

South Carolina Association of School Nurses

Fall 2014



Smart Snacks and Their Impact on Schools

The USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches containing more fruits, vegetables and whole grains. The **Smart Snacks in School** standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

Any food sold in schools must:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, vegetable, dairy product or protein food; or

- Be a combination of food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).

Foods must also meet several nutrient requirements:

- Calorie limits: Snack items \leq 200 calories, Entrée items \leq 350 calories.
- Sodium limits: Snack items \leq 230 mg, Entrée items \leq 480 mg.
- Fat limits: Total fat: \leq 35% of calories, Saturated fat: $<$ 10% of calories, Trans fat: zero grams
- Sugar limit: \leq 35% of weight from total sugars

The nutrition standards also apply to beverages. Middle and high schools may sell up to 12-ounce

portions of milk or juice. Elementary schools are limited to 8-ounce portions. All schools may sell plain water without carbonation, unflavored low-fat milk, 100% fruit or vegetable juice with or without carbonation and no added sweeteners.

The biggest impact for schools will be on their fundraising activities. Any food items sold as a fundraiser must meet the **Smart Snacks** nutritional requirements. Schools can continue to sell food items that meet the nutrition requirements. Any fundraisers held during non-school hours, on weekends or off-campus are not subject to the more rigorous standards that are imposed during the school day.

Any celebrations held during the school day involving the distribution of foods and/or beverages must comply with the revised

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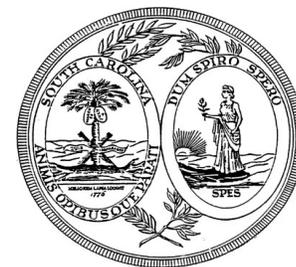
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Update on Intranasal Midazolam

Jessica Porter (Lexington One) and Dawn MacAdams (Richland Two) attended the Senate Education Committee meetings to discuss the use of IN Midazolam in the school setting. The voices of school nurses in South Carolina were overwhelmingly heard with 418 Senate contacts made. House Bill #4914 was deferred until next year. Our work is not over yet.

The Senate Education committee tasked Jessica and Dawn to meet

with the Board of Nursing (BON) and the lobbyist proponents of the bill to develop an “equitable” solution. The bottom line is that the use of IN Midazolam is not within the Scope of Practice for nurses in a school setting. The BON has discussed it on three separate occasions and maintains their stance. More to come so keep your ears open.



Certification...



A Mark of Distinction

If you have thought about pursuing National Certification in School Nursing, now is the time to start studying for the next exam cycle.

You can start by visiting the NCSN website at www.nbcnsn.com.

Check the requirements for certification. On that site you will also see that the deadline for applications for the next testing cycle.

Many certified school nurses will tell you – the best way to study is in a study group. You can find out

Back to School: Time to start hitting the books to become a Nationally Certified School Nurse (NCSN)

who is certified in your region on the NCSN site or by contacting SCASN at scasn@scasn.org.

Barbara Selekman’s study guide School Nursing Certification Review is available at the NASN bookstore. You will want to gather other study resources like NASN position papers and NCSN practice questions but this small review book will keep you busy for the next few months.

Good luck!

President's Corner

Happy New (school) Year! Have you ever wondered why we greet the new school year and the new calendar year in vastly differing ways? We look at the new calendar year as an opportunity to start fresh.

We take on new challenges and make resolutions to be better somehow by that same time the next year. Why should we not also look at the new school year the same way?

Start this school year with a fresh set of eyes. Take stock of what you've done in the past, and try to find one area that you wish to improve upon before this time next year. That's what we're doing at SCASN.

This summer, the Executive Committee chose one goal for this year: to have all committees fully staffed and functioning. Sounds pretty simple, right? We have one single goal for the remainder of this year.

How difficult can it be to achieve it? Turns out it's pretty darn near impossible - without you. You are the key to making SCASN work. If we don't have a Finance Committee, we don't have a budget. If there is no Ways & Means Committee, we don't generate income at our conference - which doesn't happen without the Continuing Education Committee. Without the Communications Committee, we miss out on keeping you informed

of what we're doing and how you can impact your profession.

I challenge you to make a new school year resolution this year. Perhaps you would like to start slowly and just attend meetings that may be happening in your area. Some may choose to contribute articles to this newsletter. Whatever your talent, whatever your time commitment, SCASN has a role and a place for you. Maybe you want to take the plunge and serve on a committee. If that's the case, I encourage you to contact us at scasn@scasn.org.



Smart Snacks, cont.

USDA *Smart Snacks in School* standards.

As you can see, the guidelines will be challenging for Administrators, Food Service staff and teachers. The benefit is that children will learn healthy options while in school. The Smart Snacks in School nutrition standards are the

next step in our efforts to improve the health of America's young people, but we know there is more work to be done. USDA and our partners are working hard to ensure that all children have access to affordable, nutritious food, so that America's next generation of leaders grow up healthy and strong.

The Mission of South Carolina Association of School Nurses is to promote the delivery of quality health programs to the school population and school community by strengthening the growth of professional school health nurses and advancing the practice of school nursing.

Save the Date

November 8, 2014

SCNF Nurses Walk
Columbia, SC
Charleston, SC

January 30-31, 2015

Annual School Nurse Conference
Charleston, SC

March 18, 2015

SCASN Legislative Breakfast
Columbia, SC

June 10-11, 2015
(tentative)

SCASN Annual Conference
Myrtle Beach, SC

June 24-27, 2015

NASN Annual Conference
Philadelphia, PA



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