNs and APRNs are required to enter professional information into Decision Critical upon hire and annually as part of the annual performance evaluation process. The login ID is your employee ID number, and the initial password is: PASSWORD. If you have not already entered and reviewed your current professional information for this year, you must enter/review by June 1, 2015 to meet requirements. For assistance, please contact your Nurse Manager.

Colleen E. Whitmore, MSN, RN, FNP
Director of Nursing Services

May 2015 Health Observances

Arthritis Awareness Month

Better Hearing and Speech Month

Food Allergy Action Month

Healthy Vision Month

Melanoma/Skin Cancer Detection and Prevention Month

Mental Health Month

National Asthma and Allergy Awareness Month

National Celiac Disease Awareness Month

National Physical Fitness and Sports Month

National Stroke Awareness Month

National Teen Pregnancy Prevention Month

Ultraviolet Awareness Month

Children's Mental Health Awareness Week (May 3-9)

North American Occupational Safety and Health
Week (May 3-9)

Hand Hygiene Day (May 5)

National Alcohol and Other Drug-Related Birth
Defects Awareness Week (May 10-16)

National Women's Health Week (May 10-16)

National Women's Check-Up Day (May 11)

Healthy and Safe Swimming Week (May 18-24)

HIV Vaccine Awareness Day (May 18)

Heat Safety Awareness Day (May 22)

World No Tobacco Day (May 31)

2015 NASN Conference "Embracing Today– Transforming Tomorrow"

The National Association of School Nurses Annual Conference will be held June 24 through June 27, 2015 in Philadelphia, PA. Full conference registration includes admittance to general sessions, breakout and SNAP sessions, the poster presentation session, the annual business meeting, and the exhibit hall. It also includes an exhibit hall luncheon on June 24th and refreshments on June 25th. Early registration ended on Wednesday, April 15, and regular registration is available until May 16. Late registration and onsite will run May 17 through June 24.

For pricing and more information, please visit schoolnursenet.nasn.org/nasn2015/home.

College Week at Oyster Adams Middle School Campus

Oyster Adams Middle School Campus celebrated College Week the first week of May. All staff were expected to provide current data, pictures, and memorabilia from their Alma Mater. The student council judged all the decorated doors and decided on a winner. This was a fun and exciting activity, and students were thrilled to know which colleges their teachers and other staff members attended. This also was a great opportunity to bond and answer questions. The various locations of participating schools included, but were not limited to: California, New York, South Carolina, Puerto Rico, Columbia, Spain, Washington, DC, and as far away as Alaska.

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



Lupus Walk 2015

The 9th Annual DC Walk to End Lupus Now was held on Saturday, April 18th in downtown Washington, DC. The CSS/DCPS Ward 7 Nurses and Friends team surpassed their \$500.00 goal and raised \$1335.00. Selinda Boyd- Graham, RN-BC, BSN, served as the team captain. Team members who walked were Dawna Gadson, RN, BSN; Cheryl Franklin, RN, BSN; Jacklyn Savory, RN, BSN; Selinda Boyd-Graham, RN-BC, BSN; Marilyn Fuller, LPN; Maxine Headspeth, LPN; Eka Usoro, RN, BSN; Laura Wallace, RN, BSN, a retired CSS employee; Beulah Gwynn, RN, BSN, a Nurse Manager; Stephanie Thomas, RN, BSN; Sharonne Martin, RN, BSN; Myra Hines, RN, BSN; and a few other family members and friends.

Thanks to everyone for supporting such a great cause. We hope to see you next year!



The CSS/DCPS Ward 7 Nurses and Friends Team



Beulah Gwynn, RN, BSN, Nurse Manager at the Lupus Walk

Selinda Boyd-Graham, RN-BC, BSN
School Nurse, Randle Highlands Elementary School

Stay Smoke Free

When you walk into Thurgood Marshall Academy, the first things you might notice are the two life-size posters promoting "Stay Smoke Free." These posters are a daily reminder of the consequences of smoking. According to the *Journal of Psychosomatic Research*, one of the reasons why adolescents start smoking is because it reduces stress. We encourage the students not to get overwhelmed by the varying aspects of adolescent life and pursue activities that reduce stress and promote wellness.



Yvonne Akinwumi, RN, BSN
School Nurse– Thurgood Marshall Academy

Girls Rock and Boys Roar!

"Girls Rock and Boys Roar" is a health and healing conference that was presented to Maya Angelou PCS students on Wednesday, April 1st. Carolyn Dickens, RN, BSN, shared health, hygiene, and self care practices with the students. Other topics included sex education, sexually transmitted disease testing, nutrition and exercise, job readiness, conflict resolution, and coping with loss and death. The final class was an exercise activity that the students thoroughly enjoyed.



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



Nurse Dickens (center) with two students
during the conference .

Healthy Recipe of the Month– Balsamic Tomato Chicken and Pasta

Ingredients:

- 18 oz. chicken breast, cut into small pieces
- 1/2 cup onion, diced
- 2 cloves garlic, minced
- 2 cans (14.5 oz.) of diced tomato
- 1 1/2 cup sliced mushrooms
- 1/3 cup balsamic vinegar
- 1 teaspoon basil
- 1 teaspoon oregano
- 1/2 teaspoon thyme
- 1/2 teaspoon rosemary
- 1/4 cup tomato paste
- Cooking spray
- 3 1/3 cups cooked pasta

Directions :

1. Spray a large skillet with nonstick cooking spray
2. Saute onion, garlic, and mushrooms in large skillet for 5 minutes over low heat.
3. Add raw chicken pieces to large skillet with onions, garlic and mushrooms
4. Cook chicken over medium high heat until no longer pink
5. Once chicken is cooked, add diced tomatoes, tomato paste, balsamic vinegar, and spices to the chicken mixture
6. Mix together well and simmer over medium low heat for 20 minutes
7. Toss 1 cup of sauce with 2/3 cup of cooked pasta for each serving.

Serves: 5

Celebrating Earth Day

Marilyn Fuller, LPN, and Ms. Oppenheimer, school teacher, planted trees at CW Harris Elementary in Ward 7 for Earth Day on April 24th. Earth Day, recognized annually on April 22nd, is a day to support environmental protection. It is now coordinated globally by the Earth Day Network and is celebrated in more than 122 countries each year.

Marilyn Fuller, LPN
School Nurse– CW Harris Elementary School



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

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