



June 8, 2016

Patricia Smith BSN RN

Health Services Coordinator

Chair Wellness Committee

WELLNESS COMMITTEE REVIEW



District-Wide Initiatives

- Safety Trainings for Staff
 - American Heart Association (AHA) CPR Certification (111)
 - AHA “CPR for Schools” (13 staff plus *all* high school students)
 - Life Threatening Allergy/Epinephrine Training (76)
 - Opioid Awareness/Narcan Training (26)
- MGH, Benson-Henry Institute for Mind Body Medicine: “Resilient Schools” (Stress Reduction/Relaxation Training) – training for all staff (Hanover VNA Grant)
 - Techniques used by nurses, teachers, guidance counselors, adjustment counselors, school psychologists



Center/Sylvester School

- Stress reduction/relaxation instruction for all grade/classes (Linda Price, Adjustment Counselor, Social Worker, Social Work Intern)
- Teachers using stress reduction in classroom at start of class and before important tests
- AHA “Wear Red” for heart health (Carol Krall BSN, RN, NCSN): heart health education for staff and students
- Dental health: Artistic Dentistry
- Sylvester School Nurse, Maureen Shea BSN, RN, NCSN co-taught all safety trainings



Cedar School

- Developed stress reduction curriculum for all grades
 - Maura Dowling, BSN RN NCSN
 - Sara Kelser, School Psychologist
 - HFEE Grant: “bio dots”, software, books



Hanover High School

- Suicide Prevention Training
 - Makayla Fund Grant
 - Signs of Suicide
 - PD for all teachers, Fall 2016
 - Student Curriculum
 - An Act Relative to Gun Violence
- Substance Abuse Curriculum/Screening
 - SBIRT
 - Guest Speaker
 - Wellness Curriculum
- Stress Reduction Curriculum
 - Wellness/Guidance collaboration



F.A.C.E.

- IMPACT testing June 2016
 - Neurocognitive baseline testing for students 11 and older
 - Useful for assessing recovery after concussion
 - Mandatory for students participating in school sports
 - Recommended for sports outside of school
- Cross country, track and field, strength and conditioning (250+ students participating)
- Yoga
- Meditation class – adult education



Hanover Middle School

Joelle Casey, BSN, RN, NCSN

LIFE THREATENING ALLERGY INITIATIVE

The mission of the Hanover Public Schools is to guide every student to thrive in a global society.



Background

- 36 students in Hanover Middle School with life threatening allergies (18 in the current 8th grade)
- Goals:
 - safety
 - confidence
 - Independence
 - inclusion
- Planning
 - Individualized health care plan
 - Emergency Action Plan
 - Medical Orders
 - Staff Training
 - Program is optional



Grade 5

- Pretest - What is anaphylaxis?
- Discussion
 - Lunch tables and maintaining safety
 - Handling school social events
 - Where can I find out what allergens may be in my food
 - How to talk to your friends about your allergy
 - Field trips
 - School parties
- Food Information Posted at all School Social Events



Grade 6

- **Discussion**

- Assess knowledge
- Upcoming events – Peggotty Beach, Harvest Fest, Camp Squanto
- Signs and Symptoms of anaphylaxis
- When to use an epinephrine injector
- When to get help
- Importance of planning ahead



Grade 7

- **Discussion**
 - Assess knowledge
 - Allergens and alternative names of allergens
 - Reading food labels
 - How to handle social events
 - Do you have a current strategy
- Nutrition project, EpiPen demonstration – for entire 7th grade
- Food labels posted at all social events



Grade 8

- **Discussion**
 - How to use an epinephrine injector
 - What to do following injection?
 - Talking to friends about your allergy
- Demonstration of use of an epinephrine injector
- Post-test
- Sign off on care plan - independent use of epinephrine injector



Staff Training

- Training on signs and symptoms of anaphylaxis for all HMS staff
- Certification for those who demonstrate competency
- All chaperones for Washington DC trip are EpiPen trained and certified
- 28 certified so far at HMS
- 48 certified at district-wide trainings