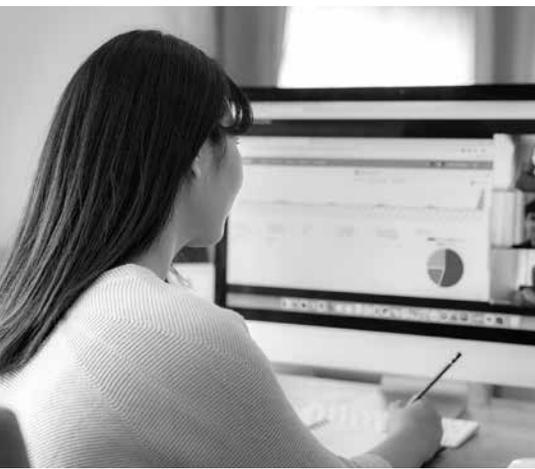


# Practical Strategies to Address the Challenges of Today's SCHOOL NURSE



One-Day Live Online Seminar Presented by  
**SANDRA MORITZ, M.Ed., BS, RN, NCSN**

Pennsylvania School Nurse of the Year, Exceptional School Nurse Trainer

**Specifically Designed for School Nurses, District Nurses, School Health Services Coordinators and Other Staff Working in the School Health Office Serving Grades K-12**

- **Address COVID-19 and other infections of concern** ... Recognize critical systems to monitor, keep the health office as "clean as possible!"
- **Incorporate the latest online teaching ideas** ... Stay connected to your school community whether **in-person, online or in a hybrid learning environment**
- **Respond with the latest treatment tools for urgent health concerns** ... New resources to deal with chronic and acute conditions
- **Utilize the most up-to-date first aid protocols for wound care and injuries** ... The ABCs of burns, eye injuries and heat related illness

## LIVE ONLINE SEMINARS

**March 22**

**9 AM Pacific**, 12 PM Eastern,  
11 AM Central, 10 AM Mountain

**March 23**

**9 AM Central**, 10 AM Eastern,  
8 AM Mountain, 7 AM Pacific

**March 24**

**9 AM Eastern**, 8 AM Central,  
7 AM Mountain, 6 AM Pacific

### CAN'T ATTEND?

Order the recorded version and take the course online at your convenience (see page 6)

CEUs and Graduate Credit Available  
See page 6 for details

“*Very informative content that is relative to my practice. I left with a lot of useful information to share with my district.*”

– HEATHER VERNER-HUSSMANN, SCHOOL NURSE

## Practical Strategies

If you are looking for the current, best ideas and resources to enhance your effectiveness as a school nurse, you will not want to miss this one-day seminar. During this intensive day, outstanding school nurse, **Sandra Moritz**, will share dozens of proven ways to more effectively address the speed bumps of school nursing to make your practice more efficient as well as safer from hazards and liability. Sandra will share numerous personal tips and practical ideas she has gathered throughout her extensive school nursing experience that will increase your effectiveness. Research and experience-driven ideas will help you create an atmosphere that reduces the stress from the varied challenges you experience in your role as a school nurse and student health advocate. You'll learn practical ways to more effectively address a variety of today's school health issues including assessments, infection prevention, trauma and injuries.

***You'll leave this seminar with an extensive school nursing practice digital resource handbook as well as dozens of ideas you will be able to use immediately to enhance your practice as a school nurse in in-person and distance learning schools.***



## Ten Key Benefits of Attending

- 1. Be Prepared for COVID-19 and Other Infections of Concern**  
The 3 M's (most contagious, most fatal, most common) infections and strategies to reduce them that are vital to your practice ... *What every school nurse needs to know*
- 2. Address Unsafe Practice Areas – Reduce Liability in Issues for Today's School Nurse**  
Examine legal cases as learning tools to avoid negative outcomes ... **Proven ideas for in-person and distance learning environments**
- 3. Be Rash Ready-A Rash May Be the First Symptom**  
Examine visuals of common rashes we see in students, receive Fact Sheets for the office
- 4. Implement the Best School Nursing Ideas from Webinars, Podcasts and Online Platforms**  
Stay involved with your school community and colleagues ... **Ideas for in-person, online and hybrid learning environments**
- 5. Evaluate Injuries and Burns and Treat with the Latest First Aid Supplies**  
Examine products and protocols when students or staff get injured at school
- 6. Understand the Vaping Crisis and Its Effects on Student Health**  
Be aware of the respiratory difficulties and educational strategies to counteract this emerging concern
- 7. Explore Elements of Self Care for the Health Professional**  
Critical Self Care tips for the medical expert at school – YOU!
- 8. React to Non-Urgent Situations Commonly Experienced in the Health Office**  
Get current tips from recent evidence on pediculosis, Lyme disease and more to assist you in navigating these challenges
- 9. Provide Students with a Trauma-Sensitive and Calming Space**  
Make over your office climate with new tools for students struggling with mental health issues
- 10. Receive a Detailed Digital School Nursing Practice Resource Handbook**  
Each participant will leave this seminar with an extensive digital school nursing resource handbook filled with practical strategies, techniques, activities, and resources that can be used immediately whether working at school or online

# Outstanding Strategies You Can Use Immediately

## Here's What You'll Learn:

- **Practical ideas** that will increase your effectiveness as a school nurse ... *Proven ideas for in-person and online school environments*
- The most effective **cleaning and infection controls for COVID-19**
- **Critical information** to prevent and recognize early symptoms of heat related illness, from heat stroke to heat exhaustion
- **What every school nurse must know** about “getting along” with staff, parents and students. Make the office day about collaboration and cooperation
- **The essential knowledge to identify and react quickly** to infections of concern, including the 3 M's (most fatal, contagious and serious)
- **How to positively and effectively respond** to rotating regulars, discern whether they are sick or not, and take effective measures
- **Essential updates on “Tools of the Trade”** ... What's new in treating chronic health conditions in the school office
- **The essential principles and ABCs of burn care ... View new supplies to treat burns and lessen their severity**
- **Stay ahead of the Sepsis spiral** ... This medical emergency can occur post infection or injury
- **Effectively employ current first aid protocols** in treating burns, fractures and heat-related conditions
- **View modeling techniques for splinting** and learn serious side-effects in children after an injury at school
- **How to recognize** the mysterious symptoms of Lyme disease
- **What's new in equipment** for the school nurse's office ... Free resources for an office redesign to refresh and update your “home away from home” space
- **Practical suggestions** to find your passions in school nursing and stay healthy on the job
- **Create fun health events** for your students and staff that will motivate them to adopt healthier lifestyles
- **Keep yourself well so you can heal well** with mindful methods and fitness suggestions to keep you on the job

“*Sandra is so informative! She is a wonderful speaker with a lot of great school nursing ideas.*”

– JULIE FERRON, SCHOOL NURSE



**To Register,  
Call Toll-Free**

**1-800-735-3503**

## A Message From Your Seminar Leader, Sandra Moritz



**Bureau of Education & Research**

915 118th Avenue SE • PO Box 96068 • Bellevue, WA 98009-9668  
Phone (800) 735-3503 • Fax (425) 453-1134 • www.ber.org

Dear Colleague:

As school nurses, we are challenged daily in our school health offices with students and staff who have serious health concerns. As a school nurse with extensive experience in school nursing, I have had many opportunities to address a variety of school health issues. I have created this seminar to help you more effectively address these challenges and gain a new vitality as well as provide practical information for a progressive school nursing practice! School nursing is always in transition. To stay current in our role, standards of care and programs must reflect the latest information and requirements present in our jobs. I have picked topic areas that I believe are relevant, interesting and common challenges for school nurses. My love of teaching health has moved me to create fun and innovative programs that help motivate healthy behavior among students and staff.

Enjoy a day with other school nurses, learn new strategies to handle the challenges of our career and take some time to share practical ways to positively address our common issues. I look forward to sharing my expertise with you and learning of your experiences in our very unique practice of school nursing. Together we will examine the standards for a consistent and safe practice. We can only meet the needs of our students and staff if we are taking the best care of ourselves. Wellness tips to avoid common burnout of health professionals will also be presented. ***Whether you are working in a school with in-person, online or a hybrid learning environment you'll leave with numerous ideas you'll be able to use right away.***

Sincerely,

Sandra Moritz, M.Ed., BS, RN, NCSN

P.S. You will receive **an extensive school nursing digital resource handbook** containing the above information and more!

*“ I look forward to sharing my expertise with you and to learn of your experiences in our very unique practice of school nursing.”*

# What Your Colleagues Say About Sandra Moritz

*"Sandra is **an excellent speaker**; knowledgeable and creative in her presentation of school nurse information. It is encouraging to be in an environment that allows school nurses to share their stories, techniques and suggestions."*

– Lynne DiLeo, School Nurse

*"**This seminar is very enlightening and appropriate** for the practice of current school nursing."*

– Lisa Stover, School Nurse, RN

*"Sandra kept my attention the entire time. **I enjoyed all of the up-to-date information** and appreciate all of the helpful ideas that I will use when I return to my school office."*

– Joy Johnston, High School Nurse

*"Sandra Moritz is **an excellent presenter**."*

– Donald G. Thompson, RN

*"Sandra is **inspiring and a wonderful speaker**. I feel re-energized!"*

– Barbara Timmermann, School Nurse, RN

*"I really enjoyed Sandra's stories and **practical insights**."*

– Patti Brunnert, School Nurse

*"This seminar **helped me step back and realize just how much we as school nurses accomplish every day**. The days can be stressful, but the rewards are great."*

– Tonya Oehler, School Nurse

## About BER Live Online Seminars

**With the current health challenges, all BER in-person PD events are currently being presented in a Live Online format:**

### Outstanding Instructors

All programs are led by outstanding BER national trainers

### Extensive Resource Handbooks

You'll have access to an extensive digital Resource Handbook before, during and after your seminar

### Highly Interactive

You'll be able to ask questions in real time and interact with the instructor and other participants

### Program Guarantee

As we have for 43 years, we guarantee the high quality of our programs. If you are not satisfied, we'll give you a 100% refund.

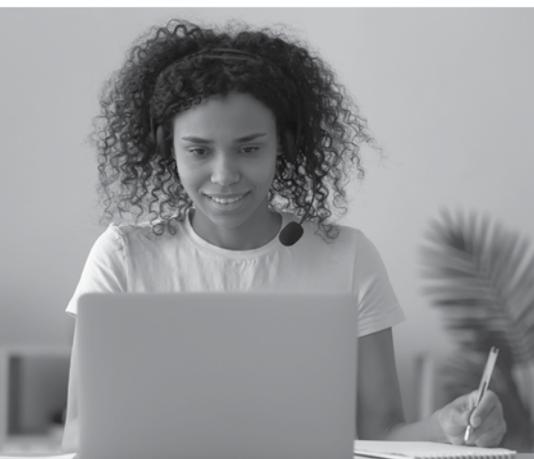
## Uniquely Qualified Instructor

**Sandra Moritz** is an outstanding, nationally-certified and experienced school nurse and school nurse coordinator who brings extensive experience in addressing challenging school health issues. Recognized as a nationally certified school nurse, and as the *Pennsylvania 2010 School Nurse of the Year*, she is a frequent presenter at national (NASN) and state conferences and workshops. Sandra is a current board member of Allergy and Asthma Network. Sandra is the author of *Practical Strategies to Address the Challenges of Today's SCHOOL NURSE*, the extensive school nursing practice digital resource handbook each participant will receive at the seminar. She is also the author of a variety of articles in journals regarding the best practices of school nurses. A passionate advocate of the importance of teaching students to be as healthy as possible, she is recognized as a pioneer in developing standing orders and protocols for school nursing and seeking out additional resources to support her school nursing teams.

***You'll leave Sandra's seminar with a renewed sense of energy and enthusiasm for school nursing and equipped with numerous practical ideas and insights to enhance the effectiveness of your own nursing practice.***



## Special Benefits of Attending



### Who Should Attend

School Nurses, School Nurse Practitioners, District Nurses and School Health Coordinators, School Nurse Administrators and Other Staff working in the school health office serving grades K-12

### On-Site Training

Most BER seminars can be brought to your school or district in-person or online. See the options at [www.ber.org/onsite](http://www.ber.org/onsite) or call 877-857-8964 to speak to one of our On-Site Training Consultants.

### You'll Receive an Extensive and Comprehensive School Nursing Practice Digital Resource Handbook

You will receive an extensive digital resource handbook specifically designed for this seminar. It contains strategies, ideas and resources including documents, samples of forms and websites you can use in your school nursing practice whether you're working at school or online.

### Consultation Available

Sandra Moritz will be available to answer your specific questions and the unique needs of your own school nursing program.

### Meet Inservice Requirements / Earn State and Nursing CEUs

- Participants of both the Live Online Seminar and those completing the Recorded Version online can receive a certificate of participation that may be used to verify five continuing education hours. State CEUs are available for both versions of the course. For specific details, visit [www.ber.org/ceus](http://www.ber.org/ceus)
- Provider approved by the California Board of Registered Nursing, Provider #CEP 15144, for five (5) Contact Hours for RNs and LPNs. For specific details, visit [www.ber.org/nursing-ceus](http://www.ber.org/nursing-ceus)

### Earn One to Four Graduate Semester Credits



Up to four graduate level professional development credits are available with an additional fee and completion of follow-up practicum activities. Details for direct enrollment with Brandman University, part of the Chapman University system, will be available at this program.

**Practical Strategies to Address the Challenges of Today's SCHOOL NURSE**

**RESOURCE HANDBOOK**

**by Sandra Moritz  
M.Ed., BS, RN, NCSN**



**Bureau of Education & Research**

### Can't Attend?

#### Other Professional Development Options:

#### Recorded Version of the Seminar

This course will be video recorded and available to take online at your convenience. You'll have access to the entire course and to the extensive digital resource handbook. Optional CEUs and graduate credit available. To enroll, see registration form on page 7.

#### Related On-Demand Online Courses

Two related On Demand Video-Based Online Learning courses, *School Nurses: Best, Current Practices for School Medical Emergencies* and *Keys to Enhancing Your Effectiveness as a SCHOOL NURSE*, for Grades K-12, are available for immediate registration. To enroll, visit [www.ber.org/online](http://www.ber.org/online)

# Practical Strategies to Address the Challenges of Today's SCHOOL NURSE

## Registration (XN91S1)

1. **March 22, 2021** (Start time: 9 AM Pacific)
2. **March 23, 2021** (Start time: 9 AM Central)
3. **March 24, 2021** (Start time: 9 AM Eastern)
- or—
4. **I'd like to order the recorded version of this seminar**

FIRST NAME	M.I.	LAST NAME
_____		
POSITION, SUBJECT TAUGHT	GRADE LEVEL	
_____		
SEMINAR LOCATION NUMBER: _____ (Please see list above)		

### List additional registrants on a copy of this form

SCHOOL NAME	
_____	
SCHOOL MAILING ADDRESS	
_____	
CITY & STATE	ZIP CODE
_____	_____
SCHOOL PHONE NUMBER	HOME PHONE NUMBER
(     )	(     )

### Registration confirmations and login details are sent via e-mail

E-MAIL ADDRESS (REQUIRED FOR EACH REGISTRANT)	
_____	
HOME MAILING ADDRESS	
_____	
CITY & STATE	ZIP CODE
_____	_____

## IMPORTANT – PRIORITY ID CODE: XN91S1

### METHOD OF PAYMENT – Group Discount Available

The registration fee is \$279 per person, for groups of three or more registering at the same time, the fee is \$259 per person. **Payment is due prior to the program.** No cash please.

- A check (payable to **Bureau of Education & Research**) is attached
- A purchase order is attached, P.O. # \_\_\_\_\_  
(Be sure to include priority ID code on the P.O.)
- Charge my:     MasterCard     VISA     Discover
- Account # \_\_\_\_\_ Exp. Date: \_\_\_\_\_  
MO/YR
- Billing Zip Code: \_\_\_\_\_ 3 Digit CVV Code: \_\_\_\_\_  
(Found on back of card)
- \_\_\_\_\_  
/
- Please print name as it appears on card      Signature (required for credit card purchases)

## FOUR EASY WAYS TO REGISTER:

 REGISTER ONLINE at: [www.ber.org](http://www.ber.org)

 FAX this form to: **1-425-453-1134**

 PHONE toll-free: **1-800-735-3503** (Weekdays 5:30 am - 4 pm Pacific Time)

 MAIL this form to: **Bureau of Education & Research**  
915 118th Avenue SE • PO Box 96068  
Bellevue, WA 98009-9668

## PRE-REGISTRATION REQUIRED DUE TO LIMITED ENROLLMENT

### Program Hours

- All Live Online seminars start times are described on the cover
- Check-in 15 minutes prior to the seminar
- Live Online seminars are five hours in length plus breaks
- Registrants will receive login information by email four days before their Live Online seminar

### Fee

The registration fee is \$279 per person, \$259 per person for groups of three or more registering at the same time. Call us at 1-800-735-3503 for groups of ten or more. **Payment is due prior to the program.** Fee includes seminar registration, a certificate of participation and an extensive digital resource handbook. The fee is the same for Live Online Seminars or Recorded Seminars.

### Cancellations/Substitutions

100% of your paid registration fee will be refunded if you can't attend and notify us at least 10 days before the seminar. Late cancellations made prior to the event date will be refunded less a \$15 service fee. Substitutions may be made at any time without charge.

### Further Questions

Call the Bureau of Education & Research (800) 735-3503 or visit us online at [www.ber.org](http://www.ber.org). The Bureau is North America's leading presenter of PD training for professional educators. Programs are based on sound research, are highly practical in content and consistently receive excellent evaluations.

### Program Guarantee

We stand behind the high quality of our programs by providing the following unconditional guarantee: If you are not satisfied with this program, we'll give you a 100% refund of your registration fee.



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## Enhance Your Effectiveness as a SCHOOL NURSE

*Practical PD, No Travel*

- **An outstanding one-day Live Online Seminar**
- **Includes an extensive digital Resource Handbook**
- **Can't Attend? A Recorded Version is available to use online at your convenience**

XN9151

# Practical Strategies to Address the Challenges of Today's SCHOOL NURSE



## A Unique One-Day Live Online Seminar

(Also available as a Recorded Online Version to Use at Your Convenience)

**Address COVID-19 and other infections of concern ...** Recognize critical systems to monitor, keep the health office as "clean as possible!"

**Incorporate the latest online teaching ideas ...** Stay connected to your school community whether **in-person, online or in a hybrid learning environment**

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New resources to deal with chronic and acute conditions

**Utilize the most up-to-date first aid protocols for wound care and injuries ...** The ABCs of burns, eye injuries and heat related illness



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