

## DPH School Health Unit Weekly Updates 4/30/10

Welcome back from vacation--we hope it was a good one!

### 1. BMI Updates:

- A. **Survey on BMIs:** As of 4/26, we have 381 completed surveys. Thanks to all of you who have completed it. We have attached the letter to this e-mail, in case those of you, who did not have time, will have the website. The survey is due by May 7, 2010. Thanks in advance for all your help.
- B. **FY11 Distribution Plan for Letters and Educational Materials for Parents:** In an effort to ensure consistent messaging to parents while assisting schools to implement the BMI regulations, DPH has developed educational materials that include a letter and supplemental materials on healthy eating and physical activity for those parents whose children are receiving the BMI screening. We are requesting your guidance on how best to distribute these BMI materials to all public schools in the coming year.

**2. MSNO AWARDS:** MSNO is requesting nominations of exceptional schools nurses for School Nurse of the Year and School Administrator of the Year. The deadline date is May 18, 2010. Please see the website for more details. See attached letter.

### 3. HHS' CDC'S DASH RELEASES NEW REPORT—THE ASSOCIATION BETWEEN SCHOOL-BASED PHYSICAL ACTIVITY, INCLUDING PHYSICAL EDUCATION, AND ACADEMIC PERFORMANCE

CDC's Division of Adolescent and School Health (DASH) recently released a new report, entitled "The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance". The report indicates that school-based physical activity may help improve students' grades and test scores and positively affect other factors that influence academic achievement. The report also concludes that adding time during the school day for physical activity does not appear to take away from academic performance. The report and executive summary are available on the DASH Health and Academics Web site.

This Executive Summary for this report and the complete report is available at:

[http://www.cdc.gov/healthyyouth/health\\_and\\_academics/index.htm#3](http://www.cdc.gov/healthyyouth/health_and_academics/index.htm#3)

Additionally, the National Association for Sport and Physical Education has released a brochure for the public that briefly summarizes the findings of DASH's report. It is available at [www.LetsMoveInSchool.org](http://www.LetsMoveInSchool.org) or [www.aahperd.org/naspe](http://www.aahperd.org/naspe).

**4. Massachusetts New Parents Initiative:** We wanted to share that the Massachusetts New Parents Initiative website has recently been launched! The link to our site is currently on the MDPH homepage. The direct website link is: <http://www.mass.gov/dph/newparents> Attached to this email is a brief summary of the project.

Eileen Mack Thorley, MPH, *Project Coordinator, Massachusetts New Parent Initiative, Massachusetts Department of Public Health, 250 Washington Street, 5th Floor, Boston, MA 02108, Phone: 617-624-6017*

### 5. Requests/Information from Schools:

**Amesbury Public Schools:** May 25th at 7PM in the high school library, Laura Hillier, MPH/Senior Community Health Specialist with the Northeast Center for Healthy Communities in Lawrence will be discussing "Emerging Tobacco Products Targeting Youth." This informative presentation, geared towards parents and the community, will demonstrate just how the tobacco industry is targeting your kids—right in your own backyard. All are invited!

**The Learning Center for the Deaf in Framingham, MA** seeks a Full Time Monday through Friday Day Nurse Supervisor with supervisory, pediatric and psychiatric experience. Year round position with benefits. DESE certified or eligible to apply. Email /fax resume to: [roberta\\_kelley@tlcdeaf.org](mailto:roberta_kelley@tlcdeaf.org) (f) 508 872-7191 (p) 508 879-5110 x 390

**Chicopee Public Schools:** Has anyone ever had seizure dogs in school with any of their students and if so do you have any policies and procedures you would be willing to share? I can be reached at [kturmel@chicopee.mec.edu](mailto:kturmel@chicopee.mec.edu) or by phone 413-594-3471. Karen Turmel, Nursing Supervisor, Chicopee High School, 820 Front St., Chicopee, MA 01020, 413-594-3471, 413-454-2955 [kturmel@chicopee.mec.edu](mailto:kturmel@chicopee.mec.edu)

## 6. NEW! APRIL 2010 ISSUE OF NEEDLE TIPS IS NOW ONLINE

The April 2010 issue of Needle Tips has just been placed online at <http://www.immunize.org/nt> This issue features IAC's newly revised "Summary of Recommendations for Childhood and Adolescent Immunization" and "Summary of Recommendations for Adult Immunization." Here are some of the features included in the issue: (a) Ask the Experts, (b) Vaccine Highlights, (c) Summary of Recommendations for Childhood and Adolescent Immunization, (d) Summary of Recommendations for Adult Immunization, (e) Talking with Parents about Vaccines for Infants, a resource from CDC, the American Academy of Pediatrics, and the American Academy of Family Physicians, Reliable Sources of Immunization Information, (f) Standing Orders for Administering HPV Vaccine, (g) Guide to Contraindications and Precautions to Commonly Used Vaccines

On the Needle Tips web page, you will find a link for displaying and printing the entire 24-page PDF of this issue. There is also a table of contents for viewing and printing individual sections.

To access the Needle Tips web page, go to: <http://www.immunize.org/nt> Back issues are accessible from this page as well.

To download the entire issue right now, go to: <http://www.immunize.org/nslit.d/n44/n44.pdf>

**7. Scoliosis Conference:** We are partnering with DePuy Spine to provide a free education session on May 12th for nurses, patients, parents and the public. This is a great opportunity for school nurses to get up to date information on the state of scoliosis treatment available for their students. This will also include information about some of the new genetic screening tests available for scoliosis which may greatly enhance the meaning and value of school screening. The DePuy Institute is a fantastic new 75,000 square foot education center, complete with a state of the art amphitheater, a restaurant, operating rooms etc. I'm excited about this event, and believe it will be well worth everyone's time to attend. Thank you in advance for your help in this matter. I hope to see you and your colleagues on May 12<sup>th</sup>. There is no charge, but you are asked to register at [DePuyScoliWeek@its.inj.com](mailto:DePuyScoliWeek@its.inj.com)

*Joseph P. O'Brien, President, CEO & Patient, National Scoliosis Foundation, 5 Cabot Place, Stoughton, MA 02072, 781-341-6333, 781-341-8333 [jpobrien@scoliosis.org](mailto:jpobrien@scoliosis.org) [www.scoliosis.org](http://www.scoliosis.org)*

**8. Digital Drugs:** The following information about Digital Drugs was generated via the NASN private parochial school nurses' list serve and a school nurse shared it with me:

I want you to be aware of a new technology kids are using. This technology is call "digital drugs" which is being used with cell phones and ipods. Please go to the website <http://uco360.com/?p=4814>. There you will see a story about this type of technology which are mood enhancing musical tones known to create hallucinations. I pass it on for you to consider sharing with other nurses and staff in your schools and communities or for your personal awareness. It has also caught the attention of Channel 4 who wants to do a story!  
Mimi

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**9. ESHS Nurse Leaders:** Several of the ESHS Nurse Leaders are attempting to begin billing for nursing services referenced in the IEPs (the reference might be to the services in the IHCP). They would like to have a networking session during lunchtime on May 4th. Would you please contact Sue Fencer, Boston, or Donna Hoey, Worcester? Thanks.

**10. ATTENTION ALL SCHOOL NURSES:** DESE has developed an assessment tool to measure schools' capacity to address students' behavioral health needs. The goal of this assessment is to document practices used by schools to serve student needs and to identify areas across the state that need future

support in this area. This past fall, 15 schools participated in a pilot of the tool but school nurses were not included in this process. DESE is now inviting schools to participate in another statewide assessment based on a revised version of the tool. We are hoping that school nursing services are included when schools describe what is happening to serve students with behavioral health issues in their schools and what the state may be able to do to help increase the capacity of schools to successfully serve all students. Please encourage your school to part p  t   in this statewide assessment and ensure that school nurses have a voice in this report on the need for children behavioral health services in schools. **THIS IS VERY IMPORTANT!**

**11. Summer School Health Institute:** We met with Kathy and Ann today to further develop the agenda for the Summer Institute, and we are very excited about the program. When finalized we will send it to you. It will include such areas as bullying, fad nutrition, nursing interventions for pediatric emergencies, several mental health sessions, ethical issues, human trafficking---and other pertinent topics. We hope you will plan to attend.

**Attachments:**

**Part 1:**

1. Letter regarding BMI survey
2. Distribution Plan for BMI materials in FY11
3. MSNO Nominations Letter
4. Diabetes Conference
5. AAP Information for Parents on Inhalants
6. CDC Advisory on Dengue Infections for those working in Haiti
7. MA New Parent Initiative

**Part 2**

8. Asthma and Vitamin D Deficiency
9. Conference on Suicide Prevention
10. Coordinated School Health Announcements
11. Needle Pain Brochure
12. Survey on Huffing
13. Alliance School Beverages: Progress Report
14. Additional Updates

**May you have a pleasant "spring" weekend!**

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