

APRIL/MAY 2024

SCHOOL NURSE *Newsletter*

Earth Day is an annual event on April 22 to demonstrate support for environmental protection. This year, **EarthDay.org is focusing on Planet vs. Plastics** to raise awareness, inspire change, and foster a deeper connection with nature. Let's unite in our efforts to protect the Earth today and for generations to come. Together, we can make a meaningful impact and create a more sustainable world!

TEACHERS AND TEENS can take the [plastic pollution quiz](#) to test their knowledge and learn more.

WATCH THE SHORT VIDEO planet vs. plastics ([click image to right](#))

TEENS can watch the Earth Day Live Youth Led Cleanup Movement ([click image to right](#)). The youth of today have seen the pollution that is rampant in their world and decided they will not stand for it any longer. Although the pollution they see isn't their fault, they have stepped up to create a waste-free world downstream, upstream and for the next generations.



The Nature Conservancy has some opportunities for kids and teens as well to participate in earth day adventures:

Explore the World with Virtual Field Trips are designed for ages 9-15 but customizable for all ages, virtual field trips allow students to travel the world and explore natural environments without leaving the classroom. Each virtual field trip contains a video, teacher guide and student activities.

Get Kids Outside This Spring It's spring, and the world is coming back to life! From puddles to pedals, these activities will help your entire family enjoy springtime.

April 22nd

EARTH DAY



Resources for Parents

Throughout the school year, we will provide you with resources you can share with parents.

Download, print and share:

- [Tick Talk](#): information on ticks and Lyme disease
- [Nature Lab Spring Activity Guide](#)





Click to access the NYSDOH
2024-25 School Year
Immunization Requirements Chart

Measles



In light of the [recently announced measles case in Nassau County, NY](#) and the increasing number of cases being reported in the US, The Chautauqua County Health Department encourages schools to be vigilant and to watch for measles among students and visitors to the school. Many people traveled over spring break visiting family, friends, and exploring new destinations. While children in the school setting should have received their MMR vaccine as part of the requirements for attending school, there may be children in the home who are unvaccinated.

Nurses should be on alert for anyone who has: (1) febrile rash illness and symptoms consistent with measles (e.g., cough, coryza, or conjunctivitis), and (2) have recently traveled to areas with ongoing measles outbreaks. If you suspect that you may have come in contact with someone who has measles, the CDC states the person should be isolated immediately for at least four days from when symptoms appear and local or state health departments should be notified.

Contact us at 716-753-4491. We will work with the individuals to ensure testing and treatment are provided to unvaccinated and/or vulnerable close contacts as soon as possible.

Thank you for your partnership and attention to this matter.

[More Information](#)

Respiratory Virus Guidance

The CDC has been working with education partners to develop infection prevention and control guidance for schools, which will include information on infection spread and prevention strategies across a number of pathogens that can affect school settings (e.g., norovirus, flu, strep pharyngitis). This guidance will align with the updated Respiratory Virus Guidance and other disease-specific guidance and include considerations for children with special health care needs. We anticipate this guidance being released prior to the 2024-2025 school year.

Current information and guidance:

- [CDC Respiratory Virus Guidance](#)
- [CDC Press Release](#)

Respiratory Virus Guidance Snapshot

Core prevention strategies

- Immunizations
- Hygiene
- Steps for Cleaner Air
- Treatment
- Stay Home and Prevent Spread*

Additional prevention strategies

- Masks
- Distancing
- Tests

Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

***Stay home and away from others until, for 24 hours BOTH:**

- Your symptoms are getting better
- You are fever-free (without meds)

Then take added precaution for the next 5 days

[Download the Graphic](#)

Medical Director & School Nurse Roles

School districts are required to employ a director of school health services (medical director). The medical director may delegate their duties to appropriate licensed health professionals. The delegation of duties should be in writing to avoid any miscommunication and should be consistent with the licensed health professionals' scope of practice.

To read more about this and other related topics, please review the Medical Director and School Nurse Role document issued by NYSED

[Medical Director and School Nurse Role](#)

NYSED also provides [sample delegation statement](#).

De-escalating/managing behaviors in the school

In our February issue, we shared with you the 'lessons on ABC's' to de-escalating and managing behaviors in school. This month we want to provide you with another resource from our partners at the Chautauqua County Department of Mental Hygiene.

Nancy Rappaport and Jessica Minahan write about their FAIR plan. FAIR stands for functional hypothesis, accommodations, interaction strategies, and response strategies. The goal of the FAIR Plan is to change inappropriate behavior to appropriate behavior for the long term, rather than "managing the behavior". They recommend five steps:

- 1 **Manage antecedents** - This means minimizing or accommodating things in the environment that tend to set off an incident of inappropriate behavior. By understanding what antecedents are problematic for a student, such as being close to other students or reading aloud, the teacher can intervene effectively and create a classroom environment that is supporting and proactive.
- 2 **Reinforce desired behavior** - If a student can't tolerate academic demands without an outburst, the teacher may start by asking for 10 minutes of work, reinforce that, and over time build up the student's tolerance. As the student demonstrates small attempts at self-regulation or the use of prosocial skills, the teacher will reinforce and reward her.
- 3 **Teach a replacement behavior** - The student needs to be taught a replacement behavior - an appropriate behavior the serves the same function as the inappropriate behavior- to be used while building the skills needed to behave appropriately without accommodations. For example, instead of banging fists on the desk when frustrated, a student can be taught to ask for a break.
- 4 **Address underdeveloped skills that are at the root of a child's inability to behave appropriately** - teaching the student underdeveloped skills eventually eliminates the need for the replacement behavior. For example, the fist-banging student may need to work on reading skills, perhaps with additional support.
- 5 **Respond to a student's inappropriate behavior in a way that deters it** - When prevention goes awry and incidents occur, the teachers' response needs to reinforce the student's desired behavior, and avoid accidentally reinforcing the undesired behavior.

[Read more from the authors of the FAIR plan](#)

This article provided by:



Free Vaping Posters

The NYSDOH has developed posters, palm cards, and rack cards for middle schools and high schools/young adults, in both English and Spanish, to promote *This is Quitting*, a free, confidential text-message service, and the New York State Smokers' Quitline.

This is Quitting is a free, anonymous text message cessation service designed specifically for young people 13-24. *This is Quitting*, is evidence-based, and was developed by *Truth Initiative* with input from young people who want to quit vaping. The messages show the benefits and challenges of quitting, to help young people feel motivated, inspired, and supported throughout their quitting process. To date, the initiative has helped more than 600,000 young people nationally on their journey to quit vaping.

Young people can join *This is Quitting* by texting "DropTheVape" to 88709.

- Information about e-cigarettes can be found [here](#).
- The New York State Smokers' Quitsite can be found [here](#).
- **Drop the Vape Materials can be ordered [here](#).**