

Networking Newsletter

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President's Message



Greetings fellow FSHA members,

I hope each of you have had a successful and smooth start to the new school year. The FSHA board has met twice since June 2011 and I am pleased to say we are off to a great start in the planning process for our annual conference and formalizing some of our business operations. It is exciting to hear the response we are already receiving from vendors and speakers to once again participate at our conference.

One of our main goals this year is to build our membership and touch base with those who have been past members. Our area representatives, councilors, and membership committee are working hard to connect with fellow colleagues who may have an interest in our organization. Please contact Sharmila Maragh, our membership chair at Sharmila_Maragh@doh.state.fl.us if you have questions about membership and remember we value your membership and support.

As always, FSHA would like to support our members by providing connections to enhance your awareness of issues impacting school health services and health education not only in your school but across the state or nation. Through our organizational affiliation with ASHA and our own FSHA legislative consultant we will continue to provide information so that each of you will learn the value of advocacy and being politically active, opening you up to a new scope of service and skills. Your membership will foster new friendships and networking opportunities with school nurses, health educators, and other professionals with the goal of improving the health of our students. As a health professional in the educational system, you will also be supported by the work of the FSHA board of directors, advocacy by the FSHA legislative team, communication via our online newsletter and professional development through our annual conference and program meetings.

Please pass the word on to your fellow colleagues to join with us on this venture and let them know to...**Save the Date – May 10-11, 2012 for the Annual FSHA conference & training.** Our theme for 2012 is "Bridging the Gaps, Healthy Students = Successful Learners".

With warmest regards and sincere appreciation for your support,

Donna Wethington
FSHA President



“The news release highlights a program to boost heart health in students at a middle school in Michigan. It was so successful that it’s being expanded to about 20 middle schools in the state, researchers say.”

Are Kids Brown Bagging Bacteria?

Source: HealthDay

Study finds many youngsters' lunches kept at unsafe temperatures.

MONDAY, Aug. 8 (HealthDay News) -- Despite parents' best intentions, many school lunches packed at home may reach unsafe temperatures by the time a child eats, and that's true even when lunches are packed in an insulated container with ice packs.

A new study of preschoolers' lunches found that more than 90 percent of the food sent from home was at an unsafe temperature long before children started eating.

http://www.nlm.nih.gov/medlineplus/news/fullstory_115129.html

Study says 1 in 13 US children have food allergy

By Lindsey Tanner

CHICAGO (AP) — Food allergies affect about one in 13 U.S. children, double the latest government estimate, a new study suggests. Click on the link below for the full story.

http://www.news-record.com/content/2011/06/23/article/study_says_1_in_13_us_children_have_food_allergy

Choose My Plate

Source: United States Department of Agriculture

This website provides guidance on the recommended food groups. Using a plate-shaped icon to replace the food pyramid, the department recommends that fruits and vegetables make up half of the diet (with vegetables making up the majority), with the other half made up of grains and proteins (such as meat and fish). Grains should take up the majority of the second half. In addition, people should avoid processed foods that are heavy in salt, drink water rather than sugary drinks, and increase fish consumption, while depending less on red meat.

Click here for more information: <http://www.choosemyplate.gov/>



Florida School Health Association

64 Raintree Circle
Palm Coast, FL 32164

President's E-mail:

dlwethington@mail.clay.k12.fl.us

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.

We're on the Web!
www.fsha.net

Measles Outbreak 2011

By Vincent Ianneli, M.D. About.com Guide Updated August 20, 2011

In the United States, rates of measles, a vaccine-preventable infection, are usually fairly low, with just 61 cases in 2010. Since 1997, measles cases have ranged from a low of 37 in 2004 to a high of 140 in 2008.

Before the routine use of the measles vaccine (1963) and the MMR vaccine (1971), though, measles cases -- and complications from those cases -- were high. There used to be about 500,000 cases of measles and 500 measles deaths each year in the United States. We still see some cases in the U.S., but they are all imported from other countries where measles is more common. Measles has not been endemic in the United States since 2000.

Measles Outbreaks

Unfortunately, these cases that are brought in from other countries can still trigger small measles outbreaks, especially in people who are unvaccinated or under-vaccinated. So far, in 2011, there have been 191 cases, more cases than any other year since 1996, when there were 508 cases.

Symptoms

Source: Disease Control Program, Clay County Health Department

Measles is a highly contagious, acute viral illness and can lead to serious complications and even death. The experts report that up to 90% of people exposed to an infected person get sick. The measles virus spreads easily through the air, in closed rooms. The infected droplets can linger for up to two hours after the sick person leaves the room. It is the most contagious illness of the vaccine preventable diseases. The incubation period is 8-12 days from exposure to onset of symptoms. People are contagious from four days before the rash appears to four days after the rash appears. Pictures of the measles rash can be viewed at: <http://www.cdc.gov/measles/about/photos.html>

Symptoms:

- _ Fever
- _ Runny nose (coryza)
- _ Cough
- _ Eye inflammation
- _ Generalized body rash
- _ "Koplik Spots" (small white spots that occur inside the cheeks and noted early in a case of measles)

Click here for full report MEASLES INFORMATION; REPORTED COMMUNICABLE DISEASES Jan – May 2011

http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6020a7.htm?s_cid=mm6020a7_w



Advertising for one commercial product based on purple drank.

What is Sizzurp?

Source: PACT Prevention Coalition of St. Johns County

Cough syrup is a main ingredient of Sizzurp. This is a mixed drink which consists of codeine cough syrup, a fruit flavored soda and often a Jolly Rancher. The codeine causes a feeling of euphoria which can impair driving, cause lethargy and extreme tiredness. Pop culture has embraced this trend in many songs and movies. There have been multiple reports of drug arrests for Sizzurp, particularly in Florida and Texas. Click on the list to read more about the dangers of sizzurp

<http://traceysolly.hubpages.com/hub/What-is-Sizzurp>

Several legal commercial products loosely based on "purple drank" are marketed in the United States. The drink "Drank" is a commercial product that contains no codeine or promethazine, but claims to "Slow Your Roll" with a combination of herbal ingredients such as valerian root and rose hips as well as the hormone melatonin. Similar "relaxation" or "anti-energy" drinks on the commercial market use the names "Purple Stuff", "Sippin Syrup", and "Lean".

These commercial products have been criticized for their potential to serve as gateways to the dangerous illegal concoction. At a mental health conference in February 2010, Dr. Ronald Peters, Jr., of the University of Texas Health Science Center said of "Drank": "They're taking the name, and they're trying to market it to young people." He described the beverage as "the worst thing I've ever seen on the street since the making of candy cigarettes."

The Status of Prescription Drug Abuse in Florida

By Bethany Winkel - August 17th 2011

Source: Treatment Solutions Network

The prescription drug abuse problem, which is largely centered in Florida, has been the object of many drug prevention programs, and the recent focus of the U.S. government. Ever since the government declared the prescription drug problem to be the target of its drug control strategy, and local officials started helping out, the expectation is that this kind of drug use in Florida will soon start to decrease. Read more here:

<http://www.treatmentsolutionsnetwork.com/blog/index.php/2011/08/17/the-status-of-prescription-drug-abuse-in-florida/>



We're on the Web!
www.fsha.net



“It is terribly disturbing that we have not developed effective systems to identify children who have been abused, neglected or traumatized. Educators are not routinely trained to be aware of signs of abuse, neglect and trauma. Even when students do come to the attention of a mental health professional in the school, these kinds of problems are often not recognized.”

Jonathan Cohen’s
remarks

Warning Signs of Abuse, Neglect or Trauma Among Students

From *The Challenge*, Office of Safe and Drug-Free Schools

When students face abuse, neglect or trauma in their lives, they cannot learn or achieve to their full potential. Young people may be suffering more than adults realize. Serious problems outside of school can interfere with a student’s performance inside the classroom as well as lead to lingering health problems and mental health issues.

In order for these students to receive help, it is necessary that there be strong partnerships among parents, educators and counselors or other mental health workers.

A first step in this process is to raise awareness of the warning signs that may indicate a student is in trouble. A single sign may not be cause for alarm, but if teachers observe signs repeatedly or in multiples, they should discuss their concerns with a school nurse or mental health professional in the school or district. Click below to read the full article.

http://www.thechallenge.org/16_4_warning_signs.html

Professional Development Opportunities

From the Florida Department of Education

HIV/STD Prevention Professional Development and Upcoming Events –
http://www.fldoe.org/BII/CSHP/Education/HIV_STD/professional.asp

[2011 Florida Annual Statewide Prevention Conference, October 4-7](#). The HIV/AIDS Prevention Education Project will offer the following professional development events:

- [A Pre-Conference on October 4 entitled "Developing Sexual Health Education Curriculum." Pre-Conference Agenda](#) (Word, 47KB)
- A session on the use of Florida's Sexual Health Education Community Outreach Tool Kit.
- A session on a youth sexual health education project in Madison County.

[STD Basics, a free six hour, on-line workshop offered by Answer, Rutgers University, September 14-October 28, 2011](#) (Word, 26KB)

[HIV/AIDS in the News, a free two hour, online workshop offered through Panhandle Area Education Consortium, September 14-December 14, 2011](#)

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

Northeast Region – Cheryl Hall at hallc3@duvalschools.org

Central Region – Tricia Goulet at Tricia_Goulet@doh.state.fl.us

Southwest Region – Sandy Gallogly at sandra.gallogly@sdhc.k12.fl.us

Southern Region- Pam Toomer at Pamela_Toomer@doh.state.fl.us



News from St. Lucie County. Submitted by Tricia Goulet

Health screenings have begun in St. Lucie County! During the next few months several thousand children will receive their state mandated health screening. St. Lucie County Health Department School Nurses, in coordination with health paraprofessionals and Nurses from the St. Lucie County School district, will work together to complete these screenings. On Wednesdays, from now until Christmas, the team converges, at a specific school, to screen 6th graders. We also have gracious community involvement from volunteer Nurses, parents, and Indian River State College student nurses assisting with screenings for other grade levels.

Nurses will spend the following months striving to meet state expectations of completed referrals. Nurses and health paraprofessionals will refer children to Florida Heiken Children's Vision Program, who provides comprehensive eye exams and eyeglasses to financially underprivileged children who fail their vision screening at no cost to the school, parent or child.

Dr. Paul Moll, OD provided complete eye exams in some of the school clinics for those students who have Medicaid. After a full vision examination, if the child required glasses they had the opportunity to choose frames. The Health Department School Nurse delivered the glasses to the students at school.

The Florida Heiken Children's Vision Program came to St. Lucie County. They travelled from Miami with their vision bus to provide comprehensive eye exams to qualified children at a Saturday community health fair at Chester A. Moore Elementary School in Fort Pierce. Dr. Adam Perlman, OD along with technician, Rey Travieso provided eye exams and glasses for uninsured students at no charge. These students would have fallen through the cracks and most likely never have gotten examined by a physician.

Screenings are a necessary tool to identify deficiencies and they require lots of effort across the spectrum of services. In order to successfully reach the finish line, a coordinated approach is more streamline and reduces duplicity. This allows for a faster more efficient completion.



News from Hillsborough County. Submitted by Sandra Gallogly

Hillsborough County School Health Services was treated to a 22 CEU Preplanning. Subjects covered Abuse, Immunizations, Medical Errors, Poisons and Poisonous critters, Bed Bugs, Florida Shots, and even a self improvement presentation.

We were happy to have our Charter Schools and Private Schools' Health teams join us.

Our physician, ARNPs, RNs, LPNs, and Health Assistants helped at eight Back-to School Fairs. Our county is also preparing for a transition of Public Health Clinics to Federally Funded Clinics. School Nurses have made referrals to these clinics in the past and as with all transitions there may be a few bumps in the road, but all are expecting continued excellent health services for our students.

We are celebrating many new babies born to our staff throughout the summer. We are wishing all of them well!

Hillsborough County School Health Services staff wish our sister counties much success, happiness and peace throughout the school year. Please give Sandy a call at 813-356-1525 x 316 to share your Counties Sharable news!!



Picture L to R: Beth Pantano BSN St. Lucie County School Health, Dr. Adam Perlman OD, Tricia Goulet BSN St. Lucie County School Health, Rey Travieso



Florida School Health Association

2012 Annual Conference and Training

www.FSHA.net

Save the Date

Date: May 10-11, 2012

**Location: Embassy Suites
Orlando North**

**2012 Florida School Health Association
Annual Conference and Training**



Bridging the Gaps

Healthy Students = Successful Learners

Please Plan to Attend!