

# MISSOURI COORDINATED SCHOOL HEALTH NEWSLETTER

Volume 1 / Issue 2 - December 2019



## OUR MISSION

The MCSHC advocates and supports the Whole School, Whole Community, Whole Child model in every Missouri school to ensure students learn to be healthy and are healthy to learn.

## OUR VISION

All Missouri students are healthy, safe, engaged, supported and positively challenged for a successful future.



### **Sarah Sherman, Sparta R-3 -**

“I am so excited to take the Diabetes Toolkit I received at the MCSHC Pre-Conference and begin training the staff in my school district”.



## *27<sup>th</sup> Annual Missouri*

### *Coordinated School Health Conference*

#### *“Healthy Partnerships for Healthy Students”*



Speaker, Michelle Owens, Alliance for a Healthier Generation had us up and moving!

Among the 174 attendees at this years MCSH Conference were: Health/PE Educators, Health Clerks, School Nurses, Counselors, Wellness Coordinators, Health Service Administrators, MO DESE, MO DHSS, MFH, Licensed Dieticians, a Psychologist, a Violence Prevention Coordinator, and an Associate Superintendent.

**Amy Wehr, Rockwood School District** – “Dr. Joelle Hood was instrumental in re-framing how we in the world of education often see students who struggle or are difficult to handle. An example that resonated with me, was that if you have a houseplant, let's say a Peace Lilly...if it turns brown, get droopy, and blooms drop, we don't blame the plant, right? We think "it must need more sun, less water, a different temperature to thrive" and we begin to adjust those things and see if it helps revitalize the plant. Why don't we have the same thoughts about our students who are not thriving? Perhaps we need to change the environment to make that happen! She also had great activities to help people (strangers, co-workers, students) open-up, with progressing levels of intimacy, to help establish belonging to the group. There was a great commercial (partially in Danish) that she showed- with the outcome being that we are all connected, we are all people, and we all want to belong and be accepted, just the way we are.”



Dr. Komal Ashraf, Bridgit Patterson, & Laura Roeseler, Epilepsy Foundation

**Priscilla Dickenson, Mt. Vernon Schools** - "I enjoyed the session on Epilepsy. We recently had a student who had not had seizures in a long time then began seizing daily. This session helped me to remember the warning signs of an impending seizure and the hyperventilating, overheating or overexertion that can bring on a seizure." Did you know that Vaping can trigger a seizure?



**Nancy Leonard, Republic Schools** "In my transition from elementary to high school nurse the roundtable discussions and resources applicable to adolescents was especially insightful. I particularly appreciated the information on LGBTQIA and learning about the free resources available from the MO DHSS."



**Donna Taylor, MO DESE** – "All the sessions I attended were excellent. Mike Kuczala's session really showed why movement is so important for learning and how amazing the brain is. I actually tried one of the activities at my officer meeting on Monday and the *kids were blown away* (it showed that visualizing success is as powerful as experiencing it in reality). It was a great session for those in the classroom. It helped show how introducing short movement could increase performance and potentially reduce behavior issues. The session on Early Interventions, Better Outcomes, was a great eye-opening experience on the reality of mental health in children. It helped me see some behavior in a different light and how looking at a bigger picture can help the child."

**Linda Russell, North Nodaway R-6** "After hearing the inspirational impact that AWARE has had on Lindsey Smith and April Abercrombie's schools, I am very eager to implement this into our district."

**Molly Sain, Sikeston R-6 Schools** - "This was my first time at this conference, and I was amazed and have come back to my school district telling everyone who will listen they must go next year! The variety of sessions and topics offered truly cover the whole child and allows conference goers to gain a variety of knowledge. The exhibitors had really good information and some of the things that they were handing out for free were items that can be used in the classroom for responsive practices immediately. The Opioid and Prescription Drug manuals that were handed out contained lesson plans that are easy to use in the classroom and you don't have to be an expert on substance use/abuse to do these lessons. I have been a substance abuse counselor for 5 years-working with adults and juveniles- and I run our juvenile drug court treatment program as well. I think it is so important for everyone in the school systems to be aware of signs that someone may be using, what to do when they are, but most importantly be involved in relatable prevention strategies that will reach the students. These drugs are everywhere. Our district had a student buy Xanax laced with Fentanyl this year and became very ill from it. A big district south of us has a community where 2-15 people are overdosing and dying from Fentanyl weekly. If it's not in your community yet, it will be. One of the best weapons in your arsenal will be conferences like this one where you are hearing from the people on the front lines about what our state is doing, what you can do, and put you in contact with resources that can help you. This conference was probably one of the best planned with the most relevant topics that I have been to in 18 years of education."