



**Board of Education
Administrative Report**

Title of Report: School Wellness Committee Report

Board Meeting Date: May 13, 2019

Action

Report

Information

Discussion

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Executive Summary

Report

Health Services/ Wellness Report 2018-2019

- There have been approximately 12000 student visits for illness/injury to the health offices at all three schools to date for the 2018-2019 school year. The monthly average of students seen is approximately 1300-1500 a month.
 - Medication administration visits throughout the year averaged approximately 4300 for the three schools. This includes regularly scheduled prescriptive and medically authorized OTC medications. It does not include administration of medications that are indicated on an as needed basis, i.e., asthma inhalers, glucose tabs, and tums
 - Between 100- 150 students are dismissed each month for health reasons.
 - Approximately 500 visits were from staff members for the school year to date.
- There is (1) one-to- one nurse in district to accompany a student and attend to the healthcare needs of that student.
- The majority of absences were due to strep, upper respiratory infections, conjunctivitis and flu. There has been an increase in mental health issues and these are impacting student attendance.
- The flu epidemic hit the district this year with a total of 85 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. The preventative hand sanitizers in the classrooms are used frequently by the students and staff.



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- Strep remains to be one of the major illnesses reported for absence at the elementary and middle school levels. There have been a total of 160 confirmed cases reported to date.

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

- There were 10 cases of pneumonia this reported this year.

- Immunization break down for the district this year

6 exemptions at MBA

14 exemptions at SHS

24 exemptions at SES

The majority of the exemptions are of religious in nature although we do have some immunocompromised students who are medically exempt

- Concussions were often reported and occurring out of school the majority of time. Proper accommodations were made for students with provider communication being a key component of creating a specialized medical plan for implementation throughout the school day.

- Individual Emergency Medical Plans and Medical Plans are written for specific students with health concerns that impact their education.

In addition, Nurses attend PPT , IEP, and 504 and attendance meetings as necessary.

---Counseling of students and families is a vital role of the health office and nursing care, this aids families in gaining access to medical and mental health services locally. The overflow from the Social worker and Guidance office will next utilize the health office as a safe place at the middle and high school level. At the elementary level, much of the mental health issues are presenting as physical ailments. A careful evaluation and determination is an added component to nursing that has now become an daily occurrence requiring more mental health support by the nurses.

An increase in use of social media, and certain technologies are being shown to affect everyday attitudes/ moods and actions of the students throughout the day as well as their general well being. It is becoming more concerning as more and more students are carrying phones that allow access to various media outlets.

- Pupil Services has resources and information regarding mental health issues and diagnosis for parents and families.



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- Health Screenings are completed for vision, hearing and scoliosis according to State of CT and BOE guidelines. Referrals are made if needed. Vision screenings are done at the elementary school with the help of the Lions club.

- Sports physicals and permission forms are processed at the middle and high school levels to ensure that athletes meet all required regulations and requirements. Approximately 500-600 permissions 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 the 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, Blood borne pathogens, AED's and the Heimlich maneuver, and education on diabetes. This is now being done via computer training.

- 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. Parents/ guardians are also sent a reminder in the beginning of the school year to send in new, up to date rescue medications. In addition, they are also notified at the end of the year that the medications need to be picked up or they will be disposed of.

- Nutritional education/teachings 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. Breakfast and snacks are continuing to be an issue at the middle school level. Fruit and breakfast bars are routinely handed out from the health office at MBA.

- A Registered Dietician from Shop Rite was brought in for a "Healthy Snack" hands-on workshop that was open to all of the student body and their families. There was minimal turn-out but hoping that next year it will turn out to be more of a success.

- 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.



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- 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. Nurses at all schools attended conferences this year.

---- An new and updated Health Services page has aided in answering frequently asked questions and provides useful information for current and/or incoming students and their families. This page will now be updated throughout the year with any important notices.

---- Because of new information regarding the recall and FDA standards, all of our AEDs were replaced with new machines. In addition, one will now be housed in central office. The Somers Fire Dept. was integral in the process of purchasing machines that are compatible with their equipment should the need ever arise. The FD will also be doing monthly service checks on the equipment. This allows the district to become part of the heart safe community.

---- The addition of Narcan to our district was 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. In addition, nursing staff attended the public education program for Narcan and opioid overdose that was held at the Somers FD with Somers Comes Together to act as a resource for any questions that involved Narcan in our schools

--- Again this year, a self-defense class is scheduled for May 16th, girls of middle and high school ages will be invited to attend. The class that ran last year had more than 50 girls show up, and some staff members for participation. 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.

Recommendations for the 2019/20 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, social worker's office and even the main office (at MBA) in the morning hours to receive a breakfast snack. While still in the very early planning stages at this point, it should be placed as more of a priority in the future



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- The selections available for lunch should be reconsidered in the future to offer healthier choices for the students and staff.

- The district wellness policy should be revised to encompass increasing nutritional and physical activity recommendations.