



# School Health Headlines

## Quarterly Newsletter



### Be The Beat!

Lynne Meadows, Coordinator, Student Health Services



FCBOE-Student Health Services

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#### Special points of interest:

- ☺ Be The Beat
- ☺ Calendar of Events
- ☺ Community Based Instruction Classes
- ☺ Healthy Recipe

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**Student Health Services Received Grants from the American Heart Association to promote awareness of sudden cardiac arrest, and the importance of CPR/Automated External Defibrillator (AED) training in three Fulton County Middle Schools – River Trail, Sandtown and Camp Creek.**

The American Heart Association (AHA), in collaboration with the Medtronic Foundation launched an online awareness initiative last year for students and schools to create the next generation of lifesavers, and offered a limited number of grants to school districts that best demonstrated ideas targeted toward this age group. Their goal was to increase early recognition of sudden cardiac arrest (SCA), early bystander Cardiopulmonary Resuscitation (CPR), use of the Automated External Defibrillator (AED), and confidence in responding to Sudden Cardiac Arrest – all with the hope of improving victim’s outcomes.

**Proudly, Student Health Services applied for three grants and were awarded all three! River Trail Middle School, Sandtown Middle School and Camp Creek Middle School were the three Fulton County Middle Schools chosen as sites to implement the program based on student populations, staff and parent communities.**

During December and January, the training was provided for 8<sup>th</sup> grade health classes by the following School Cluster Nurses: Trish Vacarella, RN, Natalie Toomer, RN and Jacqueline Hicks, RN, and Lynne Meadows, RN, MS, Coordinator of Fulton County Schools Student Health Services.

Lynne Meadows was so excited about the program and shared, “We continue to see and hear about some very tragic school-related emergencies. Our hope is that these efforts will further our goal of making Fulton County Schools safer for our students, staff and parent communities.” Go to [www.bethebeat.org](http://www.bethebeat.org) to find out more about this awareness initiative to teach young teens the simple steps that can save a life. Parents, students and teachers can access free games, music, videos and giveaways to educate kids while they have fun! With these grants, we are training the next generation of lifesavers!

*See pictures on page 3.....*

*Fulton County Schools*  
Where Students Come First

#### Editor's Note:

Greetings! Please check out our last edition of Student Health Headlines of this school year. This issue focuses on a variety of health topics related to Be The Beat Grant, Special Olympics, and healthy tips. We hope that you will find this information helpful and interesting. As always, if you have suggestions or comments please feel free to contact me at [toomern@fultonschools.org](mailto:toomern@fultonschools.org).

**HAPPY READING AND HAVE A GREAT SUMMER! Natalie**

#### Contributors

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# May 2011



## Schedule of Events

### May 2011

- ☺ May 6th-National School Nurse Day
- ☺ May 18th-CPR/AED Class (North County)
- ☺ May 20th-CA Workshop
- ☺ May 24th-SHS Staff Mtg
- ☺ May 25th-CPR/AED Class (South County)
- ☺ May 27th-Last Day of School

### August 2011

- ☺ Aug 10th CPR/AED Class
- ☺ Aug 15th-First Day of School
- ☺ Aug 17th-New CA Orientation (Mandatory)
- ☺ Aug 18th-Experienced CA Orientation (Mandatory)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 <i>School Nurse Day</i>	7
8	9	10	11	12	13	14
15	16	17	18 <i>CPR/AED Class</i>	19	20	21
22	23	24 <i>SHS Staff Mtg</i>	25 <i>CPR/AED Class</i>	26	27 <i>Last Day of School</i>	28
29	30	31				

## Coordinator's Corner



It is hard to believe that we are already near the ending of the school year. What a Year! It seems like it was only a few months ago when we were welcoming new students and beginning the school year. And, here we are...already making plans for the next school year. In the fall, Student Health Services (SHS) will be introducing several new initiatives and expanding other programs. Just to name a few, we will be piloting the expansion of the staff flu clinics to include offering other adult vaccines and screenings, and will be expanding the Project 20/20 & Sight Savers America vision screening program in the elementary schools.

I would like to end the year on a very positive note: **KUDOS** to ALL of the elementary and middle schools for a **JOB WELL DONE!** As a district, we achieved an overall **99% compliance on the county and state immunization audits for the elementary schools, and 100% for the middles schools!** I would also like to **thank all the elementary schools for successfully completing mass and vision hearing screenings, and thanks to the middle schools for completing the scoliosis screenings.** Three of our elementary schools (Seaborn Lee, Manning Oaks and Woodland) helped to pilot a new vision screening program in collaboration with Project 20/20 and Sight Savers America which streamlined the screening process and provided comprehensive follow-up to students. The number of students screened every year continues to increase. All of our schools did a great job with conducting screenings!

Special **thanks to all the Clinic Assistants** who continue to work diligently to manage the school-based clinics, and adhere to student healthcare plans and health services guidelines.

In addition, **thanks to all the Cluster Nurses and Special Education Nurses** who worked meticulously to ensure pertinent and accurate school health information and clinic guidelines were continuously shared, critical health issues were followed-up on as well as for their assistance in implementing the new revised medication policy and developing new care plans.

**Thanks to all school staff, Administrators, and Central Office Staff for assisting SHS with our school health responses and health issues.**

*Continued on Page 3* →



## Coordinator's Corner-(continued from page 2)

Some of SHS accomplishments for this school year include: Hosting the **first Emergency Preparedness Training for School Nurses and Clinic Assistants** in collaboration with the National Association of School Nurses. Over 115 school nurses, clinic assistants and other staff attended the training; **SHS hosted 60 school-based Flu Clinics and 4 Flu clinics at the administrative buildings, and shared sites of community based clinics for students in an effort to help reduce and prevent flu-like illnesses in our schools. A total of 2,726 employees received flu vaccines. This is more than twice the number of staff we vaccinated last year!** Next year, we are looking forward to expanding our flu clinics to include other health screenings through some creative partnerships. Additional information will be forthcoming.

**A huge gratitude of thanks to the Assistance League's Operation School Bell Program! Through their wonderful generosity and our partnership, we were able to distribute over 200 coats, 550+ shoe vouchers, and several other clothing items (socks, underwear, shirts, shorts, and pants), and provide minor clinic supplies throughout the school district. Their in-kind donations have totaled well over \$60,000.**

Just as a reminder, we will continue to host monthly CPR & AED Classes beginning in the fall. Classes are offered every month in both a north and south county location. We continue to experience record numbers of staff attending the classes, and we want to commend all Principals for ensuring their staff receives this important training.

In closing, **Happy National School Nurses Day (May 11, 2011)** to all the wonderful School Nurses across the state of Georgia who work diligently to meet the health needs of students and staff!

Have a great summer!

*Lynne Meadows, RN, MS, Coordinator - Student Health Services*

## **Be The Beat (Continued from page 1)**



Students pictured left from Camp Creek Middle School.



Pictured above/left from Sandtown Middle School

*"Children must be educated to be healthy and healthy to be educated"*  
*Dr. Jocelyn Elder, Former Surgeon General*

# Feature Spotlight of the Quarter

## SPOTLIGHT!



### Spotlights on You:

**Bonnie Ramey, Administrative Assistant, Student Health Services**

Special Thanks to Bernadette (Bonnie) Ramey, Student Health Services' Professional Assistant III. Bonnie always goes beyond the call of duty to assist the nurses and coordinator daily. Whether it is ordering supplies, sending critical documents or helping a parent to access the department, she is always pleasant and professional in her demeanor. She exhibits exemplary customer services and is often complimented by those that contact the office of Student Health Services. Bonnie has over 25 years of work experience and has a sincere commitment to meeting the needs of others. She is well versed in health care and has become very proficient in issues related to school health. Lynne Meadows, Coordinator had this to say, "Bonnie is simply a jewel...she is such a big part of Student Health Services. Her ability to help manage the office is invaluable. She is definitely an asset to Fulton County Schools."

Bonnie, we salute you! Your efforts do not go unnoticed and we appreciate your service! Thanks for all that you do!



### Special Olympics Track and Field

*Terri Goodman, RN, Special Education Nurse, North County*



Fulton County Schools held their annual Special Olympics Track and Field Meet at Westlake High on May 5<sup>th</sup>, 2011. What a great event to include students with different disabilities competing in all types events, ranging from developmental games, softball throw and non-assisted and assisted running events. Many of our special needs students have health conditions that would make it difficult to compete under normal circumstances. Some of the conditions include: seizures, tracheotomies, G-tubes just to name a few. Special Olympics Track and Field takes a lot of planning to host 500 special needs student athletes from North and South Fulton County Schools! With over a hundred school personnel, sixty volunteers and ten cluster and special education nurses, this event provides a safe and encouraging competitive environment. With the staff of Registered Nurses, Student Health Services, was able to provide first aid for our students and staff.

Special Olympics motto is... *Let me win, but if I cannot win, let me be brave in the attempt.* These athletes are certainly the bravest athletes that you will ever meet! See them in action below:





## Special Education Nurses News



### Community Based Instruction Students Making a Difference *Cathie Peebles-Harris, RN, Special Needs Nurse, South County*

Mr. Eon Drew and Mr. Terrence Copeland are both teachers at Banneker High School. Their classes are composed of students with physical and mental impairments. Mr. Drew and Mr. Copeland are charged with helping these students get prepared for the job market upon graduation from high school. Some of the projects they have completed this year include: putting together desks and study cubicles, volunteering at the Fulton County Library-sorting and filing books, performing janitorial services at the school (they are responsible for cleaning the coaches offices and the special education classrooms) and last but not least, they assembled 200 CPR manikins for Student Health Services. They completed this task in less than a week. They have also been introduced to power tools, multi-tasking and working with multi-directional instructions which they have mastered with the assistance of their instructors.

Awesome, Exceptional and Determined are all words that come to mind when we think of these 2 classes of students. They work on site at Banneker getting prepared with life skills that are useful outside of the school setting!

Thank you to Mr. Drew and Mr. Copeland's classes from Student Health Services. You have made quite an impression and a difference in Fulton County Schools!



## Celebrating Nurses!



*We Celebrate all the Nurses of Fulton County Schools  
for your hard work and dedication!*

*May 6-12, 2011*

*Happy Nurse's Week!*

*Thanks for all that you do to keep our schools healthy....*



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**Contact Us**

**We're on the web:**  
**www.fultonschools.org/dept/healthservices**

**Have a Great Summer Break!**



**Health Tips of the Quarter**  
*Vicki Beasley, RN, Tri-Cities Cluster Nurse*

**WHAT TO EAT ON TEST DAY:**

**BREAKFAST** – It is the most important meal of the day! Just like a key starts the engine to a car, the first meal of the day get's your body's motor (brain) going! Also, a solid breakfast in the morning, helps prevent the distractions of hunger pains or fatigue during the test. Fuel up your brain with a power breakfast of easy whole grain cereal with lowfat milk and a piece of fruit.

**HYDRATE** – Not having enough fluids can cause a child to lose focus or feel sick and fatigued during testing. Drink plenty of fluids before the exam, and throughout the day of day-long exams. Drink water, low-fat milks, or 100% fruit juices at meals and snacks throughout the day to stay hydrated!

**SNACKS & MEALS** – Eating small snacks and meals throughout the day helps avoid going longer than 4-5 hours without food, which can result in distracting hunger and fatigue. Food is fuel, and just like we put gas in a car to make it run, we've got to continuously put fuel in our bodies to keep them going throughout the day! Quick energy snacks include fresh fruits of all kinds, whole grain crackers, pretzels, dry cereal.

**WHAT TO AVOID ON TEST DAY:**

**TOO MUCH FAT** – Meals that are greasy or high in fat can take longer to digest and result in feeling sluggish and tired. Small amounts of fat are needed for the absorption of vitamins and keep you satisfied, just avoid the fried foods and adding extra fat, like butter, to meals before tests.

**OVERLOAD OF CANDY AND SWEETS** – while all foods fit in moderation, overdoing desserts on test days can lead to a spike in blood sugars, followed by a drop that can result in feeling sluggish and tired.

**SPICY FOODS** – For some, spicy foods can upset an already nervous stomach on test days.

**TOO NERVOUS TO EAT?**

Test pressure can affect the appetite, and if you find it difficult to get your child to eat, try providing at least a liquid source of energy such as low-fat chocolate milk. It's an easy-to-digest (and tasty) source of 9 essential nutrients! Low-fat yogurt and fruits can also be easier to eat when appetite is low.

**Recipe Corner**

*Better Than Blonde*

*Recipe Courtesy of Yvonne Sanders-Butler, Ed. D*  
*Healthy Kids, Smart Kids*



**Ingredients:**

1 cup unbleached all-purpose white flour  
1/3 cup oat or wheat flour  
1/4 cup teaspoon Dutch-processed cocoa powder  
1 cup natural sugar  
1/2 cup soy margarine  
Vegetable oil spray

3 (1 ounce) squares white organic chocolate, melted  
2 large eggs, preferably organic, beaten  
1 1/2 teaspoons vanilla extract  
1/2 teaspoon lemon extract  
1/8 cup water  
1/3 cup pecans (optional)



Preheat oven to 350 degrees. Lightly coat a 13"x9"x2" baking dish with cooking spray and set aside. In a medium bowl, sift together flours, baking soda, and cocoa powder; set aside. In another medium bowl, combine sugar, margarine, and melted chocolate. Use whisk to blend half the beaten eggs into chocolate mixture. Whisk until almost creamy, and then add the remainder of the egg and whisk until mixture is creamy. Add extracts and water and continue to whisk until mixture is smooth. Gradually add sifted flour mixture. Using a large wooden spoon, stir in nuts, if desired. Spread mixture into prepared baking dish and bake for 18 to 20 minutes. Remove pan from oven and cool on rack. Allow brownies to cool in pan before cutting into squares.

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