

Stories from the front lines

T.S. came to our school after placement in foster care. I was able to connect her with a primary healthcare provider and also helped the child obtain eyeglasses. After identifying her academic needs, I worked to get her into the after school program and the girl's social club that I conduct once a week. She adapted and flourished in our school.

- Elementary School Nurse

Puberty hits full-force during middle school but some teachers and parents feel uncomfortable with this topic. I conduct classroom presentations, first focusing on health and hygiene and, later, the physical and emotional changes. Afterwards, students feel more comfortable approaching me with questions.

- Middle School Nurse

I began working with a student when she was in the 9th grade. At that time, she wouldn't make eye contact with anyone and cried continuously. I worked closely with her, providing mentoring resources as well as working with her family to better meet her needs. I watched her walk across the stage, her head held high, smiling, ready to be a productive citizen. That's what a nurse can do!

- High School Nurse



Student Support Services Department

SSSD Strategic Goals for 2008 -2009 are based on SFUSD's Balanced Scorecard and the Eight Component Model of Coordinated School Health. They include:

- 1) Access and Equity:** make social justice a reality by creating an environment for students to flourish
- 2) Student Achievement:** engage high achieving and joyful learners by creating learning beyond the classroom
- 3) Accountability:** keep our promises to students and families by creating the culture of service and support

Our Mission

To ensure the academic, physical and emotional growth of San Francisco's children and youth by assisting school sites in building their capacity to meet the needs of the whole child.

Our Approach

We achieve our mission through direct youth and family services, district-wide professional development, coordination of services, building of site and district leadership, and evaluation. We help provide a focal point, climate, and curriculum for efforts to improve the health status of youth.

Our Objectives

- Decrease number of students reporting tobacco, alcohol, and marijuana use in the last 12 months by 1%
- Decrease number of students who report having experienced physical fights and/or verbal harassment by 1%
- Increase number of students who report having caring relationships within the school environment by 2%
- Increase the percentage of students report receiving HIV education by 2%
- Increase the number of students who report doing physical activity and eating any fruits or vegetables by 1%
- Increase the rate of compliance for immunization and health checkup, per state requirements, for elementary students by 1%
- Increase the response rate for mandated health screenings (dental, hearing, scoliosis and vision) by 1%

Student Support Services

Department, SFUSD
1515 Quintara Street
San Francisco, CA 94116
Telephone: 415-242-2615
Fax: 415-242-2618
www.healthiersf.org



School District Nurses

*Bridging Education and
Health*



Student Support Services

San Francisco Unified School District

School District Nurses in the 21st century are:

- Health experts
- Educators
- Case managers
- Advisors on medical and behavioral strategies and interventions
- Participants in school site teams that support student wellness
- Liaisons between the school, the family and the community



School District Nurses focus on **prevention, early detection and management** of health and behavioral concerns.

SFUSD School District Nurses are Registered Nurses with a State of California School Nursing Credential. Many School Nurses hold advanced degrees and certifications and have extensive experience working with **children, youth and their families** in school based settings.



At Your School Site

A School District Nurse (SDN) collaborates closely with teachers, administrators, other school district professionals, student advisors/counselors,

and parent liaisons. The SDN strives to **establish a trusting relationship** with students, their families and their healthcare providers. The SDN **enlists site staff and community agencies** to support the needs of the child and family.

These efforts support all children attaining optimal health and well-being so that they can **attend school regularly and achieve their academic potential**.

Funding: Prop H, STAR, Safe Passages or DREAM Initiative

School District Nurses **focus on the developmental issues of school-aged children and adolescents**. SDNs address school avoidance, bullying, harassment, socialization, pregnancy prevention, prevention of HIV and other sexually transmitted infections, smoking cessation and other early intervention programs.

School District Nurses work with site staff to provide students with **healthy alternatives** and to promote **healthy behaviors**.



School District Nurses provide*

- **Expert guidance** on managing **chronic health or behavioral conditions**, such as asthma, diabetes, or depression, with consideration for the cultural and language needs of the student and family.
- **Assessment of students' growth and development**, identifying needs and appropriate interventions.
- **Guidance and training** for school staff regarding **medications and first aid**.
- **Support to school sites** for development of **emergency and crisis planning**.
- **Communication among families, school staff, and health care providers** to support students with medical, behavioral or emotional needs.
- **Follow-up** for vision, hearing and scoliosis screening referrals (e.g., obtaining eyeglasses and hearing aids).
- **Health education** for students, staff and families. Topics include asthma, puberty, parenting, nutrition, substance abuse and violence prevention.
- **Support to families in crisis** by providing home visits, referrals, advocacy and assistance obtaining vital services.
- **Facilitation and coordination** of educational support groups (e.g. Asthma Club, Girls Group or "Quit Smoking" groups).
- **Integration of best practices** that promote positive school climate and principles of asset and youth development.
- **Attention to Staff Wellness** through services such as flu shots, blood pressure checks, and stress reduction strategies.

** extent of implementation may vary due to requirements of grants, number of days assigned to a site, enrollment and other factors.*