



School Health Calendar

Suicide Prevention Awareness Month
Remember the new number for the
Suicide & Crisis Lifeline is 988!

SEPTEMBER 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|---------|---|---------------------------------------|--------|----------|
|  | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 |  | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | New School Nurse Huddle 2pm CST | 27 | 28 |
| 29 | 30 | | | | | |

Suggested School Nurse Activities for September

- Update student health records
- Plan screening program for the year
- Assure emergency information and supplies are accessible and ready; review emergency response and evacuation procedures
- Prepare emergency card file of students and staff
- Pursue compliance with immunization requirements, exclusions if necessary
- Check compliance on physical exams, visual evaluations, and action plans; notify parents of missing information
- Schedule visit to classrooms regarding Health Service program and how students can access health care
- Develop/update resource file on specific health issues and problems
- Meet with special education coordinator to identify processes of the Multidisciplinary Team and role of the nurse: screening data, health history, medication history, individualized health care plans
- Continue to review emergency plans and individualized health care plans with school personnel with need to know, as needed
- **NEW THIS YEAR:** Register for the School Health Learning Collaborative Series [HERE](#)

Self Care Tip*: Find Your Person! Talk to a trusted and supportive nurse, coworker, or friend.

If you are a new nurse, join the mentorship program or huddles!

You must register to get the Zoom links. You will get an email confirmation from Jessie Cook.



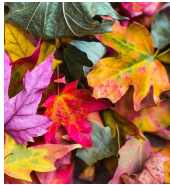
*Read the original Self Care for School Nurses tip sheet [here](#)!



School Health Calendar

OCTOBER 2024

National ADHD Awareness Month
 Bullying Prevention Month
 Hispanic/Latino Heritage Month

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|---------|--|---|--------|----------|
|  | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9  | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 New School Nurse Huddle 2pm CST | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

Suggested School Nurse Activities for October

- Follow up with immunization compliance
- Set up conferences with parents/guardians and individual students with identified health problems to jointly develop a health care plan
- Secure a health and developmental history for all Kindergarten and new students
- Classroom visits for:
 1. Personnel safety, infection control
 2. Nutrition (National School Lunch Month)
 3. Safety and First Aid (School Bus Safety Week)
- Assess documentation and first aid practices of school personnel assigned responsibilities for health services; identify and plan for training needs
- Review policies and procedures. Identify gaps or needs for policy development. Discuss and make recommendations to administration on policy development
- Inspect building and grounds for health and safety standards
- Prepare health bulletin boards with timely information (change at least once a month) and/or submit articles to school newsletter on health topics, and or send email "health news"
- Conduct screening program, as scheduled
- Assess whether school personnel have access to adequate personal protective equipment, and are using and disposing of it properly
- Teacher presentations: flu avoidance practices

Self Care Tip: Take a walk! Get outside in nature. Journey around the school building.

Check out Walk to Unlock!
<https://walk2unlock.ne.gov/>





<https://www.education.ne.gov/csss/school-health-education-and-services/>

School Health Calendar

American Diabetes Month
American Indian & Alaska Native Heritage Month
Epilepsy Awareness Month

NOVEMBER 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|---------|---|---|----------------------------------|----------|
|  | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13  | 14 | 15 Immunization Survey Due | 16 |
| 17 | 18 | 19 | 20 | 21 New School Nurse Huddle 2pm CST | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

Self Care Tip: Take time to be thankful. Journal your thoughts.

Suggested School Nurse Activities for November

- Complete Immunization Report and return to Nebraska Health and Human Services, Immunization Division by November 15
- Continue to monitor provisionally enrolled students
- Continually identify new and transfer students: health concerns, immunization compliance, etc.
- Monitor levels of absenteeism due to illness
- Determine whether health office is adequately supplied
- Monitor medication administration practices; documentation; inventory
- Continue health promotion messages for staff and families
- Conduct screening program as scheduled
- Participate in multidisciplinary teams as needed; provide information if not attending
- Teacher presentations: first aid and infection control in the classroom
- Classroom presentations that may be appropriate include:
 1. Colds – Flu – Sore throats
 2. Hand washing
 3. Positive health practices
- Make sure staff are trained in seizure awareness as part of the Seizure Safe Schools Act





<https://www.education.ne.gov/csss/school-health-education-and-services/>

School Health Calendar

Hand Washing Awareness Month
Drunk & Drugged Driving Prevention Month

DECEMBER 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|---------|---|---------------------------------------|--------|----------|
|  | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 |  | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | New School Nurse Huddle 2pm CST | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

Self Care Tip: Routinely share with someone one of the funniest things a student said to you.

Suggested School Nurse Activities for December

- Review individual student health records for completeness
- Monitor absenteeism due to illness
- Continue health promotion/health education messages from health office – bulletin boards, newsletters, emails
- Conduct screening program as scheduled
- Participate in multidisciplinary teams as needed; provide information if not attending
- Write a brief mid-year report of health office activity and progress on goals and priorities for building administrator
- Teacher presentations: responding to breathing emergencies – asthma and anaphylaxis
- Classroom presentations:
 1. Prevention of hypothermia
 2. Colds and flu
 3. Hand washing
- Check expiration dates for Epi-pens and albuterol - do not use an Epi-pen if liquid is cloudy or discolored
<https://www.education.ne.gov/safety/rule-59-regulations-for-school-health-and-safety/>




<https://www.education.ne.gov/csss/school-health-education-and-services/>

School Health Calendar

National Mentoring Month

JANUARY 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|---------|---|---|--------|----------|
|  | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 |  | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 New School Nurse Huddle 2pm CST | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

Self Care Tip: Indulge in some alone time. Read a book, sew something, or do some coloring.

Suggested School Nurse Activities for January

- Review absentee records to identify health problems requiring nurse's interventions
- Conduct screening program as scheduled
- Continually identify new and transfer students: health concerns, immunization compliance, etc.
- Participate in multidisciplinary teams as needed; provide information if not attending in person
- Continuously update individualized health care plans as needed
- Classroom presentations:
 1. Sexuality/Puberty for Girls: Grades 4, 5 and 6
 2. Sexuality/Puberty for Boys: Grades 5 and 6
- Begin planning for next year: supplies and equipment, health education, staff wellness, family communications, policies and procedures needed
- Teacher presentations: "Brain Breaks:" keeping a physically active classroom even when there's snow outside; try GoNoodle for your classroom: <https://www.gonoodle.com/>





<https://www.education.ne.gov/csss/school-health-education-and-services/>

School Health Calendar

FEBRUARY 2025

Black History Month
American Heart Month
Dental Health Month

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|---------|---|---------------------------------------|--------|----------|
|  | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 |  | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | New School Nurse Huddle 2pm CST | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | |

Self Care Tip: Email encouragement to a fellow nurse.

Suggested School Nurse Activities for February

- Monitor absenteeism due to illness –identify opportunities to intervene with infection control or environmental practices, communications for families
- Review individual student health records for completeness. Assure screening data entered if completed
- Participate in multidisciplinary teams as needed; provide information if not attending in person
- Continually identify new and transfer students: health concerns, immunization compliance, etc.
- Conduct/complete screening program as scheduled
- Prepare communications for Kindergarten Parent Meeting or Roundup
- Classroom presentations on Dental Health and Heart Health
- Make sure staff knows where AED is located
- Check expiration date of AED pads
- Consider becoming a Heart Safe School: See Project ADAM for more details: <https://www.childrensnebraska.org/project-adam/>





<https://www.education.ne.gov/csss/school-health-education-and-services/>

School Health Calendar

Nutrition Month
Disability Awareness Month

MARCH 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|---------|---|---------------------------------------|--------|----------|
|  | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 |  | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | New School Nurse Huddle 2pm CST | | |

Suggested School Nurse Activities for March

- Monitor absenteeism due to illness –identify opportunities to intervene with infection control or environmental practices, communications for families
- Review individual student health records for completeness. Assure screening data entered if completed
- Participate in multidisciplinary teams as needed; provide information if not attending in person
- Continually identify new and transfer students: health concerns, immunization compliance, etc.
- Conduct/complete screening program as scheduled
- Prepare communications for Kindergarten Parent Meeting or Roundup
- Classroom presentations on Nutrition

Self Care Tip: Relax and unwind with a cup of joe! With friends is even better!





<https://www.education.ne.gov/csss/school-health-education-and-services/>

School Health Calendar

Alcohol Awareness Month
Child Abuse Prevention Month
Autism Awareness Month

APRIL 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|---------|---|---|--------|----------|
|  | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 |  | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 New School Nurse Huddle 2pm CST | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

Suggested School Nurse Activities for April

- Plan and conduct pre-school screenings if scheduled
- Prepare notices regarding immunizations and physicals due next school year
- Review individual health plan for children with special needs – and revise as needed
- Participate in multidisciplinary teams as needed; provide information if not attending in person
- Complete documentation and notifications regarding screening results
- Review health education materials and make recommendations
- Write a year-end summary report for school administrator, highlighting nurse activities; student utilization of health services; activities or services for educators and staff; family involvement
- Continue planning and preparations for next school year

Self Care Tip: Create a calm work space. Play music in the office.



<https://www.education.ne.gov/csss/school-health-education-and-services/>

School Health Calendar

National Mental Health Month

MAY 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|---------|---|---|--------|---|
|  | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 |  | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | No New School Nurse Huddle this month | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | Relax and have a wonderful summer! |

Suggested School Nurse Activities for May

- Plan and conduct pre-school screenings if scheduled
- Prepare notices regarding immunizations and physicals due next school year
- Review individual health plan for children with special needs – and revise as needed
- Participate in multidisciplinary teams as needed; provide information if not attending in person
- Complete documentation and notifications regarding screening results
- Review health education materials and make recommendations
- Write a year-end summary report for school administrator, highlighting nurse activities; student utilization of health services; activities or services for educators and staff; family involvement
- Continue planning and preparations for next school year
- Register for School Health Conference
- Notify parents about picking up leftover medication at the end of school year
- Students can use GoNoodle during summer break to stay active: <https://www.gonoodle.com/>

Self Care Tip: Walk to the water fill station each hour. Hydrate!



<https://www.education.ne.gov/csss/school-health-education-and-services/>