

# **School Health and Education Partnership**

Longwood University

July 14-16, 2008



School  
**Health & Education**  
Partnership

Presented by:  
The Virginia Department of Education  
Office of Student Services

*The School Health and Education Partnership* is a blending of the *Health for Success* and *School Health Services Institute*

conferences. In recognition of the need to promote coordinated school health and the partnership that exists between school health educators and school health providers, this conference provides an opportunity for participants to learn together and support each other's roles in the school setting.

This conference is appropriate for all teachers, instructional specialists, administrators, school nurses, health assistants, supervisors of health services, counselors, social workers, parents, community-based educators, and related positions.

**Teaching personnel** will receive a certificate of attendance for teacher recertification through their school divisions. Interested health educators may apply for Certified Health Education Specialist (CHES) recertification credits. You must attend all sessions IN FULL to receive the 18 CHES Category I recertification credits.

**School nurses and health care providers** will receive a certificate of attendance. CEUs will be offered for up to 18 hours depending upon course selection and attendance. Participants must attend the entire session to be eligible for credit. The CEU fee of \$10 is payable at checkout; checks only, made payable to Virginia Commonwealth University School of Nursing. Cash will **not** be accepted. CEUs will not be available after the conference.

Virginia Commonwealth University School of Nursing and Health System is approved as a provider of continuing education in nursing by the Virginia Nurses Association, which is accredited as an approver of continuing

education by the American Nurses' Credentialing Center's Commission on accreditation.

**All participants must be pre-registered.** There will be no on-site registration. The registration fee of \$80 covers conference materials; dormitory housing in Frazer Residence Hall, **double** occupancy for three (3) nights; three (3) meals per day on Monday and Tuesday; and breakfast and lunch on Wednesday. Participants who commute or stay off campus will receive lunch on the days of attendance. The \$80 registration fee applies to partial attendance or off-campus registration as well. A limited number of private rooms are available at an additional fee. Please be aware the university has passed a tobacco free policy effective June 1, 2008.

**Conference registration may only be completed online.** The Web address to access the registration form is: <http://www.pubapps.vcu.edu/soe/csc/shep.asp>.

Payment must be made by credit card at the time of registration. Early registration (\$80) will be available through May 30, 2008. A \$25 late fee will be assessed for registrations received from May 31 through June 10, 2008. The registration window will close the evening of June 10<sup>th</sup>. If participants cannot attend and fail to cancel by **June 10, 2008**, the registration fee will not be refunded. Another person may substitute for a participant who is unable to attend. **Confirmation packets will be e-mailed** on June 15<sup>th</sup>. Please make sure that you provide an accurate and accessible e-mail address during registration. The campus map, University rules and regulations, and helpful tips for dormitory living will be included in your packet. Class confirmations will be available upon check-in. Check-in hours will be 4 - 6 p.m. on Sunday, July 13,

2008 in Curry Commons. Please note that dinner is on your own. Early check-in for those taking the graduate course will be from 12 noon. **We are only able to accommodate those registered for the graduate course at early check-in.**

Please note that Longwood University is NOT a barrier free environment. If you have any questions about access and/or accommodations, contact the Director of Disabilities Support Services, at 434-295-2391 or 800-828-1120 TT Relay.

Registration questions should be directed to Joy Murphy 804-828-1482 or Dr. Michelle Schmitt 804-827-2610.

Programmatic questions should be directed to [Tia.Campbell@doe.virginia.gov](mailto:Tia.Campbell@doe.virginia.gov) or 804-786-8671 or [Caroline.Fuller@doe.virginia.gov](mailto:Caroline.Fuller@doe.virginia.gov) or 804-225-2431.

**Three graduate credit hours will be offered through Virginia Commonwealth University.** The course will be offered Sunday-Tuesday evenings at a cost of \$566.55 for in-state residents and \$2,113.80 for out-of-state residents. For more information concerning the course, please contact Jack Schiltz at [Jschiltz@vcu.edu](mailto:Jschiltz@vcu.edu) or 804-828-1948.

Monday, July 14, 2008

7:30 a.m. – 8:30 a.m.

Breakfast

8:30 a.m. – 9:30 a.m.

General Session

Keynote Address- **Health is Truly Academic!**- *David Wiley, Ph.D., President, American School Health Association, Professor of Health Education, Texas State University* - The best method to get the community to pay attention to coordinated school health programs is by linking them to student achievement. This lively presentation looks at societal trends involving health, as well as the abundance of research tying school health to student outcomes.

**The participant may choose one (1) day-long session or three (3) breakout sessions.**

9:45 a.m. – 5:15 p.m.

Day-Long Sessions

- M01- **Understanding Human Sexuality Today** - *Family Life Education Trainers* - The content of this class will allow the participant to define human sexuality; explore attitudes and values regarding a range of sexuality topics; increase the participants' comfort with teaching about sexuality issues; increase the participants' knowledge of goals and philosophy of sexuality education; identify characteristics of sexually healthy adolescents; and identify age-appropriate classroom content for middle and high school students.
- M02- **Managing Sensitive Issues** - *Family Life Education Trainers* - The content and activities of this class will allow the participants to identify sensitive sexuality issues and explore their own feelings and biases about sensitive topics. Case studies, role play and discussion will be utilized to assist the participant in developing objectivity and the skills to effectively handle sensitive issues in the classroom.
- M03- **Practicing Effective Teaching Strategies for Sexuality/HIV Education** - *Family Life Education Trainers* - Characteristics of effective sexuality/FLE education programs will be discussed. In addition, strategies for creating a psychologically safe and comfortable learning environment in the classroom and distinguishing between effective and less effective teaching methods will be explored.
- M04- **Hang Loose in an Uptight World** - *Darrel Lang* - An introduction to stress, distress, and eustress, with a discussion about the impact of exercise on stress/distress.

9:45 a.m. – 11:45 a.m

Breakout Sessions

- M05- **Methamphetamine Update** - *Sergeant John Ruffin* - Back by popular demand! Sgt. Ruffin provided us with information at the 2006 conference about the threat of methamphetamine (meth) use. This session will provide an update about meth use and efforts to decrease the burden of illegal drug use in Virginia.
- M06- **Human Papillomavirus** - *Dr. Cecelia Boardman, Virginia Commonwealth University* - This session will discuss the virus, possible consequences of disease, and current recommendations regarding vaccination.
- M07- **Advocating for Coordinated School Health (CSH) to School Boards** - *David Wiley, Ph.D., President, American School Health Association, Professor of Health Education, Texas State University* - Local school boards play a crucial role in the success of CSH programs. This breakout session examines the role of school boards and how to build a better understanding of the CSH approach.
- M08- **Marketing for School Nurses** - *Session Sponsored and Presented by the School Nurse Institute Partnership (SNIP)* - In the educational setting, the role of the school nurse is often not well understood. This session will help the school nurse to understand what she/he has to market, identify an area of need, identify allies and outline a plan of action. A panel of school nurses will share their experiences and lessons learned when advocating for school health programs, resources, and salary/fringe benefits.

M09 **Autism Spectrum Disorders** - *Julie Strunk, RN, MSN, James Madison University* - Are you comfortable with your knowledge of autism? Are you prepared to interact effectively and advocate for students with autism or other learning disabilities? If not, this session is for you. Learn about signs and symptoms, specific needs of these students, and the role of the school nurse in health care management in the school setting.

12 noon – 1 p.m.

Lunch

1:15 p.m. – 3 p.m.

Breakout Sessions

- M10- **Medicaid Billing** (This session does not repeat) - *Amy Edwards, Medicaid Specialist, Virginia Department of Education* - Learn the latest legislative updates for billing Medicaid in the school setting. Discuss the impact of the Centers for Medicare and Medicaid regulations abolishing Administrative Claiming. Explore the possibility of billing Medicaid if your school division does not currently participate in this program.
- M11- **Healthy Weight Management Programs for Children and Families** - *Barbara Benson, Healthy You, Program Director, Children's Hospital of the King's Daughters* - Positive approaches to developing and maintaining a healthy lifestyle will be discussed.
- M12- **Insulin Pump Management** - *Debbie Gleason-Morgan, RN, MSN, CPNP, Diabetes Treatment Center, Bon Secours, St. Mary's Hospital* - More and more of our students with diabetes are being managed with insulin pumps. This session will provide you with the opportunity to understand the mechanics of insulin pump management and experience programming a pump. This session is limited to 50 participants.
- M13- **Sports-related Concussions** - *Dr. Katherine Dec, Chippenham-Johnston Willis Medical Center* - Concussions are a brain injury caused by a blow or bump to the head. They occur frequently in school sports. This session will explore approaches to assessment, recognition, early intervention and prevention.
- M14- **Bullying: Spotting It and Stopping It** - *Katie Moffitt, Virginia Commonwealth University* - Participants will learn to recognize signs that bullying may be occurring, and what can be done to stop the bullying. This hands-on workshop will include demonstration and role-play.
- M15- **Grant Writing 101** - *Lee Johnson, RN, BSN, School Nurse Coordinator, Wythe County Public Schools* - With funding for school programs tighter than ever, school employees are turning to grant funding for special projects. Learn the basics from a successful grant writer.

3:15 p.m. – 5 p.m.

Breakout Sessions

- M16- **How to Navigate the Internet for Reliable Health Information** - *Ruth Smith, Outreach Librarian, Eastern Virginia School of Medicine* - Is the health information you just pulled up on the internet true? Strategies will be shared to ensure that the internet user accesses reliable information about health care.
- M17- **Healthy Weight Management Programs for Children and Families** (Repeat of M11)
- M18- **Insulin Pump Management** (Repeat of M12)
- M19- **Sports-related Concussions** (Repeat of M13)
- M20- **Bullying** (Repeat of M14)
- M21- **Grant Writing 101** (Repeat of M15)

5 p.m. – 6 p.m.

Dinner

6 p.m.

Reception - Virginia Association of School Nurses

## Tuesday, July 15, 2007

7:30 a.m. – 8:30 a.m.

Breakfast

8:30 a.m. – 4:30 p.m.

Day-Long Sessions

- T01- **Understanding Human Sexuality Today** (Repeat of M01)
- T02- **Preventing Risky Behavior** - *Family Life Education Trainers* - Learn about effective prevention strategies, identify strategies for increasing students' perceived vulnerability to STDs, and identify strategies for teaching negotiation and refusal skills.
- T03- **Working with Diverse Populations** - *Family Life Education Trainers* - Learn about the dimensions of diversity among individuals and become more aware of your own diversity and the impact it has on your life. Methods utilized will help the participant to increase his/her ability to be inclusive when teaching about sexuality and HIV prevention.
- T04- **Preparing for the Future: Family Planning** - *Family Life Education Trainers* - Review family planning options to prevent and address unwanted pregnancies. Attitudes about sexual risk-taking behaviors will be explored, and prevention of sexually transmitted diseases discussed.
- T05- **Managing Sensitive Issues** (Repeat of M02)
- T06- **Family Life and Exceptional Education** - *Darrel Lang* - This highly interactive workshop considers as top priority the need to include special education students in human sexuality education programs. The workshop focuses on both the myths and misconceptions about students with disabilities as it relates to human sexuality education, as well as the history of exclusion and neglect that they have faced on this important topic. (This is a two day session offered Tuesday and Wednesday. Participants must attend both days in order to receive continuing education credit).
- T07- **I'm a School Nurse - Now What?** - *Tia Campbell, School Health Specialist, VDOE and Janet Wright, School Age Health Specialist, VDH* - Topics of discussion will include school entrance requirements, laws that affect school nursing practice and school health, confidentiality, documentation and the scope and standards of school nursing practice. This class is a must for new school nurses!
- T08- **School Nurse Coordinator's: Everything You Need to Know to Run a Comprehensive School Health Program** - *Gwen Smith, RN, MSN, Retired School Health Specialist, VDOE* - What is the role of the School Nurse Coordinator? What type of program do you have? What resources are available to set up and run a comprehensive school health program? Topics of discussion will include leadership, budgeting, supervision and evaluation of school health employees. This class is a must for new school nurse coordinators!
- T09- **Sports Medicine** - *Chris Tucker, Athletic Trainer, Salem Public Schools* - Back by popular demand! Chris will lead an exciting discussion of common athletic injuries and the role of the athletic trainer. Participants will have the opportunity to practice first aid skills for athletic injuries. This session is limited to 30 participants. Appropriate dress for practicing first aid skills is suggested.
- T10- **DRUGS: Drug Recognition Usage Guide Seminar** - *Ken Clark, Nationally Certified Substance Abuse Specialist* - In order to provide early intervention, learn a systematic approach to recognizing and evaluating individuals in the academic environment who are using and impaired by drugs.
- T11- **Suicide Prevention** (QPR training) - *Calvin Nunnally, Statewide Prevention Specialist, Sponsored by the Virginia Department of Health, Division of Injury and Violence Prevention* - QPR stands for Question, Persuade and Refer, three steps anyone can learn to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives.

5 p.m. – 6 p.m.

Dinner

4:30 p.m. – 9 p.m. Resource Night- Sponsored by the Virginia Association of School Nurses

## Wednesday, July 16, 2008

7:30 a.m. – 8:30 a.m.

Breakfast

**The participant may choose one (1) day-long session, or one (1) morning session, or two (2) breakout sessions.**

8:30 a.m. – 3:15 p.m.

Day-Long Sessions

- W01- **Family Life and Exceptional Education** (Continuation of T06)
- W02- **Practicing Effective Teaching Strategies for Sexuality/HIV Education** - *Family Life Education Trainers* - (Repeat of M03)
- W03- **Preventing STDs** - *Family Life Education Trainers* - Explore attitudes toward adolescent sexual risk-taking and adult responses. Increase your knowledge of sexually transmitted diseases other than HIV infection.
- W04- **Legal and Ethical Issues in Sexuality and HIV Education** - *Family Life Education Trainers* - The participant will identify and analyze the legal and ethical issues related to sexual behavior. The need for clear, consistent, and current policies on HIV and Family Life Education will be discussed.
- W05- **Preventing Risky Behavior** (Repeat of T02)
- W06- **Working with Diverse Populations** (Repeat of T03)

8:30 a.m. – 11:45 a.m.

Morning Sessions

- W07- **Asthma Update** - *Laura Burns, Community Asthma Services Manager, Bon Secours Richmond Health Systems* - Asthma is the number one chronic health condition in school-aged children. According to the 2006/07 Chronic Health Conditions Survey, over 52,000 school-aged children have asthma in Virginia. This session will provide you with the latest information from the state plan and an overview of the revised Asthma Action Plan.
- W08- **Cultural Competence** - *Vivian Stith-Williams, Ph.D., Virginia Department of Education* - What is cultural competence? This highly energetic speaker will discuss the significance of cultural competence in service delivery to students and families. In addition, the impact of culture on instruction at all levels will be explored.

8:30 a.m. – 10 a.m.

Breakout Sessions

- W09- **Poster Presentations** - *Suzanne Renegar, School Nurse Coordinator, Roanoke City Public Schools* - Do you have a promising practice that others might benefit from duplicating in their school setting? Have you ever considered doing a poster presentation to share your idea? Learn poster presentation skills from a National Association of School Nurses (NASN) award winning presenter!
- W10- **Presentation Skills: PowerPoint® Basics** - *Donna Blanks, Instructional Designer, Anthem Blue Cross/Blue Shield* - This hands-on presentation provides an overview in creating and modifying presentations, using proofing tools, inserting and modifying objects, WordArt, clip art and inserting multimedia elements. Class will meet in the computer lab so that students will have access to a computer. This session is limited to 30 participants.
- W11- **Herbal Remedies** - *Shara Bunis, Certified Holistic Health Counselor* - Have you ever asked if herbal remedies are legitimate? Attend this session and explore the uses of herbal remedies and holistic wellness principles.
- W12- **Healthy Weights, Healthy Habits, Healthy Students: Creating effective connections between families and school wellness programs** - *Dayle Hayes, MS, RD, President, Nutrition for the Future-*

*Session Sponsored by the National Cattlemen's Beef Association* - The rising rates of obesity have serious consequences for the health and academic success of Virginia's children. Both families and schools have important roles in raising children with healthy weights, but the topic remains difficult for professionals and parents to discuss. In this dynamic session, participants will learn how to successfully talk about weight issues with families and how to implement effective school wellness policies. Every attendee will receive a set of educational materials designed for school wellness programs.

- W13- **Piercing and Tattoos** - *Tony Iglecia* - Tattoos and body piercing have become almost a rite of passage. This interactive presentation will enlighten the participant about the current cultural shift towards expression through body art.

10:15 a.m. – 11:45 a.m.

Breakout Sessions

W14- **Poster Presentations** (Repeat of W09)

W15- **Presentation Skills: PowerPoint® Basics** (Repeat of W10)

W16- **Herbal Remedies** (Repeat of W11)

W17- **Healthy Weights, Healthy Habits, Healthy Students: Creating effective connections between families and school wellness programs** (Repeat of W12)

W18- **Piercing and Tattoos** (Repeat of W13)

12 noon – 1 p.m.

Lunch

1:15 p.m. – 3:15 p.m.

General Session

**In Our Own Voice: Living with Mental Illness** - *National Alliance on Mental Illness (NAMI)* - A unique presentation that offers insight into the hope and recovery now possible for people with severe mental illness—presented by people who have been there.

3:15 p.m.

Adjourn

Evaluation Collection/ Certificate Distribution/Check-out