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How to become "The School Nurse"
(spoken with reverence and/or adoration)
rather than "That School Nurse"
(if she really is a nurse....blah, blah, blah.)

September 28, 2011

Disclaimer: *I am not an expert, only a survivor.*

- I. Think like the neighbor's dog.**
 - Ways to establish your identity and protect your stuff

- II. Honey, this is a whole new rodeo!**
 - Friends you need to make

- III. Mom was right about honey catching more flies.**
 - P.R. 101

- IV. Oops! to Avoid**
 - Damage Control Tips

- V. Gizmos, Gadgets and other Gear**
 - Dollar Store Delights

- VI. "It's the Real Deal" Drill**
 - The Day my fanny pack wasn't enough

- VII. Ambulate, Associate, Instigate & Perpetuate**
 - School Nurse = School Icon? It can happen!

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I Thought I Was A Real Nurse Until...

Twas my first day as school nurse,
I was finally set free!
After thirteen years in the ER,
How hard could it be?

Each child has a need,
Or a story to tell.
Perhaps just a bandage or a hug,
Will help him get well.

My sister, my mentor, called up to ask,
"How is it going?"
"Fine, piece of cake,"
My ignorance showing!

The staff warmly greets me,
As I walk down the halls.
God bless all they do,
While I'm climbing the walls!

Within two short hours,
My battle had begun.
There were children to be treated,
And paperwork to be done!

How many more days till the weekend?
Oh My! I've lost track!
But be sure that on Monday,
I will be back!

First came in Johnny,
With a tummy-ache galore.
The nerve of this child,
He threw up on my floor!

My computer and my stethoscope
Are tools of my trade.
But working full-time
What I'd give for a maid!

Next came tomboy Suzy,
Who had been playing outside.
Tear filled eyes told the story,
"I've skinned up my hide!"

1,000 kids to screen,
Oh no! I'm in deep!
Why are you just staring at me?
Could you not hear the beep?!

Finally a minute to kick up my feet,
My goodness how nice!
Then scratching his head,
In came Tommy with LICE!!

Finally it's payday,
Oh, what a thrill!
I tear open my paycheck
But wait! It's a bill!!

Before I could move,
Eight more kids came to call.
How could this be?!?!
Surely I've seen them all!

Each school day that passes,
Be it calm or so wild,
I see my reward
In the face of a child!

*Sue Ann Kimberling, RN
December 1995*

*Dedicated to
my wonderful sister and friend,
Judy Whisenant,
who has never yet said "I told you so."*

SAMPLE Hygiene Letter

Becky Wetenkamp, RN BSN
Plattsmouth Community Schools.

Date

To the parents of

Teachers frequently request that the school nurse make general grooming and hygiene lessons to their classes. Students don't always willingly bathe frequently or thoroughly enough. As you can imagine, unpleasant body or clothing odors can become a problem in the closeness of the classroom. Teachers or classmates often bring this to my attention which is the case with your child. If not addressed, this problem can become hurtful and embarrassing for the student.

I am requesting that you discuss the importance of frequent bathing with your child and if necessary provide more supervision of his/her daily grooming. Laundering of coats, sleepwear and bed linens may also be helpful. Household pets can also be a source of odor on clothing or personal items.

Daily application of deodorant, frequent shampooing of hair and mouthwash or breath fresheners are important for adolescent students as their rapidly maturing bodies and physical activities require extra grooming attention. Please be sure your student has access to these items.

As concerned parents and teachers we all have the same goal....to provide for the physical, emotional and educational wellbeing of each child. Discussing personal hygiene can be a sensitive topic, but one that must be addressed if we are to meet these goals. By working together on this or any problem, we take important steps in making our schools happier, healthier places.

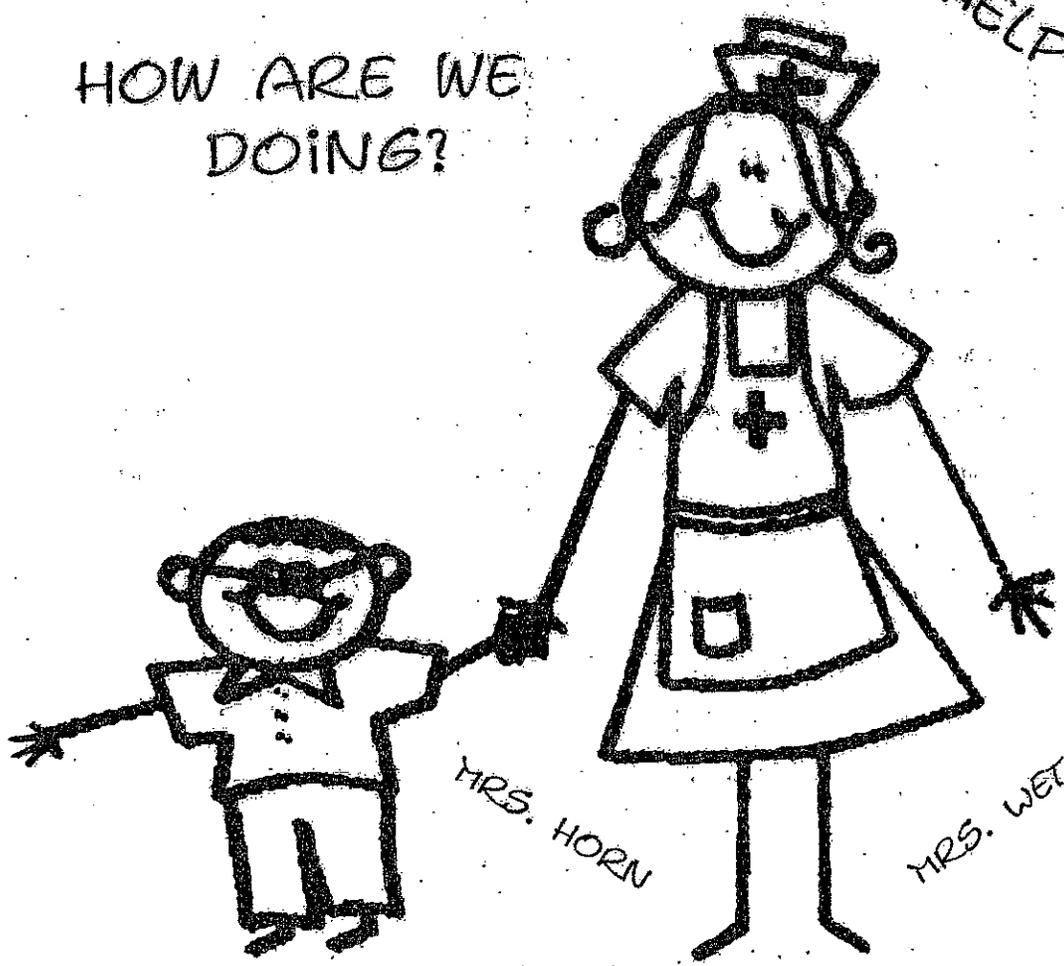
Thank you for your assistance,

SCHOOL NURSE DAY '96

DID YOU KNOW?

CAN WE HELP?

HOW ARE WE
DOING?



MRS. HORN

MRS. WETENKAMP

PLATTSMOUTH COMMUNITY
SCHOOLS

OVER, PLEASE...

National School Nurse Day - January 24, 1996

Your School Nurses Need A Check-up!

To acquaint you with our many services, to help evaluate our programs and in anticipation of our new facilities, (Yes, there will be REAL health offices in each building!) we need your comments and suggestions. Please take a few minutes and check areas that apply to you or your student. Thanks for your help!

Did you know that your school nurses...

Have you used or have need of this service?

1. maintain and review health and immunization records on all students?
2. perform over 2000 vision, dental, head lice and scoliosis screenings every year?
3. make referrals and follow up of students identified with medical problems?
4. administer over 150 doses of medication every week?
5. provide first aid 10 to 20 times a day?
6. take yearly height and weight measurements to monitor normal development?
7. provide nursing procedures for students with special needs?
8. assist with planning for and monitoring of students with special needs?
9. provide individual health counseling for students, parents and staff?
10. participate in Parent-Teacher Conferences?
11. make classroom health presentations?
12. are a resource for health information and services available to students, parents and staff?
13. teach prevention strategies for health maintenance to students, parents and staff?
14. provide health inservices to school staff?
15. assist with development of health curriculum?
16. make health presentations to organizations?
17. work with food services to sponsor special nutrition programs and activities?
18. serve as members of community-based health organizations?
19. are active in staff wellness program?
20. make home visits when requested?

What services do you feel are most important?

What services could be improved?

List number: _____
