

# Networking Newsletter

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## President's Message



Greetings fellow FSFA members,

The New Year is upon us and I wish for each of you a healthy and prosperous year ahead. 2011 was a year of changes, challenges and new responsibilities for so many of us. Life is of course about transitions, and as an optimist, I believe the year ahead will open new doors and present valuable opportunities for all of us. I hope you agree.....

Traditionally, New Year's Resolutions are about making a commitment to do something different in our lives, perhaps going in a new direction from that of the past. With compliments from Jack Levine (Family and Community Advocate), I would like to share the following resolutions he listed in his newsletter which you're welcome to adopt a few as your own.

### In 2012 I resolve....

- To appreciate my family, friends, and colleagues for who they are, what they mean to me and others, and to gracefully overlook some things they do (or don't do!). None of us is perfect and accepting that reality helps relationships flourish.
- To act upon wrongs that need righting, crass statements that require correction, and offenses that demand just responses. We set a positive example by not accepting negativity in others.
- To be a valuable teammate and to trust others to do their best. Each of us should know what position we play, and regularly practice our skills to be our personal best.
- To actively listen to the voices of children and elders. Accepting the wisdom of innocence and experience is both free and priceless.
- To accept that I don't know everything. By collaborating with others who know much more, together we can create a great brain trust and blend expertise.
- To respect and celebrate the diversity of faiths, feelings, and fashions. Differences are natural and honoring each others' perspectives creates mutual admiration.
- To invest a thoughtful minute before I speak or act. Regret is often preventable. Reversing harm is one of life's most vexing challenges.
- To honor those who courageously sacrifice for us at home and abroad, care for our health, educate, protect us and perform the healing and helping arts so that our quality of life is improved.
- To share even if I think I don't have enough. Setting an example by giving to others in need is one of the best lessons for children to observe.
- To never give up on a person or a cause, despite the challenges we face. Perseverance is an attitude that exemplifies leadership, attracts allies, and creates meaningful change.
- To speak truth to power, but to be both polite and persistent. There's a fine line between persistence and pestilence. Resist aggressiveness, but advocate with assertion, confidence and commitment to the cause. Advocating for prevention policies and programs that keep bad things from happening is the most important of all investments.

After reading this last resolution I thought about all of the wonderful agencies I had the opportunity to network with at the Coordinated School Health Partnership Meeting in October. Each of the agencies shared advocacy efforts they are involved with to ultimately enhance the health status and well-being of Florida's students. My goal is to compile an overview of the agency priorities and share with each of you in the near future.

As for now, I can only think of enjoying the next few weeks with my family and friends and I wish for each of you the same. Have a wonderful Holiday season and a Happy New Year too.

Donna





*“Facebook is announcing a new service that harnesses the power of social networking and crisis support to help prevent suicides across the nation and Canada.”*

## Possible Diagnosis for Mental Disorders in Children

Source: By Shari Roan, Los Angeles Times

A Los Angeles Times article reports that some pediatric health experts are pushing for a new diagnosis to explain severe irritability and emotional outbursts exhibited by some children: “disruptive mood dysregulation disorder,” or DMDD.

<http://articles.latimes.com/2011/oct/10/health/la-he-child-temper-20111010>

## Facebook Provides First-of-a-Kind Service to Help Prevent Suicide

***The Substance Abuse and Mental Health Services Administration and the National Suicide Prevention Lifeline collaborate with Facebook to help those in crisis.***

Facebook is announcing a new service that harnesses the power of social networking and crisis support to help prevent suicides across the nation and Canada. The new service enables Facebook users to report a suicidal comment they see posted by a friend to Facebook using either the Report Suicide Content link or the report links found throughout the site. The person who posted the suicidal comment will then immediately receive an e-mail from Facebook encouraging them to call the National Suicide Prevention Lifeline 1-800-273-TALK (8255) or to click on a link to begin a confidential chat session with a crisis worker.

Click here for more information:

<http://www.samhsa.gov/newsroom/advisories/1112125820.aspx>

## Florida School Cafeterias Could Get Corporate Sponsors

January 3, 2012

Source: Florida Times-Union

School cafeterias could undergo a name change with a proposed state bill that would allow local school boards to sell the naming rights to school property, including buses. The bill, filed Dec. 27 by state Rep. Irv Slosberg, D-Boca Raton.

Click below to read article:

<http://jacksonville.com/news/florida/2012-01-02/story/floridas-school-cafeterias-could-get-corporate-sponsors>





## Department of Education Releases “Analysis of State Bullying Laws and Policies”

December 8, 2011

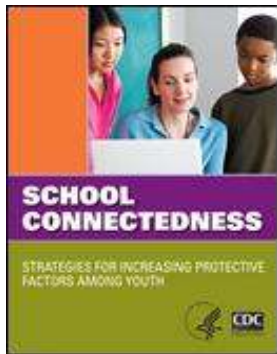
Source: CPI (Crisis Prevention Institute)

The US Department of Education released a report, “Analysis of State Bullying Laws and Policies.”

According to the report, 46 states currently have anti-bullying laws, and 41 states have created anti-bullying policies. From 1999 to 2000, there were 120 bills enacted across the country that addressed bullying and related behaviors.

View report in its entirety by clicking here:

<http://www2.ed.gov/rschstat/eval/bullying/state-bullying-laws/state-bullying-laws.pdf>



*FSHA believes that the ability to learn at school is directly related to the status of the student's health and that all children and youth have a right to have emergency health needs safely met while in the school setting.*

## School Connectedness

Source: CDC

*School connectedness*—the belief held by students that adults and peers in the school care about their learning as well as about them as individuals—is an important protective factor. Research has shown that young people who feel connected to their school are less likely to engage in many risk behaviors, including early sexual initiation, alcohol, tobacco, and other drug use, and violence and gang involvement.

Students who feel connected to their school are also more likely to have better academic achievement, including higher grades and test scores, have better school attendance, and stay in school longer.

Efforts to improve child and adolescent health have typically addressed specific health risk behaviors, such as tobacco use or violence. However, results from a growing number of studies suggest that greater health impact might be achieved by also enhancing protective factors that help children and adolescents avoid multiple behaviors that place them at risk for adverse health and educational outcomes.

Click below to view “School Connectedness: Strategies for Increasing Protective Factors Among Youth”.

<http://www.cdc.gov/healthyyouth/adolescenthealth/connectedness.htm>



## Always On: Media and Its Effects on Children's Health

By HEALTHTEACHER - Published: December 16, 2011

To say that we live in a culture that is “always on” is an understatement. The average young person spends six hours and 21 minutes in front of media each day, sometimes several media at a time, according to a 2010 survey by the Kaiser Family Foundation. For kids with TVs in their rooms, media consumption is even higher—over 11 hours in one day. By far, the most popular media among young people is the television, followed by listening to music, using a computer and playing video games. According to Dr. Victor Strasburger, a professor of pediatrics at the University of New Mexico, children and adolescents spend more time with media than they do in any other leisure time activity other than sleeping - and that's a problem.

### The Effects of Too Much Media

A 2010 article on the health effects of media on children and adolescents, co-written by Dr. Strasburger and published in the journal *Pediatrics*, explains the correlation between media use and childhood obesity and points to at least two culprits. “Food marketing may be one culprit,” the article explains. “Children and teens see 4,400-7,600 ads per year for junk food and fast food on television alone.” Another culprit is the fact that more time in front of media means less time for healthy activities like exercise and sleep—both of which are important for maintaining a healthy weight.

Meanwhile, other studies have linked excessive screen time to poorer academic performance and even learning disorders like attention deficit disorder (ADD) and attention deficit hyperactivity disorder (ADHD).

Excessive media consumption can also have a negative impact on a child's beliefs about violence, drug and alcohol use, and sex, which, over time, can lead to risky behaviors. According to Dr. Strasburger, “The impact of media violence on real-life aggressive behavior is stronger than many commonly accepted public health risks and nearly as strong as the link between smoking and lung cancer.”

### Curbing the Influence of Media on Children's Health

Whether we like it or not, today's media are powerful teaching tools. So how do we make sure they don't teach our children the wrong thing? Limiting media use can go a long way—the American Academy of Pediatrics (AAP) recommends limiting screen time to less than two hours per day for children over 2; for children under 2, the AAP recommends no screen time. But making sure kids aren't spending too much time in front of media is largely the parent's job, as most media consumption occurs after school or on the weekends.

Teachers can play an important role in minimizing the negative effects of too much media, as well. The key is to include media education in your health curriculum. “Teaching children about media can accomplish many useful health goals,” explains Dr. Strasburger. “Numerous studies have now shown media education to be effective in preventing aggressive behavior, drug use, even inappropriate sexual displays on social networking sites.

#### Florida School Health Association

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We're on the Web!

[www.fsha.net](http://www.fsha.net)



*Vodka gummy bears is a growing trend among teenagers.*

## Dangerous Teen Trends: Vodka Gummy Bears and Smoking Smarties

Jackie Kass , Atlanta Northside Family & Parenting Examiner  
October 21, 2011

As if parents don't have enough to worry about, two new dangerous tween and teen trends are growing in popularity. Health officials and school administrators are warning parents that **vodka** gummy bears and "smoking Smarties" could potentially be dangerous to young people.

Click below to read the full article.

<http://www.examiner.com/northside-family-parenting-in-atlanta/dangerous-teen-trends-vodka-gummy-bears-and-smoking-smarties>

## Professional Development Opportunities

From the Florida Department of Education, Office of Healthy Schools

### **Traumatic Brain Injury Training for Educators:**

***Traumatic Brain Injury - A Disability Often in Disguise*** is a free, online self-study course offered by the Traumatic Brain Injury Resource & Support Center, a service of Brain Injury Association of Florida. Learn about the signs and symptoms of Traumatic Brain Injury (TBI) and related learning difficulties. The video offers many useful interventions and strategies to help educators facing the unique challenges of educating students with TBI. For more information, call at 800-992-3442 or visit

<http://www.byourside.org/educate/professionals/biaf-courses.html>

### **Online STD Professional Development offered by Florida's HIV/AIDS Prevention Education Program and Rutgers University:**

Florida's HIV/AIDS Prevention Education Program is offering the opportunity for educators and school nurses to participate in a six hour, on-line workshop, entitled ***STD Basics*** offered by Answer, Rutgers University. Valuable resources and lesson plans are woven throughout the course. **This exciting workshop is not to be missed!** The course will begin on **January 12, 2012** and run through **February 24, 2012**.

This course is valued at \$150, but there is **no cost** to participants. Participation is being sponsored by the HIV/AIDS Prevention Education Program. For additional information and registration details email Ksenia Zipperer at [ksena.zipperer@fldoe.org](mailto:ksena.zipperer@fldoe.org).

## Legislative News



*Advocacy is a critical competency of the health education specialist and school nurse. It is an essential strategy in profession-wide efforts to foster improvements in health education and health care for all students in a school setting.*

### County Corner

*If you would like to submit an article to let our membership throughout the state know what is going on in your county, please email your regional rep:*

Northwest Region vacant – email article to Leslie Shugart at [shugarl@stjohns.k12.fl.us](mailto:shugarl@stjohns.k12.fl.us)

Northeast Region – Cheryll Hall at [hallc3@duvalschools.org](mailto:hallc3@duvalschools.org)

Central Region – Tricia Goulet at [Tricia\\_Goulet@doh.state.fl.us](mailto:Tricia_Goulet@doh.state.fl.us)

Southwest Region – Sandy Gallogly at [sandra.gallogly@sdhc.k12.fl.us](mailto:sandra.gallogly@sdhc.k12.fl.us)

Southern Region- Pam Toomer at [Pamela\\_Toomer@doh.state.fl.us](mailto:Pamela_Toomer@doh.state.fl.us)

**SB 0144 Relating to Seclusion and Restraint on Students With Disabilities in Public Schools.** Requiring that manual physical restraint be used only in an emergency when there is an imminent risk of serious injury or death to the student or others; providing restrictions on the use of manual physical restraint; prohibiting the use of manual physical restraint by school personnel who are not certified to use district-approved methods for applying restraint techniques; requiring that each school medically evaluate a student after the student is manually physically restrained; prohibiting school personnel from placing a student in seclusion; providing requirements for the use of time-out; requiring that a school district report its training and certification procedures to the Department of Education, etc. EFFECTIVE DATE: July 1, 2012  
9/8/2011 SENATE Referred to Education Pre-K - 12; Children, Families, and Elder Affairs; Budget

**SB 0622 Relating to Bullying of School Children.** Prohibiting bullying or harassment of a student or school employee by use of any computer, computer system, or computer network that is physically located on school property, regardless of ownership; adding "emotional hurt" to the list of behaviors that indicate that bullying may be involved; defining the term "within the scope of a public K-12 educational institution"; requiring that each school district include in its districtwide policy instruction to students, parents, teachers, school administrators, counseling staff, and school volunteers on how to recognize behaviors that lead to bullying and harassment and how to take appropriate preventative action based on those individuals' observations, etc. EFFECTIVE DATE: July 1, 2012  
11/2/2011 SENATE Referred to Education Pre-K - 12; Budget

**SB 0736 Relating to Cardiopulmonary Resuscitation Training in Public Schools.** Requiring that school districts that provide basic training in first aid teach students the psychomotor skills associated with performing cardiopulmonary resuscitation at least one time before graduation from high school; providing a definition for the term "psychomotor skills," etc. EFFECTIVE DATE: upon becoming a law.  
11/16/2011 SENATE Referred to Education Pre-K - 12; Health Regulation; Budget

**HB 0415 and SB 580 Relating to Health Education.** Provides for mandatory one-half credit in health education, independent of physical education credit requirement, for high school students; provides waiver for students who request to take & successfully complete health education assessment developed by DOE; reduces number of credits in elective courses. Effective Date: July 1, 2012.  
01/16/2012 Neither bill heard yet in its first committee of reference.

**Please visit the FSHA website for additional health related education bills at [http://www.fsha.net/FSHA\\_legislative.html](http://www.fsha.net/FSHA_legislative.html)**

### *County Corner*

#### **Northeast Region**

- High school Health/HOPE teachers in Duval will be participating in "Reducing the Risk" training at Ed White High School, sponsored by FLDOE in February, 2012.
- *HealthTeacher.com*, online K-12 Health curricula, is being provided to teachers in Duval, St. John's, Nassau, and Clay Counties, courtesy of St. Vincent's Health Care and St. Vincent's Foundation.

#### **Southwest Region**

- The Sarasota School Health Advisory put together a legislative issue statement based on Healthy People 2020.
- Hillsborough County School District is working with the Back to School Coalition and Immunization Task Force to plan Back to School Fairs at four Hillsborough County Sites.



## Florida School Health Association 2012 Annual Conference and Training

### **Bridging the Gaps** *Healthy Students = Successful Learners*



**Where:** Embassy Suites, Orlando - North  
225 Shorecrest Drive  
Altamonte Springs, FL 3270  
Tel: (407) 834-2400

Room Rate: \$99 per night

**When:** Thursday, May 10<sup>th</sup> and Friday, May 11<sup>th</sup>

Pre-Conference TBD for Thursday morning.

FSHA General Session begins Thursday at 1:00p.m.

This will include important legislative updates  
and keynote speakers on current topics.

Complimentary drinks and light hor d'oeuvres in the evening.

There will be 25 concurrent sessions on Friday on critical topics in  
school health and prevention. Lunch will be provided on Friday.

A tentative agenda will be available shortly.

Complimentary cooked-to-order breakfast each morning.

**Why:** Essential training for school nurses, health educators and  
health services personnel.

8.5 CEU/Contact Hours for Licensure/Certification available.

**How:** Register and pay by check or purchase order using this form  
Online Registration coming soon at [www.fsha.net](http://www.fsha.net)

**Scholarships** available to cover the cost of registration! Contact Sandy Gallogly at  
[sandra.gallogly@sdhc.k12.fl.us](mailto:sandra.gallogly@sdhc.k12.fl.us) for criteria information.

### **Awarding the Work of our Members**

**Nominate a deserving college for a 2012 FSHA Award. Visit [www.fsha.net](http://www.fsha.net) Awards Page for criteria  
information and how to nominate.**



# Florida School Health Association 2012 Annual Conference and Training

**Bridging the Gaps**  
*Healthy Students = Successful Learners*  
May 10<sup>th</sup> and 11th



## Registration Form

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Contact Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Contact Telephone: \_\_\_\_\_ County \_\_\_\_\_

Preferred E-mail: \_\_\_\_\_

### Registration Fee is \$125

**By check to:** Florida School Health Association  
c/o Leslie Shugart  
64 Raintree Circle, Palm Coast, FL 32164

**Purchase Order:** Number \_\_\_\_\_

**By credit card:** Pay online at [www.fsha.net](http://www.fsha.net) (coming soon)

**\*Please note that all registration and check payments must be sent to FSHA, c/o Leslie Shugart, 64 Raintree Circle, Palm Coast, FL 32164**

**Payment On-Site is check or cash only!**

Cancellations received before May 4<sup>th</sup> will receive a full refund.