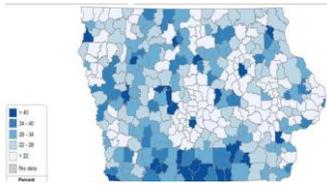


**What Do These Maps Represent In Iowa?**

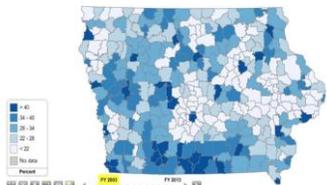
**See Page 2:**

More details and how this affects school health

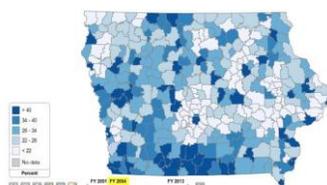
2002



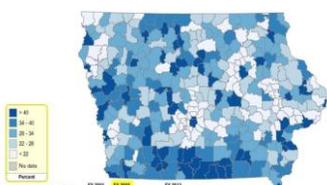
2003



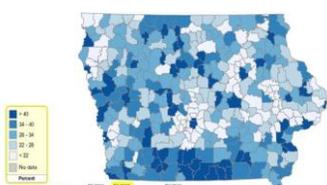
2004



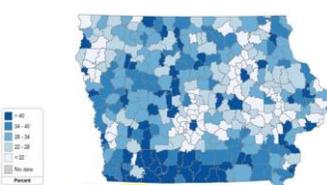
2005



2006



2007



**“School Nurses are Getting On The Map of Data Collection”**

The United States and Office of Civil Rights have been collecting data since 1968. They are using data from all public schools, long-term secure juvenile justice facilities, charter schools, alternative schools, and schools serving students with disabilities. So how does this affect nursing? In March of 2014, school nurses were added to the list of data that they wanted to collect. It was an optional collection in 2013-2014, but it will be mandatory in 2014-2015. Along with school nurses, data will be collected on a number of other school personnel who play vital roles across the nation in the health of the student to promote their academic success. Here is the link to the article and document:

<http://www.healthyschoolscampaign.org/blog/office-for-civil-rights-prioritizes-school-health>

**SUN SAFETY**

May is here and summer is fast approaching us. It’s that time of the year where kids start breaking out in their shorts, T-shirts, and those pesky flip flops that we fix repeatedly over and over again. The one thing they tend to forget is sun screen.

“An ounce of prevention can go a long way!”

**Does your school have a Sun Safety Action Plan?**

School nurses can develop a sun safety action plan with the support of their educational team. Below is a list of some sites for you to check out:

Sun Safety for American’s Youth Toolkit: CDC	<a href="http://www.cdc.gov/cancer/skin/what_cdc_is_doing/toolkit.htm">http://www.cdc.gov/cancer/skin/what_cdc_is_doing/toolkit.htm</a>
Sun Wise: EPA	<a href="http://www.epa.gov/sunwise">www.epa.gov/sunwise</a>
Sun Safe Schools: National Skin Cancer Charity	<a href="http://www.sunsafeschools.co.uk">http://www.sunsafeschools.co.uk</a>
American Cancer Society Skin Cancer Prevention Activities: ACS	<a href="http://www.cancer.org/healthy/morewaysacshelpsyoustaywell/acs-skin-cancer-prevention-activities">http://www.cancer.org/healthy/morewaysacshelpsyoustaywell/acs-skin-cancer-prevention-activities</a>
Sun Smart U: SCF	<a href="http://www.skincancer.org/prevention/education-program">http://www.skincancer.org/prevention/education-program</a>
Sun Smart America: Melanoma Foundation	<a href="http://sunsafeschools.co.uk">http://sunsafeschools.co.uk</a>

A great vide to check out for skin cancer awareness is *“Dear 16 Year Old Me”*. If you get a chance, search for it on any search engine and watch it!

Education about skin safety can present itself in many ways. School Nurses can lead by example, hang a poster in a high traffic area, go into the classroom, or share a prevention health tip on the school’s website. If you have other ways that you promote prevention programs in the school setting, please share them on list serve for other nurses. We have so many new school nurses entering this specialized profession and so many school nurses who have been in this profession for years who hold invaluable knowledge that is attained with experience. **Let’s begin sharing ideas on the list serve!**

### **“Addressing Hunger in Iowa”**

May showers are common in Iowa and along with those showers, we see quite a bit of inclement weather. Have you clicked over to the weather Doppler of your local weather channel to watch the storm move across the state? That is what it felt like when I viewed this data related to the free and reduced lunch rates in Iowa.

The dark blue color represents areas that have greater than 40% free and reduced. These 12 pictures represent the increase in schools free and reduced rates from 2002-2013.

#### **Many things affect the rise in free and reduced rates:**

- Economy
- Less hurdles with the district application process
- Students/Families moving in and out of the state

#### **In 2002:**

- 27 districts had greater than 40% free and reduced lunch rates, 6 of those districts were greater than 50% free and reduced

#### **In 2013:**

- 153 school districts had greater than 40% free and reduced rates, 77 of those school districts having greater than 50% free and reduced

#### **“The increases from 2002 to 2013 are staggering in comparison!”**

Ann Feilmann M.S. RD/LD, Bureau Chief of Nutrition and Health, for the Iowa Department of Education presented these slides in a presentation, “Fighting Hunger-School Meals”. A rate of greater than 50% for individual schools opens opportunities for such things as Fresh Fruit and Vegetable Program or for open sites for Summer Food Service Programs. If you are in a district that has greater than 50% Free and Reduced or are interested in these programs, please contact [ann.fielmann@iowa.gov](mailto:ann.fielmann@iowa.gov).

#### **“Food For Thought”**

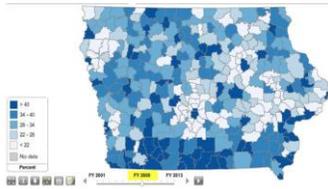
How many times do you see kids coming into your office with a stomach or headache, and after an inconclusive assessment, do you ask, “What did you have for breakfast? What did you have for supper last night?”

Does your school have a summer feeding program to address hunger when the free and reduced breakfast and lunch program isn't available?

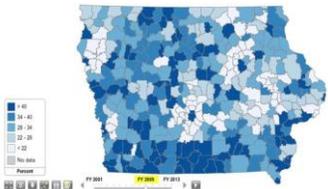
What steps have you taken to ensure students basic needs are being met so they can achieve academic success and wellbeing?

Do you collect data on the visits related to nutrition and hunger?

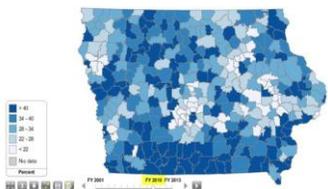
2008



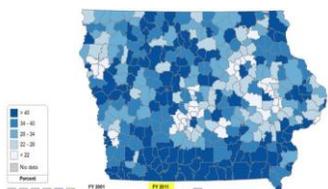
2009



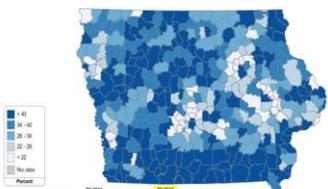
2010



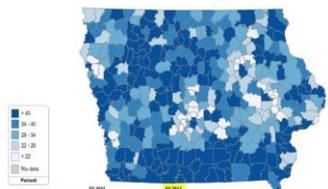
2011



2012



2013



*I would like to extend a Thank You to  
Larry Sigel at Iowa School Finance  
Information Service for permission to  
use these maps.*

## School Nurse References

Please go to the Iowa  
Department of  
Education Website:  
Search "School Nurse"

<https://www.educateiowa.gov/pk-12/learner-supports/school-nurse>

## Legal Health Summary

[https://www.educateiowa.gov/sites/files/ed/documents/1112\\_sn\\_legalreference\\_v3.pdf](https://www.educateiowa.gov/sites/files/ed/documents/1112_sn_legalreference_v3.pdf)

## ISNO

<http://www.isno.org/>

## IBON

<http://nursing.iowa.gov/>

ISNO Nominates Twyla Kleen RN, BBA, CRRN, CDDN as the 2014 School Nurse of the Year. Twyla is a school nurse from Storm Lake Elementary and an amazing school nurse! Twyla has worked with a culturally diverse population of students and facilitated children's access to health care and families to community services in her profession of school nursing. May 7<sup>th</sup>, 2014, is School Nurse Day in Iowa. Twyla met with the Governor Branstad and ISNO members to receive her award and observe the signing of the proclamation. I would like to extend my gratitude and thanks to Twyla for her hard work and dedication to promoting the academic success and wellbeing of children in Iowa. Congratulations!



*From left to right: Marci Cordaro (Health Director for Des Moines Public Schools), Melissa Walker (School Nurse Consultant), John Forbes (Iowa House Representative), Governor Terry E. Branstad, Twyla Kleen (2014 School Nurse of the Year Recipient), Teri Schloss (ISNO Legislative Committee Chair), and Sharon Guthrie (ISNO Executive Director)*

## Reflection:

School nursing goes above and beyond the playground scrape or the child with an upset stomach. School Nursing addresses expertise and compassionate care to a diverse population of children, staff, parents, and families. The school health service provides a foundation for children by promoting wellness, prevention, and setting the stage to champion Iowa children's success. School nurses are accountable for their standards and practice as outlined by the Iowa Board of Nursing to maintain licensure and follow adherently to the rules that are set out for compulsory education and as defined in special education law.

The role of the school nurse is sometimes misunderstood. I believe this is because many things occur behind the scenes. We coordinate health services, develop health plans for student's to access their education, build bridges of communication between the healthcare providers, mental health providers, the educational team, student, family, and community stakeholders. School nurses are an integral part of the education team.

School nurses participate in IEP/504 meetings. School nurses provide a multitude of screenings and services. School nurses play an important role in school, staff and individual wellness. School nurses help families' access medical insurance, work with community providers to get children access to healthcare, provide nutritional support, and clothing as necessary. It is within the profession, that school nurses encompass the holistic approach to meeting the children's needs and their support structure. The school nurse works to address each child's health needs to promote every student entering the school day on equal ground to access education. I know that this is only scraping the surface of the school nurse and there is so much more that I have not begun to cover.

Thank you for all you do! MW

**The School Nurse: *Caring for Others. Caring for Ourselves.***  
**National School Nurse Day**  
**May 7, 2014**

Happy School Nurse's Day  
To  
All of the Iowa School Nurses!  
Thank You For Everything You Do!

