



# School Health Services Program Newsletter

## Spring 2018

*Health and education are related. They are interrelated. They are symbiotic.*

-Dr. Gene R. Carter, Executive Director Emeritus, Association for Supervision and Curriculum Development

### INAUGURAL NEWSLETTER

Welcome to the very first twice-yearly newsletter for Florida school superintendents, county health department (CHD) directors and administrators, and school health partners. This newsletter provides pertinent school health information, updates, and successes. We encourage your feedback to ensure this newsletter informs and inspires collaborative development of local school health programs.

### SCHOOL HEALTH SERVICES PROGRAM

In cooperation with the Florida Department of Education (DOE), the Florida Department of Health (DOH) School Health Services Program provides the services mandated in Florida Statutes, sections 381.0056, 381.0057, and 402.3026. School health services are intended to minimize health barriers to learning for public school students in grades pre-kindergarten (pre-K) through 12th. To help ensure the provision of safe and appropriate county-level school health services, the program office provides funding, technical assistance, and oversight of health services provided in Florida's public and participating non-public schools. During the 2016–2017 fiscal year (FY), local school health programs provided a total of 26,154,777 services statewide for students attending public and participating private schools.

### 2017-18 PROGRAM FOCUS

In addition to ensuring that statutory mandates are fulfilled, School Health Service Program Liaisons' biennial monitoring visits (annual for larger districts) were also focused on school health programs' accomplishments, challenges, and collaborations. School district and county health department leadership are strongly encouraged to participate in the entrance and exit meetings held during these monitoring visits. Following your county's site visit, you can expect to receive the Liaison's monitoring report within approximately 15 business days. As always, we encourage you to voice any suggestions or concerns that can help us improve the School Health Services Program's efforts.

### THOUGHTS FROM A HEALTH OFFICER— Kevin Sherin, MD, MPH, Health Officer/Director, Florida Department of Health in Orange County

School health for all children and adolescents is critical to Florida and its future success. Access to optimum school health includes addressing the social determinants of health that impact students/families and communities. These include the toxic stress and adverse childhood experiences (ACEs) that children experience that greatly impact their social, emotional, and physical health. Teens or children living with high ACE scores, poor housing, poverty, or poor food choices and access are at much higher risk of emotional, behavioral, and risky lifestyle factors and diseases. Growing trauma-informed classrooms and school districts is critical to children's educational success and outcomes. This includes building schools with strong behavioral health resources and teacher training programs. Surrounding schools with support systems for students with social determinants challenges is also critical.

The Department, through our CHDs, must champion the importance of strong CHD-school district collaboration to develop successful school health programs. These include building broad, diverse participation in the school health advisory committee (SHAC) and implementing the Coordinated School Health/Whole School, Whole Community, Whole Child (WSCC) model. The African proverb is "It takes a village." The whole village, whole school, whole child models are critical to the success of Florida schools. We need to embrace children's wellness in the context of the whole school and the whole child. Trauma-informed classrooms help to achieve this model: <http://www.ascd.org/programs/learning-and-health/wsc-model.asp>

**Every school and every child deserves a school nurse.** I had one as a child and we should expect the same for all Florida children. Nurses in every school are a critical success factor in ensuring a successful school health program and healthy child outcomes. Nurses and school health help every student have the opportunity to achieve their individual potential.

## A SUPERINTENDENT'S EXPERIENCE

You know the old saying 'walk a mile in someone else's shoes?' This year, the Leon County School Superintendent Rocky Hanna has logged hours working as a substitute teacher, school secretary, bus aide, maintenance worker, and grounds keeper. On April 19, the superintendent took that approach a step further to learn first-hand what school health staff experience each day.

Beforehand, Rocky, very candidly, said that he really didn't know what life was like for these specialized staff members. During the one hour he shadowed clinic staff he witnessed a student with a bloody lip, another with complaints of a headache, a student with type 1 diabetes who needed assistance to check his blood sugar level, and a student who had soiled his clothes at home the night before and came to school without getting cleaned-up.

After spending this short span of time with the health aide, Superintendent Hanna stated it was amazing to see what is done for our students through the school clinics every single day. The School Health Services Program applauds Rocky's effort and encourage all school superintendents to walk in their school health staff's shoes for a little bit so they can gain a better understanding of the vital services provided and wonderful things that occur within the walls of our students' safe havens, also known as school clinics.



## COORDINATED SCHOOL HEALTH

The DOH and DOE have collaborated for over 20 years to promote implementation of the Coordinated School Health and WSCC models in all Florida schools. The education, public health, and school health sectors have each called for greater alignment, integration, and collaboration between education and health to improve each child's cognitive, physical, social, and emotional development (Centers for Disease Control and Prevention (CDC), 2017). Research shows a correlation between health and academic achievement (e.g., grades, graduation rates, and attendance). Healthy students are better learners and a healthy school environment builds on this foundation for learning.

## ASTHMA PROGRAM

This year's World Asthma Day theme is "NEVER TOO EARLY, NEVER TOO LATE. It's always the right time to address airways disease." Asthma can be controlled, but it takes the effort of an entire community—people from all sectors—to create the type of care and environments needed to reach this goal. The DOH encourages all individuals with asthma and their families to work with their healthcare provider to ensure they have an asthma action plan (AAP). School nurses play a key role in implementing AAPs for students with asthma. The AAP should be shared with teachers, coaches, and other pertinent school staff to effectively manage the student's asthma. The following resources provide more information about asthma control and management:

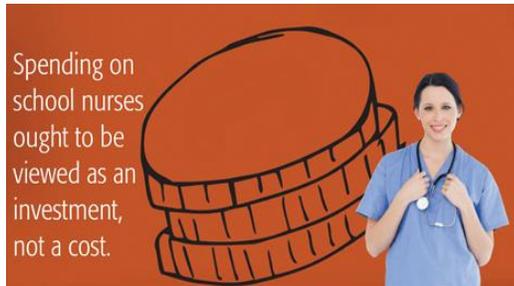
- Florida Department of Health: Asthma: <http://www.floridahealth.gov/diseases-and-conditions/asthma/index.html>
- Florida Asthma Coalition <http://www.floridaasthmacoalition.com>
- Expert Panel Report 3-Guidelines for the Diagnosis and Management of Asthma (EPR-3): <http://www.nhlbi.nih.gov/guidelines/asthma/index.htm>
- CDC VitalSigns: Asthma in Children: <https://www.cdc.gov/vitalsigns/pdf/2018-02-vitalsigns.pdf>

## WHAT'S YOUR DISTRICT'S RATIO?

Are the school clinics in your district staffed primarily by registered nurses (RN), licensed practical nurses (LPN), or unlicensed staff? What's the non-exceptional student education (ESE) full-time registered nurse (RN) to student ratio in your district? In the 2016–17 school year, Florida's non-ESE RN to student ratio was about 1 RN for every 2,400 students (about 1 RN for every 3 schools).

The [National Association of School Nurses \(NASN, 2017\)](#) and the [American Academy of Pediatrics \(2016\)](#) recommend a ratio of one full-time RN for every school, while the federal Department of Health and Human Services (2014) recommends a ratio of one full-time RN for every 750 students in the general (non-special needs) student population: ***"to optimize student health, safety and learning, it is the position of the National Association of School Nurses that a professional registered school nurse be present in every school, all day, every day (NASN, 2017)."*** According to [NASN \(2016\)](#), school nurses are the leaders who work with students and families to address social determinants of health, such as access to care, healthy food, safe environments, and community resources—keeping

students safe, healthy, and ready to learn. Also, a [2018 policy brief from the American Academy of Nursing \(AAN\)](#) states that all students must have daily access to a full-time registered school nurse who is supported by health and education dollars. Among AAN's eight recommendations is the need for healthcare systems to partner with education and contribute to the funding of school nurses.



### VISION PROGRAMS

Did you know that eligible students in your district can receive no cost eye exams and eyeglasses if needed? The School Health Services Program manages contracts for two state funded vision programs; Florida Heiken Children's Vision Program and Florida's Vision Quest. Both providers make vision services available to eligible public school students in grades pre-K through 12<sup>th</sup> who have failed a school-based vision screening. Funding for these providers is contingent upon the General Appropriations Act (GAA) by the legislature. The total contract allocation for FY 2017–2018 is \$2,000,000.00. CHDs are encouraged to contact either provider for follow-up exams and eyeglasses for students in their county. In FY 2016–2017, Florida Heiken Children's Vision Program received 6,457 eligible student referrals, completed 4,752 eye exams, and provided 4,054 pairs of eyeglasses. In FY 2016–2017, Florida's Vision Quest received 7,364 eligible student referrals, completed 5,141 eye exams, and provided 5,059 pairs of eyeglasses. The providers and their contact information are listed on the [School Health Services Program website](#).



### NATIONAL SCHOOL NURSE DAY 2018

May 9, 2018 was celebrated as [National School Nurse Day](#). "Students across the country are able to fully access their education because of the interventions and actions performed by school nurses every day." *Nina Fekaris, MS, BSN, RN, NCSN, President, National Association of School Nurses (NASN)*

Read the full announcement here:  
<https://www.nasn.org/advocacy/school-nurse-day>

See the Governor's proclamation here:



Florida Nurse Day.pdf

### UPCOMING CONFERENCES

The National Association of School Nurses (NASN) will host its annual conference June 30 through July 3 in Baltimore, Maryland. [NASN's 50<sup>th</sup> anniversary conference, Power of the Past, Force of the Future](#), invites school nurses to join the celebration! For details regarding the conference and registration, visit the NASN website:  
<https://schoolnursenet.nasn.org/nasn2018/home>



**Sex Trafficking in Florida's Schools—Save the Date!** This **September 14** symposium to be held at **Hillsborough Community College in Tampa** will equip school district staff and others with information to identify exploited teens and respond safely without further traumatizing or embarrassing the survivor. **Registration details will be emailed from [HSF.SH\\_Feedback@flhealth.gov](mailto:HSF.SH_Feedback@flhealth.gov) when available.**

The [2018 First 1000 Days Florida Summit](#) will be held **September 26–28** in Palm Beach and [registration is open!](#) Be a part of Florida's premiere multi-disciplinary, cross-sector summit focusing on child health and well-being, prevention of abuse/neglect, trauma-informed care, early childhood development, and school readiness during the critical first 1000 days of life.



The [Florida Association of School Psychologists \(FASP\) 45<sup>th</sup> Annual Conference](#) will be held **October 24–27** at Omni Orlando Resort at Champions Gate. Visit the FASP website to obtain registration details:  
[www.fasp.org/Events/Annual\\_Conference.html](http://www.fasp.org/Events/Annual_Conference.html)

