

## Somers Board of Education Administrative Report

Title of Report: Wellness Report

Board Meeting Date: April 23, 2018

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Action

Report

Information

Discussion

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There were approximately 18,000 student visits for illness/injury to the health offices at all three schools during the 2017-2018 school year.

Medication administration visits throughout the year averaged approximately 2,000 for the three schools. This includes prescription and OTC medications. This is not inclusive of nursing care/administration of medication and glucose for diabetic students.

- Approximately 300 students each month are dismissed for health reasons.
- Approximately 50 visits were from staff members for the school year.

The majority of data was obtained from Mabelle B Avery Middle School and Somers Elementary School. Somers High School Health Office had difficulty submitting full data required as there was mid -year turnover and substitute nurse coverage. Data was approximated based on what was supplied from sign in sheets and medication administration documentation.

The majority of absences were due to strep, upper respiratory infections, conjunctivitis and flu.

The flu epidemic hit the district hard this year with a total of one hundred and one confirmed cases within all three schools. The breakdown within the district showed as SES with twenty-two confirmed cases, while MBA had forty-seven confirmed cases and a total of thirty-two at SHS.

All schools were thoroughly disinfected during the winter months. Disinfectant wipes, tissues and hand sanitizer were supplied to all classrooms to help minimize the spread of germs.

Strep remains to be one of the major illnesses reported for absence at the elementary and middle school levels.



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Concussions were often reported, occurring out of school the majority of time. Proper accommodations were made for students in need with provider communication being a key component of creating a medical plan.

Individual Emergency Medical Plans and Medical Plans are written for specific students with health concerns that impact their education. In addition, Nurses attend PPT and 504 meetings as necessary.

Numerous daily visits are related to diabetes, asthma, and mental health.

Counseling of students and families is a vital role of the health office and nursing care, this is to aid families in gaining access to medical and mental health services locally. This is especially prevalent at the middle school level.

Health Screenings are completed for vision, hearing and scoliosis according to State of Connecticut and BOE guidelines. Referrals are made if needed.

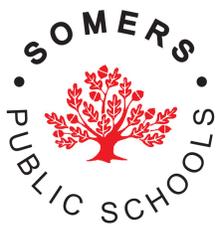
Sports physicals and permission forms are processed at the middle and high school levels to ensure compliance with regulations and requirements. Approximately 500-600 permissions are processed each year.

All students who enter the school district need to be processed by the appropriate health office to ensure compliance with state and BOE health requirements. Students leaving the district, have their health records follow them to accepting district.

At the beginning of each year, the nurses from the respective health office ensure training of staff in the use of rescue medications, such as EpiPens. In addition, there is training for basic first aid, Bloodborne pathogens, AED's and the Heimlich maneuver, and education on diabetes.

Each year the food allergy policy is reviewed and all staff members are given the names of students with life threatening allergies. Parents are given the opportunity to meet with the nurses and school administration throughout the year if questions or changes arise regarding the allergy policy or their child's plan.

Nutritional education/teachings are done on an individual basis at all levels. Eating disorders are becoming more evident with the student population at the adolescent level and addressed with the family and care providers.



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Field trips require planning due to the many students with complex medical issues. At times, it is required for nursing staff to accompany these students on the trips. In addition, it requires an additional review of medications that are necessary for student health and safety.

State surveys are completed annually by the health offices at each school to supply data to Dept. of Health and Education.

The nurses in the district maintain the highest level of professionalism and attend applicable conferences and continuing education opportunities when they become available. This ensures that they are current on trends and standards.

AED's are checked monthly to ensure proper functioning. All of our AEDs were on a recall list this year. The manufacturer assured that the machines are fine to use as long as the daily self-test is done and there are no " chirps" being emitted.

The vision screening machine at SES is broken and out of date. The screening machine from MBA was used to complete the required screenings but needs to go back to MBA. A new screener has been ordered.

A new cot was ordered for SES this year due to the old one being torn and taped up. Another is in need of replacing due to tearing and will be replaced next year.

The elementary nurses are implementing an age appropriate one time educational program that includes proper hand washing technique and hygiene specifically for the elementary age group.

Some MBA staff took a CPR class in March at Somers Fire Dept. This class was arranged specifically for staff with assistance from Asst. Principal Kapner and Glen Reynolds, SFD.

The addition of Narcan to our district is a step forward in dealing with the ever- growing opioid epidemic. All district nurses have been trained in the administration of Narcan. Our district has obtained the medication that is to be administered nasally.

A self-defense class is tentatively being scheduled in May for girls of middle and high school ages. The class will be free of charge and delivered by owner of Royce Gracie Enfield, James Harpe. In addition to being the owner and a black belt in Brazilian jiu jitsu, James has an MSW with a specialization in domestic violence. He presently works for the Superior Court for Juvenile Matters/ Family Court in Vernon, CT.

Activity / health surveys completed this year indicated the student body and their families continue to put a priority on regular physical activity and eating healthy.



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In addition to activities offered through the schools and Parks and Recreation, the surveys convey exercising, as a family is part of life in the community.

### **Goals/ Recommendations for the 2018/19 School-year**

There is a need for the district to embark on a breakfast program. Breakfast is an integral part of maintaining all around health and can help maintain focus in the classroom. There are numerous students who come to school without eating breakfast. There are an increasing number of students that visit the health offices in the morning hours to receive a breakfast snack.

Breakfast survey at MBA was given to 3 unified arts classes in each grade. A total of 127 students reported that they would eat breakfast at school if provided.

Current progress:

- Breakfast ---grab and go and bagged options are two being considered at this time.
- Menus and Ideas from other districts have been incredibly helpful.
- Food services have been contacted for their expertise but there has been no reply.

The selections available for lunch should be reconsidered in the future as there are numerous options, such as farm to table and salad bars, that could offer more healthful and health conscious choices for the students and staff.

Training for staff regarding the necessary first aid/ AED/ EpiPen and Bloodborne pathogen as well as education on diabetes will be available via computer beginning next year.

The district wellness policy needs to be revised to encompass increasing nutritional and physical activity recommendations. Wellness committee members will work to revise and update the policy.

The Head Nurse and MBA School Counselor are looking into applying to be a site for Girls on the Run and implement the program next year at the middle school level. This program instills confidence, support and camaraderie among girls while participating in physical activity culminating in completing a 5K race together.

Buddy Benches at SES. Buddy Benches are used at some elementary schools out in the playground or recess area. The purpose is to promote kindness and friendship. A child will sit on the bench if they do not have anyone to play with and another, if not on their own, will be encouraged to approach the bench and include the child in an activity/play. There are benches in both playgrounds so 2 benches will be decorated and hold the designation of "Buddy Bench".