

Play Smart, Your Brain Matters

This year, Children's National Health System and MedStar Sports Medicine received funding from the Washington, DC, Department of Health to establish a concussion awareness training program to implement the District's Athletic Concussion Protection Act of 2011. The concussion law applies to athletes 18 years old or younger in the District of Columbia. It requires athletes be removed from practice or play following a suspected concussion. It also requires written clearance by a licensed healthcare provider who is experienced in the evaluation and management of concussions before they return to play. Children's National and MedStar, have been working with local organizations to host District-wide events bringing together youth, student athletes, athletic program administrators, coaches, school nurses, and parents, to talk about the identification of concussions and when it is safe to return to working, playing, and learning. In addition to hosting trainings and raising awareness, this program uses Health Information Technology Solutions (HITS) for Kids, an innovative information technology initiative that works in the background to ensure open communications and follow up care between an athlete's parents, emergency and primary care physicians. Local partners include the Department of Health, the Department of Parks and Recreation, the Office of the State Superintendent of Education, the Brain Injury Association of Washington, DC, and Children's School Services. Among the most successful events so far was the CSS 2015 Virginia Lee Lintott Summer Institute, where Children's National's ED physician Shireen Atabaki and neuropsychologist Maegan Sady provided over 90% of the nurses at CSS schools with comprehensive information about care of children with concussion.

School nurses play a crucial role in the management of students with concussion by educating students, parents and school personnel about concussion and helping to guide the gradual return to activities. Most importantly, you can help ensure that children who have experienced a concussion do not participate in activities that put them at risk of re-injury until they are symptom-free and cleared by a health professional. Even after they are able to sustain concentration for 30-45 minutes and can return to school, students may have physical, cognitive, emotional, or sleep problems that impact their academic activities. You can help educators promptly develop a plan for accommodations when students need a reduced work load, extra time to complete assignments, and rest breaks. You also help to monitor students as they gradually resume activities, so that activities can be reduced if symptoms recur. Your sympathetic support can help students cope with the frustration some kids experience when they can't do their usual activities. Refer to the ACE Post-Concussion Home-School Instructions as you assess students for residual symptoms. Find more resources about concussion at Play Smart, Your Brain Matters and CDC's Heads Up website.

Shireen Atabaki, MD
Janet Gingold, MD

Welcome to Children's School Services!

September:

Raenette Gregory, RN– Center City (Capitol Hill)
Shontanette Ingram, RN-Friendship Collegiate PCS
Mariam Bates, RN-Smothers ES
Caroline Delancy-Gordon, RN– Jefferson
Nikki Russell, CHN– McKinley Tech
Felecia Curtis, CHN-DC International
Gerardine Lumbih, CHN– River Terrace/Kelly Miller

November:

Ava Hancock, RN– Marie Reed
Salamatu Khader, RN-DC Prep Benning
Nkeiruka Unaegbu, RN– JC Nalle ES
Isatu Barrie, RN– Center City (Petworth)
Vivian Tantoh, CHN-Garfield
Cynthia Marbley, CHN-Mundo Verde PCS
JongKyung Lee, CHN– Brent ES

October:

Malika Henderson-Grays, Nurse Manager Ward 1

Healthy Recipe of the Month– Stuffed Avocado with Garlic Shrimp

Ingredients

- 1 whole medium avocado
- About 2 cups medium to large shrimp, raw or uncooked frozen (defrost prior to cooking)
- 4-5 cloves garlic, minced
- Olive oil
- Coarse sea salt, to taste
- Freshly ground pepper to taste
- Fresh parsley or cilantro, chopped
- Chili powder, optional

Directions

1. Half the avocado and take the pit out
2. Scrap out most of the meat, leaving a very thin layer to hold up the shell better. Set aside
3. Chop up the meat into squares and places in a bowl, With your hands, squish the squares a little bit, to crush some but so that most keep their shape. Set aside.
4. In a pan, place about two tablespoons of olive oil, the minced garlic and the shrimp.
5. Add a dash of coarse seat salt, and over low heat, cook just until the shrimp turn pink. Do not overcook, or they will be dry and hard.
6. Pour the shrimp with garlic and olive oil into the bowl with the avocado pieces.
7. Add some chopped parsley or cilantro and mix well. (If you want to incorporate some chili powder for extra flavor, do so now before mixing.)
8. Spoon the mixture into the avocado shells, sprinkle with some freshly ground pepper, and garnish with additional parsley/cilantro if desired.
9. Serve immediately

Ketcham Elementary School Thinks Pink!

To celebrate Breast Cancer Awareness Month, students, staff and faculty at Ketcham ES wore pink attire and collected money to donate to the Susan G. Komen Foundation. Breast Cancer Awareness Month is an annual campaign to increase awareness of the disease. While many people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same. Mammograms and monthly self-breast exams are imperative!

We hope that our school's modest donation will inspire and encourage others to donate and offer hope to women fighting the disease.



Faculty and staff at Ketcham ES celebrating Breast Cancer Awareness month

Ruth Richardson, RN-BC, BA, BSN, MA, EdD
School Nurse-Ketcham ES

Halloween at Savoy ES

Halloween is one of the most anticipated holidays among children. Who doesn't love wearing a fun costume and getting lots of candy? However in recent years it has become increasingly unsafe. Trick or treating is just not what it used to be; strangers do not always have the best intentions and sometimes candy can be tampered with. In an effort to promote safety, Savoy ES faculty and staff hosted a Halloween celebration for students at school on Friday, October 30th. In addition to candy, students were also given healthy snacks. Pre-K, kindergarten and first grade students went from office to office collecting their treats. The nurse's office was the first stop so she decided to dress up as a skeleton!



Nurse Clark passing out candy to the students at Savoy ES

Katrena N. Clark, BSN, RN
School Nurse– Savoy ES

Playworks Visits Brightwood EC

Playworks is an organization that provides DC schools with safe, structured, inclusive recess for students. They have play coaches who help encourage students who normally would not join in to play and find positive outlets for "trouble" students. I was overwhelmed with bloody knees, hurt feelings and broken bones so I reached out to Playworks for help. I was having a difficult time during recess normally between 1130 am and 130 pm where I was overwhelmed with injuries. The main office was always packed with students getting into fights or complaints of bullying. Since Playworks was implemented in the previous school year, Playworker Bryce Kobayashi aka Coach BK, has transformed Brightwood's chaotic recess into a fun and more safe environment. He mentored 4th and 5th graders as Junior Coaches, giving them after-school trainings and twice-weekly "recess duty." He added standard games like "Wall Ball" and introduced Ro-Sham-Bo (rock, paper, scissors). The students love resolving conflicts with another game. I am happy to report that recess related injuries and bullying have now dramatically decreased!!

Sue-Ann Arboine, RN, MSN
School Nurse-Brightwood Education Campus

November Health Observances

American Diabetes Month
Diabetic Eye Disease Month
Lung Cancer Awareness Month
National Alzheimer's Disease Awareness Month
National Family Caregivers Month
National Healthy Skin Month
National Stomach Cancer Awareness Month

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

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