

I would like to thank the communities of East Leroy and Athens for allowing me to be a part of this school district for the last five years. I have thoroughly enjoyed working with your staff, parents, and students. I would like to summarize a few of the things I have been able to offer the district.

I have especially appreciated the opportunity to provide teaching. I provide medication administration training for the office staff and continue to offer information and follow-up. Our medication audits continue to show that our district has safe, consistent medication administration. Every school year I provide teaching to students about good hand washing, preventing germ transmission, healthy eating and exercise, dental health (including information about tobacco use to 4th and 5th grade), head lice prevention, food groups/ 'My Plate', and the 5-2-1-0 message (Every day: **5** fruits and vegetables, less than **2** hours of screen time, at least **1** hour of physical activity and **0** sweetened beverages). I provide staff education on how to detect and treat anaphylactic reactions (including epi-pen administration), asthma attacks (including inhaler and nebulizer administration) and how to manage diabetes (including detailed care plans and glucagon administration). I provide individual health counseling and blood pressure monitoring for staff. I contribute written information for parents in the school newsletter. In March 2015, Medical Emergency Response Teams (MERT) were trained in both buildings to provide medical assistance to students/ staff in the event of an accident or injury on days I am not in the building (I am at Athens Jr /Sr High School on Mondays and East Leroy Elementary on Tuesdays and Thursdays).

I offer and provide flu and vaccine clinics to students, staff, and community members. As a result, the Athens district has continued to maintain 100% compliance with state-mandated immunizations for students. I perform Body Mass Index measurements on all third and sixth graders as part of an ongoing county-wide initiative to assess students who are at risk of obesity or overweight. I follow up this screening with information for the parents outlining healthy lifestyle habits and weight management. As part of a grant from the Athens Community Foundation, I was able to run an incentive program where for one month students tracked their daily screen time, minutes of activity, and intake of fruits, vegetables, sugary drinks, and water. They received a prize for each week that they met the 5-2-1-0 goal. Forty-three 3rd and 6th grade students completed the challenge for at least one week, with 19 students receiving the grand prize of a family YMCA day pass. Over half of the students proactively participating had BMIs classified as overweight or obese.

I treat students with illnesses and injuries and provide ongoing planning, monitoring, staff training and care for students with asthma, cardiac problems, bleeding disorders, allergies, seizures, diabetes, and communicable diseases. I also work to identify children in our district that are without health insurance coverage and help connect these children with available programs.

I have enjoyed being a part of the Coordinated School Health Committee and look forward to the continued benefit that we can be to the school district. I genuinely appreciate the support and assistance of the superintendent, principals, secretaries, and staff within the district. I look forward to being a part of the Athens family again next year.

Respectfully,

Macie VanderWaal, RN, BSN