

School Nurse One Pager

Purpose and Background

The Student Healthy Weight Program provides severely obese children with education and behavior-modification services through the nurse and physical education teacher at their school.

The School Nurse's role is to:

- Serve as the link between the healthcare provider and the school
- Collaborate with the PE teacher
- Serve as direct contact with student and parent on the nutrition education and sleep discussion topics
- Provide program updates to healthcare provider and parents through student progress reports

Before Initial Visit

- Review the student consent form to determine if it has been signed by the parent
- Review student's referral prescription plan from the healthcare provider
- Email or Fax the "Referral Prescription and signed Consent Receipt Notification Form" to the healthcare provider and local School Systems' Nurse Coordinator [Referral Prescription and Consent Form Receipt Notification](#) (also available as a [word document](#))
- Contact the school physical education teacher about the student in the program and discuss collaboration
- Contact parent to discuss student/family goals for the program
- Review the School Nurse Toolkit and Resources that support the 5-2-1-Almost None program found on the **DHMH website listed as [Nurse Discussion Topics](#)**
- Review the Nemours Children's Health System Wellness Plan entitled 5-2-1-Almost None that will be used as the educational component for the program. To access the site go to: [**http://www.nemours.org/service/health/growuphealthy/521almostnone.html**](http://www.nemours.org/service/health/growuphealthy/521almostnone.html)
- On the same home page you can access "Resources for Parents" in the center of the page. All the handouts for "Kids/Students" and "Parents" can be printed for follow-up in the home. The overview of the program is listed under "Our Formula"
- Provide parent with the overview and handout of the Student Healthy Weight Program using Nemours 5-2-1-Almost None Program. [Five-Two-One-Almost None](#) (also in [Spanish](#))
- Additional information about the discussion topics can be found on the left side of the home page under "Growing Up Healthy". Click on each topic area for additional information to share during the discussion times you have with the student.
- Determine the amount and best time to meet with the student based on your schedule

During Initial Visit

- Discuss the Student Healthy Weight Program. Explain program focus is on wellness education and developing healthy habits rather than just weight loss
- Determine the best time to meet with the student for future meetings
- Complete the School Nurse Pre and Post Survey for background information about the student for future meetings

At Follow-Up Visits

Continue to provide nutrition and health education information and home activities using the discussion topics connected to the Nemours 5-2-1-Almost None Program during student meetings. Parents and Student are provided activities from the 5-2-1-Almost None program to be completed at home and returned to School Nurse such as:

- Student and parent will complete Nutrition Logs and student reviews them with school nurse
- Student and parent will complete Hydration Logs and student reviews them with school nurse
- Student and parent will complete information on sleep habits and share with school nurse