



President's Corner

Karen Reuter, RN, MS

By the time you receive this newsletter, we will all be back at our schools and the year will be well on its way. Returning nurses will be in the flow of their routine and new nurses will be beginning to feel comfortable in their new specialty. Twice a year, you will be receiving free of charge, the *Health Street: Academic Bridge to Community Health* newsletter. The purpose of this newsletter, published by the Arizona School Nurse Consortium (AZSNC), is to provide school health office personnel with information pertinent to their practice, e.g., school health laws, legislation, Arizona Department of Health Services and Arizona Department of Education updates, important committee information from the AZSNC, and other information of importance.



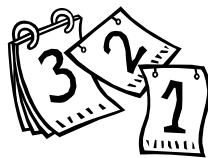
Many of you took advantage of the offerings at our 19th Annual School Health Nursing Seminar titled, "Pathways to Excellence in School Nursing." The first day was committed to nurses starting their career in school nursing and to other health office personnel (OHOP). Separate tracks of pertinent information were provided to each group to assist them with delivering quality services to their students in the coming year.

On the second day of the seminar, Anne Wojner-Alexandrov, PhD, CCRN, FAAN, Professor of Clinical Nursing and Assistant Director, Center for Advancement of Evidence-Based Practice, College of Nursing, Arizona State University, gave a very engaging keynote address titled, "*Igniting Evidence-Based Practice in the School Setting*," followed by an all day workshop of the same title. Dr. Wojner-Alexandrov outlined the

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ARIZONA SCHOOL NURSE CONSORTIUM
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Academic Bridge to Community Health Health Street



**Mark Your Calendars
for the**

**20th Annual
School Health
Nursing Seminar**

**July 16th - 18th, 2007
Chaparral Suites Hotel,
Scottsdale**

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two segments of research (evidence) based practice. She described the initial phase, which is formal research conducted at the advanced practice level. The second phase is implementation of reliable research into nursing practice. She stated that until recently, much of the research done in nursing sat on a shelf following publication in scholarly journals. On average, those studies that have been implemented into practice have taken ten to twenty years. Dr. "Anne" pointed out that physicians have been practicing from an evidence-based practice (EBP) approach as well. School nurses now have the opportunity through EBP to provide high quality services to their students, both positioning students to maximize their learning and academic success as well as making the case to demonstrate the contribution that the School Nurse (RN) provides toward their students academic success. ASU College of Nursing, Center for the Advancement of Evidence-Based Practice is offering educational opportunities to nurses to assist them with developing the skills and critical thinking to develop and implement EBP projects. They offer a one week immersion class on Mentorship in Evidence-Based Practice or an online course of study in EBP (17 credit hour certification). The Advancement of EBP team at the ASU College of Nursing is available to provide consultation and to mentor nurses interested in implementing an EBP project in their school setting.

Also on Tuesday, sessions concurrent with EBP were held for new school nurses and other health office personnel. The topics presented included: Environmental quality and asthma triggers; ADHS Sensory Program hearing updates; vision screening of special school populations; rashes—assessment and referral; and long QT syndrome and AED's in schools. Following the sessions, exhibitors from agencies and companies provided valuable resources for attendees.

On the third day of the seminar, one of the highlights was a very energizing and uplifting presentation by Sharon Wilkins, Educator/Author/Speaker. Her topic "Attitudes at Work and Compassion Fatigue" is applicable to every nurse and to anyone in the health care field. Sharon, through stories and AV accents, indicated that we "choose our attitude" everyday. Sharon has been a fourth grade teacher and one of the stories she shared was about a little boy who throughout the school year had created problems in the classroom. She had handled the issues with this student in a positive way. One day she was late to a meeting with her principal, and as she walked across campus with her arms full of books, the same little boy started calling to her across the playground. Since she was already late to her meeting, she continued to walk. He caught up with her and said that he wanted to give her a hug. She stopped, set her books on the sidewalk and embraced him. He then told her that he loved her. We never know the impact that we make with students in their journey to "be the best they can be."

As the school year goes on, we may begin to see our frequent visitors in the health office (frequent fliers), as unwelcome and see them as taking time from other students or other duties in the health office. Instead, what is more positive and productive is to see them as a student with a need and address the core issue of the visit. We "choose our attitude" and when we take care of ourselves and our attitudes, we are then positioned to provide the best care and "caring" to our students.

Wishing you a very rewarding and productive school year. New nurses, find a mentor. Returning nurses, be a mentor. By supporting each other in our practice, we are all positioned to provide a higher quality of service to our students and will find greater joy and reward in our specialty.

Important ASHAR Information !!

The **Arizona School Health Annual Report (ASHAR), revised 6-2006**, is included in this mailing. Please destroy all outdated, blank copies. The ASHAR and Directions are also available on the AZSNC website under Publications - www.azschoolnurse.org

Please note the mailing address for 06-07 is: **P.O. Box 23688, Tempe, AZ 85285-3688.**

Do not send completed reports to ADHS or ADE.

Arizona Department of Education

Health & Nutrition Services

Y. Diane Tasev, RN, BSN
School Nurse Coordinator

Schools: Sites of Health and Wellness Promotion

"...the school nurse, if she/he fully accepts the concept of the school as a health promoting community, can take her/his part in the promotion of an environment which itself is health promoting, both in its taught and hidden curriculum, and which has influence beyond the school gates." Collis & Dukes (1984) Towards Some Principles of School Nursing from *Readings in Community Health Nursing* (1991), fourth edition. New York: J.B. Lippincott Co., pp 135-139.

School nurses, in their community health practice, are in charge of planning for the health needs and wellness promotion of diverse populations. It is both an exciting opportunity and a daunting challenge. A single school site includes children of various ages and their parent's, grandparents and other supportive groups, teaching staff, ancillary staff, administrative staff, not to mention the step parents and additional siblings added by blended families. In addition, a school nurse may have multiple sites including preschool and high school with everything in between.

The school nurse is responsible for establishing a program that addresses the needs of diverse groups simultaneously. For example, a staff population may be pre-dominantly older or pre-dominantly younger. The majority of the student population may be affluent and/or indigent. The resources and services provided would vary according to the aggregate groups covered by the school nurse. A population of staff that has high student to teacher ratios may be experiencing greater vocational stress. The school nurse can be instrumental in providing information and resources regarding stress reduction. A parent population that includes a high percentage of indigent families would benefit from nutritionally sound breakfast and lunch programs as well as after school snacks or summer meals provided at school sites. School nurses can work with food service departments in conjunction with local agencies to establish nutritional meals at school. Educators with student populations that are not well nourished are adversely impacted as are student populations served by stressed educators. The populations served by the school nurse impact each other in dramatic ways. Evaluating and then addressing the needs specific to the aggregate of populations served by a particular school nurse is key in developing a successful health promotion system based at the local school.

Why should school nurses take on such a complex and elaborate role? The answer is simple and involves two principles. First, school nursing is based on the *advanced* practice model found in community health practice that addresses the overlapping needs of multiple population groups. Second, schools that have integrated health systems produce improved educational outcomes. As school nurses we can be instrumental in moving school communities with their respective population aggregates towards becoming a unified and integrated health-promoting community that improves health and boosts academic achievement.

Integrated health models include the following components:

- Family and Community Involvement
- Comprehensive School Health Education
- Physical Education
- School Health Services
- Counseling, Psychological, and Social Services
- School Nutrition Services
- Healthy School Environment
- School-site Health Promotion for Staff

Source: *Division of Adolescent and School Health, Centers for Disease Control and Prevention.*
www.cdc.gov/nccdphp/dash/about/school_health.htm

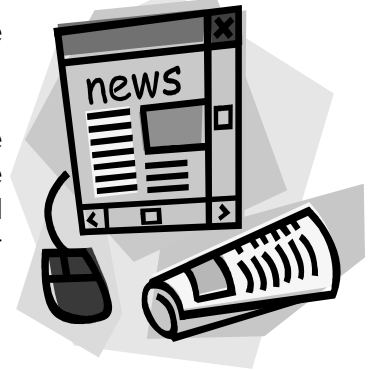
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The Arizona School Nurse Consortium Proudly Presents Our New Web-Site www.azschoolnurse.org

Our [home page](#) has important information on upcoming events, and news for the health office staff.

Our [resource](#) page is filled with valuable web-sites we have found to be very helpful.

If you missed the latest edition of Health Street, you can find the link on the [publications page](#). The publication page also has information about the ASHAR, and information about ordering all or part of the Arizona School Health Guidelines. These guidelines have become the standard of care for Arizona School Nurse's. Every office should have a copy to refer to.



It is advised that professional nurses belong to professional organizations. If you would like to view our mission and goals, please check out the [membership page](#). We do not charge dues, as we are a 501(c)(3) non-profit organization. We do accept a donation. Interested professional nurses are welcome to attend our meetings. The dates, times and location can be found on the home page.

Would you like to know more about the CHIP-AZ Software program? Information about this great office record keeping software can be found on the [software page](#).

A list of the hard working people who make up the consortium board and committees is available on the [board/committees page](#).

If you are looking for a job, or need to advertise for health office staff, we offer a [job page](#) too.

We know how important it is for health office staff to communicate with others in the same field. A [forum](#) has been developed just for health office staff. You are invited to stop in and become part of the open discussion of life in the health office. **The consortium reserves the right to block posts which are deemed to be in violation of our rules, or to be in bad taste.**

VISIT US OFTEN!

You are invited to collaborate with Dr. Bonnie Gance-Cleveland
Arizona State University, College of Nursing

- ◆ Evaluating School-Based Programs (High School and Middle School) - Join one of two studies:

School-Based Obesity Prevention Curriculum or School-Based Support Groups for Adolescents with Addicted Parents

Call or email for more information: Bonnie.Gance-Cleveland@asu.edu or 480.965.6098

Child Health Indicator Program (CHIP) ASHAR QA (Quality Assurance) Project

Mary Hallett, CHIP Coordinator



During May and June 2006, five schools from different districts in Maricopa County were randomly selected to participate in a quality assurance project to determine the quality of the data collected for the Arizona School Health Annual Report (ASHAR). The data is requested of all schools across Arizona. The purpose of the ASHAR as a tool for school districts is to evaluate student acuity levels and disease incidence/trends and plan school health services programs and staffing. The primary purpose of the ASHAR is for the individual nurse and other health office personnel (OHOP) to reflect the health status and communicable disease trends among school-age children; to identify health program strengths and weaknesses, and for program planning.

A site visit to the five schools was conducted. A series of questions were asked of the Health Office participants, whether RN, LPN, OHOP. Additionally, documentation was reviewed. Four of the selected participants were CHIP-AZ Software users and had been provided both CHIP and ASHAR training. The ASHAR tool is embedded in the CHIP segments related to documentation of student encounters and treatment called Student Activities as well as other applications targeting screening, medication administration, daily procedures and immunizations. The participant, who manually tracked the ASHAR data and documented student encounters, had been trained on use of the tool.

All schools using CHIP software entered student activity encounters daily. The non-CHIP participant entered documentation in the individual Health Records daily. Areas noted for improvement were: more complete, detailed documentation of student activity encounters, assessments and interventions, and expanded use of ASHAR codes reflecting student status; completing immunization review tasks; increased use of CHIP software program applications where data is entered, i.e. Chronic Health condition entry, Daily Procedures and Medication entry, Direct Service Claims tracking/billing, Screening results tracking /reporting and Injury reporting; health office set up or design for more efficient use of space and documentation of student encounters.

Health Office providers using the ASHAR and/or CHIP software benefit from refresher training. Providers need to be more proactive in asking for district assistance with proper placement of computers in the offices. Some districts are providing training of new personnel and refresher sessions for returning providers on an annual or ongoing basis. Others need outside assistance and/or more training for key providers in the schools/districts, such as CHIP-AZ software Super Users. Peer review and/or assigned mentors have been beneficial and are recommended for all districts. Classes on time management and organizational skills would also be beneficial. More Quality Assurance checks for ASHAR only and CHIP-AZ software schools throughout the state are recommended for the 2006-2007 school year.

With diligent, daily documentation and data collection by Health Office providers, the potential for improved student interventions exists, especially when targeting virus outbreaks, rashes and influenza and other conditions impacting community health and wellness. BMI calculation can help with directing interventions to address the growing trend of obesity and diabetes in children. Increased number of asthma exacerbations can prompt research as to why and then how to intervene with preventive measures, individual and environmental. These statements also apply to other chronic and acute conditions.

The CHIP-AZ Software Support program is an efficient tool for documentation and retrieval of the data mentioned above. Data entered on a daily basis can be retrieved in queries and reports at the click of a button, not hours of manually tallying codes. The aggregate data for each school uploaded to a database can provide data that is representative statewide or can be broken out by district or county to address trends or issues. The importance of collecting and analyzing health data will never cease. The commitment to do so must be emphasized.

AZSNC Forum Instructions

www.azschoolnurse.org

Join the forum:

- ◆ From the Home Page, click on "FORUMS."
- ◆ Click on "register," located under the consortium address (upper right corner).
- ◆ Register – have your user name and password ready!
- ◆ Click on "log-in," located under "register" and key in your user name and password.
- ◆ Click on enter, and you are good to go!
- ◆ You will find a list of categories. Click on the category you wish to read. (As an example: [Traffic Management](#))
- ◆ The next screen will have the forum "topics." Click on the topic you wish to read. (As an example: [Controlling Traffic](#))
- ◆ Read what other health office workers have written.

Enter your own comments, suggestions or questions:

- ◆ At the top and bottom of each "thread" (series of entries under a topic); there is a "post-reply" button.
- ◆ Click on the "post-reply" button.
- ◆ Key in your post.
- ◆ You can click on "preview," and see how the post looks.
- ◆ You can click on "submit," and send your post to the forum.
- ◆ **ALL POSTS MUST BE APPROVED BY THE MODERATOR BEFORE THEY WILL SHOW UP ON THE SITE.** Approval will be based on the agreement you accepted when you registered.

Start a new topic:

- ◆ If you have a new topic, open a related category and topic.
- ◆ Click on the "new-topic" button found at the top and bottom of each thread.
- ◆ Key in your topic, and click on "submit."

Edit your own post:

- ◆ Did you find a typo? Have you changed your mind about a post? You can edit the post.
- ◆ Open the post you wish to edit.
- ◆ Click on Edit, in the upper right corner.
- ◆ Your original document will come up. Edit away.
- ◆ Edits will need approval of the Moderator before they will show on the forum – like a new post.

Do you wish to know more about the person who posted on the web-site?

- ◆ Click on the "profile" button at the bottom of their post.
- ◆ You can view the information that the other person has approved for viewing.

Personal information will never be sold or shared by AZSNC or anyone connected with AZSNC. You can select the information that you wish to share with other forum visitor.

Congratulations to Andie Denious on her retirement.

Andie is the Manager for Immunization Services, ADHS. She has been a friend and colleague whom school nurses commend and honor. Andie has dedicated a good portion of her career to advocate for and ensure the availability of immunizations for children in Arizona.

Good Luck Andie - we wish you health, happiness and enjoyment during your retirement.

Wandering Around the Web — or Surf's Up!

Laurel Kruger, R.N., B.S.N., M. Ed., NCSN, TUSD Health Services

As we begin another school year, our use of technology not only grows but so does our dependence upon that technology to be working and available to us. One of my frustrations as an itinerant nurse is not having access to favorites which I saved on the computer I was using. There are now websites which allow for storage of web pages that you want to access again. One that I like is www.ikeepbookmarks.com which has free registration. You log in and can set up files as needed as well as add to the files. This site is an easy way to find your favorites/resources WHEN you need them no matter what computer you are using!

Another easy way to take files with you is on a memory stick, scan stick, jump drive or any other name that is used. This is a small device which goes into your USB port and allows you save your files to it or to transfer/open files on another computer. These memory sticks are also a great way to back up your data. Another popular use for them is to take your presentation with you on a memory stick rather than a floppy or CD. Every computer has a USB port; not the same for floppy or CD drives.

Do you often feel like you are alone in the forest and no one hears you? School nursing can be very isolated, colleagues are not readily available to bounce ideas on, brain storm with, etc. The school nurse list serve is a wonderful way to keep in touch with other nurses. Registration is free; I always suggest that nurses request digest which is one email a day with a table of contents listing the topics. If you don't request digest, you can get up to 50 emails a day from this list—which on a good day is overwhelming. To subscribe, go to <http://listserv.buffalo.edu/user/sub.shtml>; type in SCHLRN-L where it asks for the name of the list serve you want to join. Then type in your email address and name, select your options (i.e., digest), and then hit submit. One of the benefits that I reap from the list serve is the realization that my problems are not unique.

For those who teach or are looking for ideas for science ideas for teachers in their building, NIH has some wonderful science curriculums available that are free. Go to <http://science.education.nih.gov/customers.nsf/Supplements> to order.

At <http://www.techlearning.com/story/showArticle.jhtml?articleID=177100334>, there are FREE (Free Resources for Educational Excellence) websites of several government agencies which combined their resources in 1997. If you have never used this site, do yourself a favor and check it out!!

With the proliferation of diabetic students on our campuses, you might want to utilize the teaching materials from the American Diabetes Association web site, <http://www.diabetes.org>. I don't understand their logic, but to get to the school materials, you need to click on Government Affairs/Advocacy on the left hand side; then click on discrimination, then school.

Have students who are exploring substance abuse? NIDA has a wonderful site for teens, <http://www.teens.drugabuse.gov>. This site has information on the effects of substances on the brain as well as frequently asked questions by "Dr. NIDA".

Our district is also seeing an increase in students with severe food allergies, particularly to peanuts. The Food Allergy & Anaphylaxis Network has a wonderful site, <http://www.foodallergy.org>, with a good allergy care plan as well as guidelines which can be utilized in the school setting.

The Epilepsy Foundation has partnered with NASN to offer Seizures and School Personnel. The materials from this training are wonderful and complete. If you are interested in finding out when another course will be offered, contact your local office. For materials and other information to use in your office, go to www.epilepsyfoundation.org/arizona

Another source for "local" information on neurological matters is Barrow Neurological Institute website, <http://www.thebni.com/>. Check this site for conferences and workshops also.

A site that I enjoy, even though it is intended for kids, is <http://www.brainsrule.com> because it has wonderful information presented in a fun way. (Yes, I am just like the kids—I want bells, whistles, color, etc!)! This site is a collaboration between the University of Nebraska at Omaha and the University of Texas Health Science Center at Houston.

One of my greatest challenges as a school nurse is the student with "skin" problems. The University of Maryland has an awesome dermatology website, <http://www.umm.edu/dermatology-info/infhub.htm>. Information as well as diagrams.

Remember to save those websites you find and like in your favorites - you can always delete the site later, but you may have trouble finding it again. And, while you are working on the computer, remember to hit save at least every 10 minutes - nothing worse than having a power outage or surge with the loss of all of your work!

Surf's UP!!!!

Recognitions at the 19th Annual School Health

THE FOLLOWING INDIVIDUALS WERE RECOGNIZED ON JULY 18TH AT OUR RECOGNITION LUNCHEON:

OUTSTANDING SUPPORTERS

- ◆ **Andie Denious** Manager, Immunization Services, ADHS
- ◆ **Steve Goetze** GLS-TC Consulting
- ◆ **Patricia Kaminsky** ADHS Hearing Trainer
- ◆ **ReachOut HealthCare America**



SCHOOL NURSE RECOGNITION

- ◆ **Denise Allen** Tempe Elementary School District

OUTSTANDING SUPPORT PERSONNEL

- ◆ **Beth Piazza** Shadow Mountain HS, Paradise Valley Unified SD

Congratulations to:

Roberta Shellenberger, Globe Unified School District

Roberta won the drawing at the AZSNC July Seminar for a free registration to the 20th Annual School Health Nursing Seminar, July 16th—18th, 2007 .



19th Annual School Health Nursing Seminar Power Point Presentations are available for:

Anne Wojner-Alexandrov - Evidence Based Practice

Carol Gibbs - AED's (Desert AED)

Christina Hall - Juvenile Arthritis - www.arthritis.org

Virginia James - Hearing Screening

Dr. Harold Magalnick - Don't be Rash! Refer, Exclude or back to Class?

Email - walsh_diana@qwest.net



Cuddly 10 inch "Freedom Bears" were a hit at the 19th Annual School Health Nursing Seminar in July where Sharon Wilkins, one of our featured speakers, offered her bears for sale. Sharon had the bear custom designed with the words "Freedom Bear" embossed on a white sweater trimmed with red in hopes that children would snuggle and remember two things: ***Be free to become your own unique self and Freedom of choice is powerful in life.***

The bears come in white, tan or cream and can be purchased for \$12 plus \$5 S/H. Send your order and check, with your address clearly printed to:

Sharon Wilkins
1157 W. Peninsula Dr.
Gilbert, AZ 85233
swilk44@aol.com

Arizona Department of Environmental Quality

ADEQ was very pleased to participate in the 19th Annual School Health Nursing Seminar. The enthusiasm with which you greeted our presentation on asthma triggers and methods to reduce them by improving indoor air quality at schools was very invigorating. We are pleased to share your enthusiasm for improving children's health and are happy to provide ADEQ assistance to your efforts.

One of our main environmental tools for reducing asthma triggers is the "**Tools for Schools Kit**" published by the U.S. Environmental Protection Agency.

What does it do?

This kit has been used successfully by schools around the nation to identify and control many of the common asthma triggers and improve indoor air quality by:

- ◆ maintaining and optimizing your air conditioning and ventilation systems, controlling water leaks and mold,
- ◆ reducing chemical emissions from cleaning products, carpets and paints, controlling insects and pests by cleanliness, eliminating food sources and entry pathways,
- ◆ minimizing chemical pesticide use

How many people does it take?

The central approach of the kit is for school nurses, building administrators, teachers, school officials and even students, to form a team to identify triggers at their particular school, or district-wide. With the combined knowledge of the team, and information from EPA, the kit and other resources in your community, many of the identified sources can be minimized or eliminated.

How does the information help?

Through early problem identification a school can prioritize improvements and may be able to find creative financial resolutions. The team approach can help maintain the knowledge and perseverance that is necessary to find and implement the more difficult solutions.

How can ADEQ help you?

Provide Kits

ADEQ distributed nearly 50 such kits during the seminar. Didn't get one? Kits are available by calling ADEQ's Pollution Prevention Unit at 602-771-4235 or ordering them through the U.S. EPA Web page at: <http://www.epa.gov/iaq/schools/toolkit.html>

Promote "Green"

ADEQ hopes that schools of the future can be designed and constructed from the beginning to reduce respiratory triggers and otherwise contribute to children's health, healthy workers, and the environment. For more information on "green school" construction visit the ADEQ Green School Web page at <http://www.azdeq.gov/function/about/green1.html>

Educational materials

ADEQ is available to meet with your school district officials and present information and materials on green school construction. Feel free to contact ADEQ's Chuck Burke at CGB@azdeq.gov or 602-771-4207 for direct assistance.

ADEQ is interested in hearing about your success stories and difficulties with implementing the Tools for Schools kit or other indoor air quality and asthma reduction programs in schools. Send an e-mail to kids@azdeq.gov

Mannie Bowler, Asthma Outreach Coordinator for ADEQ is available for questions or concerns - 602-771-2391.

AzNA School Nurse Chapter 15

Mary Hallett - President

A symposium titled "Nursing in the 21st Century" will be held on Friday, October 6, 2006 at the Glendale Civic Center. Four exciting tracks to choose from: 1. Patient Care 2. RN Renewal 3. Management 4. Organization. For information or to Register: www.aznurse.org

Chapter Leadership Conference for Team Building with chapter board members will be held at the Sheraton Crescent on Dunlap Avenue on Saturday, October 7, 2006 from 8:00 to 12:00. The theme is "Building Bridges." The only cost is for a room if you are staying the night. Membership committee has been concentrating on New Grad Recruitment, Transition and Marketing.

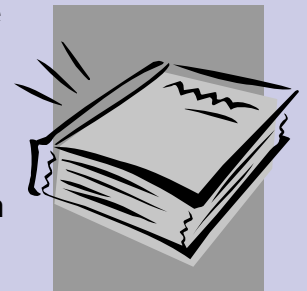
AzPHA – School Health Section

New co-chairs were elected for the next year. They are Ellen Owens-Summo and Lee Renda. They will be officially inducted at the Arizona Public Health Association Fall conference "The Changing Face of Public Health: What's Different about Public Health in the 21st Century?" September 13-15, 2006, at the Fiesta Inn in Tempe. Registration and information can be obtained at www.azpha.org

Arizona School Health Guidelines Manual for Registered Nurses

The "Guidelines Manual" was started 20 years ago in 1986. The first sections were distributed in 1990. Many of these sections have not been updated since this time. There is a need for volunteers to help with updating many of the sections. If you are interested in assisting with the updates, a list of sections and the dates they were last updated are posted on our website.

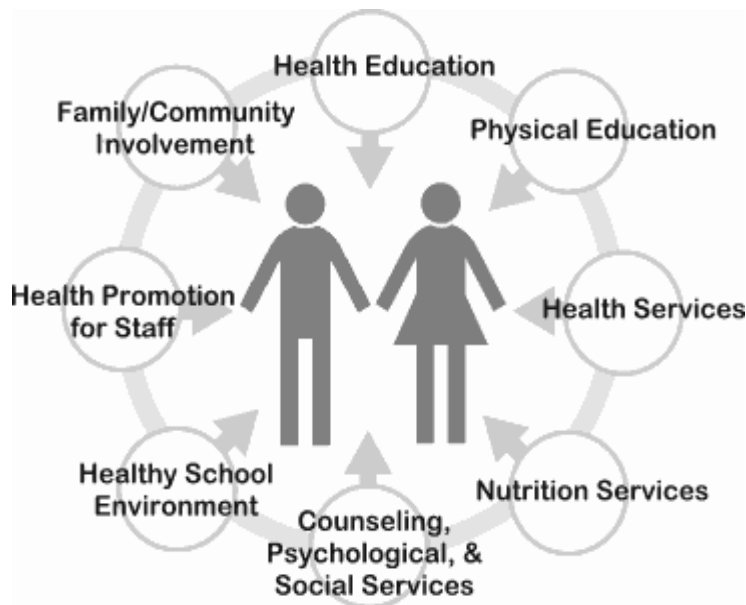
Any school nurse who is interested or even one or more school nurses within a district are encouraged to collaborate and update a section. Once the update is done, the editing and typing will be done by the Guidelines Manual editor.



Please consider assisting with this worthwhile, professional project.

This year, binders and tabs for the Manuals were ordered and sold at the 19th Annual School Health Nursing Seminar. We still have some available for purchase. The cost is minimal. If you are interested in purchasing either the binder or tabs, check our website for more information.

website: www.azschoolnurse.org



To ensure effectiveness and success, change is best instituted slowly and in small increments. If your school site has no health promotion for staff, consider arranging a blood pressure screening during staff lunch periods or recruiting a local gym to do BMI estimates or percent-body-fat caliper screenings. Organize a weight loss contest in January right after everyone returns from the holiday break. If your site's student population is at risk socially, financially, or emotionally, work with your district's Psychologist (s) or Social Worker (s) to provide student support groups and/or parenting classes for the community. Take health promotion out of the nurse's office and into the school community. Work with your art teacher to integrate projects that promote a healthy lifestyle such as collecting magazine pictures depicting healthy activities and foods. Allow students to make collages for display around school grounds with these pictures. Encourage your computer instructor (s) to enhance student computer skills by searching health promoting sites. Sun safety can be taught by assigning students the task of finding five desert countries and discovering the kinds of clothing these cultures use to help them stay protected in hot and sunny environments (from the Sun Wise Kit). The possibilities are as endless as your imagination.

Here are some websites to get you started!

<http://www.cdc.gov/nccdphp/dnpa/kidswalk/resources.htm>

Walk America Event/Walking School Bus/ PowerPoint and posters available

<http://www.mashweb.org/index.html>

Dr. Pat Cooper's program of integrated/coordinated health

<http://www.azdhs.gov/phs/sunwise/>

Sun Wise Kits and resources for sun safety/skin cancer prevention

<http://www.cdc.gov/HealthyYouth/index.htm>

National Statistics and Various resources, reports and information

<http://www.foodallergy.org/Support/Walk/WalkLocations2006.html>

Y. Diane Tasev, RN, BSN
Arizona Department of Education
Health and Nutrition Services
School Nurse Coordinator
Diane.tasev@azed.gov
(602) 542-4220

ARIZONA SCHOOL NURSE CONSORTIUM

A 501 (C)(3) Non-profit Organization
 PO Box 23688
 Tempe, AZ 85285-3688

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The **HEALTH STREET** is mailed to Arizona schools, public, charter, and private and others with an interest in school health nursing practice, pertinent topics and issues.

To stay connected with Arizona schools, our mailing list has recently been updated!

If you know others who would like to be added to the list or wish to not be included, please contact AZSNC through our website, www.azschoolnurse.org

ARIZONA SCHOOL NURSE CONSORTIUM

A 501 (c)(3) Non-profit Organization
 PO Box 23688, Tempe, AZ 85285-3688
www.azschoolnurse.org

Mission Statement

To provide leadership, through Arizona certified school nurses, in the delivery of quality school health programs in every school and through dissemination of children's healthcare and wellness information to Arizona families of school-age children.

Contact us:

President	Karen Reuter	602-867-5328	kreuter@pvsud.k12.az.us
Vice President	Diana Walsh	602-276-3046	walsh_diana@qwest.net
Secretary	Karen Wilson	480-839-2915	wilsonwk@cox.net
Treasurer	Denise Allen	480-897-2544 X4303	94nurse@cox.net
ASHAR	Karen Reuter	602-867-5328	kreuter@pvsud.k12.az.us
	Karen Wilson	480-839-2915	wilsonwk@cox.net
CHIP-AZ Software	Mary Hallett	480-945-5787	maryh@chip-az.org
Education	Cindy Sharpe	602-232-4953	sharpec@rsd.k12.az.us
Guidelines Manual	Diana Walsh	602-276-3046	walsh_diana@qwest.net
Legislative	Gail Davis	602-257-6284	d1Friend@cox.net
Health Street Newsletter	Diana Walsh	602-276-3046	walsh_diana@qwest.net
Seminar	Diana Walsh	602-276-3046	walsh_diana@qwest.net
	Karen Wilson	480-839-2915	wilsonwk@cox.net
Website	Mary Lotten	928-526-8946	mlotten@infomagic.net
	Eileen Dolmage	480-850-2928	dolmage56@aol.com
Members	Sue Bast	480-367-5813	sbast@pvusd.k12.az.us
	Laurel Kruger	520-225-3293	Laurel.Kruger@tUSD.k12.az.us