

School Nurses Day
May 6, 2020

School Nurses Are Essential,

COVID-19 has changed our world and our future forever. What better time to celebrate the work of school nurses who are on the scene in schools, working from home, helping students, families, and school personnel make sense of the COVID-19 pandemic. We know that the future will look different from anything we have known. We cannot predict what the near future will hold, but school nurses continue the work of supporting our school communities in some fun and creative ways. On May 6, 2020 we are honoring school nurses across the nation.

As the nation shelters in place, with schools providing different models of education and many businesses closed or changing operations to reduce the spread of COVID-19 disease school nurses are pitching in. They are informing, training, collaborating, coordinating care, and leading teams in health and education promotion. Some nurses have found that regular office hours give families a place to ask whether they should see a doctor or when it is appropriate to go to the hospital, manage their child's asthma or ask questions about COVID-19. School nurses can be a great equalizer, helping families access the local food shelf, fuel assistance, and housing resources. Schools that are providing childcare for essential workers benefit from the training provided by the school nurse in first aid, infectious disease prevention and how to screen for illness on arrival. Others are leading town hall meetings on pandemic response and preparation and other school nurses are working in the hospitals on their time off from school. School nurses are promoting mental health and wellness activities to counter depression, anxiety, and suicide. They are holding daily virtual check-ins with groups of youth who are starved for peer interaction. They are counseling staff on self-care and managing chronic health conditions. School nurses are teaching health education and yoga classes and learning how to use social media following school protocols to reach out to their high school students. They are helping parents set routines and increase outside activity time to manage children's behavior, practice kindness and forgiveness, while practicing kindness and forgiveness in their own homes. This extraordinary time in our lives highlights that not one of us is perfect.

Thank you, school nurses! Thank you for:

- Maintaining today's focus on keeping students safe and healthy at home so that they can be healthy and ready for learning in a future yet to be defined.
- The fun and creativity that you are putting into your videos and games to entertain and engage families as we all imagine our new world ahead.
- Joining colleagues in your professional organizations and for finding your communities of support that can last you a lifetime.
- Leading the way, encouraging our communities, and helping others find meaning while our world transforms.
- For staying home when you are ill, washing your hands, and for wearing face coverings and keeping your physical distance in congregate settings. You are ESSENTIAL!

From all of us at the National Association of State School Nurse Consultants THANK YOU!
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State School Nurse Consultant