

**Central Region  
CHNS/CHPS  
September 2014 Report**

**Anna Haver**

- Presented slide presentation on the Role of CHPS at the three day New School Nurse Conference 2014 held at Camp Aldersgate in Little Rock (Approximately 75 school nurses in attendance).
- Met with new district wellness chair of Bauxite School District to discuss forming wellness committee, duties of wellness committee and annual completion of school health index. Provided copy of wellness toolkit, Act 1220, Rules and Regs. Provided information on school health index training that will be offered in November.
- Visited Pine Forest Elementary School: discussed wellness activities for the 2014-2015 school year. In the process of planning Yoga for Kids training for PE teachers in early 2016. Discussed oral health presentations to kindergarten students at Pine Forest in Feb. 2016. Discussed program that will be utilized to encourage and promote more physical activity among students during recess time.
- Met with the district wellness chair of PCSSD: provided information on School Health Index training to be offered in November. Discussed items topics to address in October wellness committee meeting - including SHI training, other training needs, tobacco policy, encouraging individual school wellness teams, and Yoga for Kids training for staff.
- Provided technical assistance to ASD school nutrition director on working with online version of School Health Index. Index has been updated to align with smart snack and national physical activity recommendations. School had questions about accessing some of the new questions in the current version of the index being completed.
- Visit with LRSD Nursing Coordinator: provided flu clinic posters for LRSD schools. Discussed 2014-15 wellness committee meetings and need to encourage schools to complete SHI as a team. Discussed SHI training to be offered on November 6th and how to promote it among staff in the district.
- Met with NLRSD CSH Coordinator: discussed updating district tobacco policy to be more comprehensive. Provided a copy of the comprehensive tobacco policy checklist and a sample policy (also shared at the NLRSD Wellness Committee meeting). Discussed need for appropriate and updated signs on each school campus. Also discussed need to update district wellness policy this year.
- Met with and provided information on e-cigarettes to three Sherwood City aldermen who are proposing an amendment to city tobacco policy. Also provided sample policies from TPCP.
- Provided school health and wellness program training for charter schools. Information was provided on SHI, wellness requirements (with and without waivers), and resources available through TPCP and HHI (11 in attendance).
- Participated in CDC-DASH Site Visit for Kathleen Courtney's grant.

## **Cynthia Wilborn**

- Presented slide presentation on Individualized Health Care Plans at the three day New School Nurse Conference 2014 held at Camp Aldersgate in Little Rock (approximately 60 school nurses in attendance).
- Partnering with Community members and Child and Adolescent Health Section (Dr. Scott and Dr. Mease) to plan for the Sweet Home School Health Fair in August 2015 (2014 event served 25 churches from surrounding areas impacting 152 children/teens who received school and sports exams).
- Attended the Strategic Plan/Implementation Workshop (Changing Social Norms through Youth Engagement) provided by TPCP with guest speaker Victor DeNoble; topics included Surveillance, Emerging Products, Comprehensive Approach to Tobacco Use Reduction, Changing Social Norms, Comprehensive Tobacco Policy, Reporting Process and available resources. CHNS/CHPS will be working with TPCP, Matt Mitchell related to Comprehensive Tobacco Policy for Schools.
- Provided annual Mandatory Vision and Hearing Training held at Freeway Medical Center (20 participants).
- School Nurse Data Base collected from the following districts/schools: Little Rock School District, North Little Rock School District, Pulaski County Special School District, Covenant Keepers Charter School, Lisa Academy North, Lisa Academy West, Lighthouse Academy-Jacksonville, Lighthouse Academy-Air Force Base, Premier High, Siatech High and Academics Plus.
- Southwest Little Rock Hometown Health Coalition Had their Annual Celebration Dinner (September 8, 2014). The agenda included review and approval of August minutes, October 7 National Night Out, Update on SWLR Farmers Market, Installation of new officers, HHI Year in Review, and Member Updates. I attended the meeting and will provide resources for the National Night Out.
- 1st Annual Charter School Nurses (Health and Wellness Program Training)-Facilitated and Organized with Anna Haver, Dee Dee Wallace, and Department of Education to provide training for the Charter School Nurses and Administrators; topics included Nursing Compliance Issues, Tobacco, SHI, Wellness, and HHI. Evaluations revealed the workshop met the participant's expectation and 100% would recommend the training to others.
- Attended the Prescription Drug Summit - Clinical Track topics included: Residential treatment, prescription drug abuse trends, and the community response to addiction.
- Attended the 12<sup>th</sup> Annual Striking Out Tobacco in Arkansas Conference with the following topics: Electronic cigarettes, role of menthol initiation, smokeless tobacco and little cigars, and nicotine and the brain.
- Consultation with Dr. Scott, Lisa England, and Paula Smith on upcoming December 8, 2014 meeting.
- Attended Future Builders Tobacco Coalition meeting: provided technical assistance and guidance on interventions for 2014-2015 Tobacco Work Plan.