

Enhancing Your **SCHOOL NURSE Practice:** Making Time for What Matters Most



A Unique One-Day In-Person Seminar

Sandi Delack,
M.Ed, BSN, RN, NCSN, FNASN

Outstanding School Nurse, National Presenter
and Past President of NASN

**Specifically Designed for School Nurses, District Nurses, Supervisors,
and Coordinators Serving Grades PreK-12**

Dozens of innovative ideas to streamline your workflow, maximize your efficiency and effectiveness, and make time for what matters most

The latest evidence-based strategies to assess and treat frequently visiting students and students with anxiety

How to avoid the most common legal issues facing school nurses

What's trending in school nursing – infection control, trauma-informed care, post-pandemic recovery, new medications, additional funding streams, and more!

New Jersey

Cherry Hill – January 11
(Mt. Laurel)

Long Branch – January 12
(Freehold)

Newark – January 13
(West Orange)

New York

Long Island – January 14
(Holtsville)

Pennsylvania

Harrisburg – January 10
(Camp Hill)

State CEUs, Nursing Credit
and Graduate Credit Available
See page 6 for details

CAN'T ATTEND?

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

Ten Key Benefits of Attending

"I've been a school nurse for 23 years and I learned so much today. Sandi did a wonderful job!"



Who Should Attend

School Nurses, District Nurses, Supervisors, and Coordinators Serving Grades PreK-12

- 1. Work Smarter, Not Harder in Your School Nurse Role**
Learn timesaving tips and strategies to help you allocate your time to the most important priorities each day, helping you accomplish more in your busy work day
- 2. Explore Lessons Learned from the COVID-19 Pandemic**
What do we know about the impact of the pandemic on students and families? ... Discuss how the pandemic has changed our thinking and how to seize this opportunity as school nurses to improve health outcomes
- 3. Effectively Address Health Outcomes**
Explore and share tips and strategies to meet student health needs through a focus on positive outcomes
- 4. Enhance Your Understanding of Legal Issues Impacting School Nurses**
Learn about the most frequent pitfalls for liability in school nursing and tips to reduce your exposure
- 5. Discover What's Trending in School Nursing**
Receive the latest information on hot topics including working in a pandemic and post-pandemic recovery environment, the impact of toxic stress, the latest medications, and new possible funding streams
- 6. Improve your Communication Skills as a School Nurse**
Increase your effectiveness in communicating with students, staff, administrators, and parents through traditional and digital methods
- 7. Demystify IEPs, 504s, IHCPs, and EAPs**
Who needs which plan? ... Explore the purpose of each plan and learn about technology tools to help you more easily and effectively write and implement student health plans
- 8. Utilize Innovative Strategies to Reduce Chronic Absenteeism**
Discover the latest research on chronic absenteeism and learn essential ways school nurses can work with administrators to improve student attendance
- 9. Learn Essential Self-Care Practices for School Nurses**
Compassion fatigue and work burn-out are real! ... Discover how to recognize the causes and gain a variety of self-care practices so we can avoid burnout and continue to serve at our best as school nurses
- 10. Receive an Extensive School Nursing Resource Handbook**
You will receive an extensive resource handbook filled with timesaving strategies, techniques, activities, and resources that you can use immediately

Outstanding Strategies You Can Use Immediately

What You Will Learn ...

- **Dozens of time-efficient, evidence-based strategies** to address common challenges school nurses face every day
- **Proven ideas** for ensuring your top priorities stay at the top of your to do list
- **Timesaving tips for improving communication**, handling difficult conversations and improving student health outcomes
- **The 21st Century Framework for School Nursing** ... Best practice, practical and efficient ways of incorporating the framework into your daily practice
- **Creative solutions** for addressing students who frequently visit the nurse's office
- **Valuable tips to streamline documentation** while assuring accuracy
- **The most up-to-date information** on the school nurse's role in chronic absenteeism
- **Templates to help you more quickly and effectively** create IHCPs and Emergency Action Plans
- **Medicaid billing** ... Ways to ensure you are not leaving money on the table that could support school nursing services
- **New, innovative ideas** for vital community partnerships and collaboration
- **Easy-to-use, helpful tools for writing IHCPs, EAPs, and 504 Plans**
- **The latest evidence-based updates** on treating student anxiety
- **Strategies for promoting greater student independence** ... Harness the power of motivational interviewing with your students
- **Helpful self-care practices** to help you recognize and prevent compassion fatigue and burnout



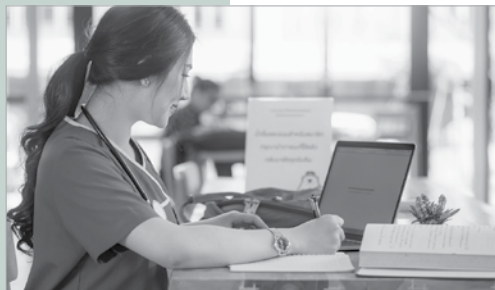
"Sandi was very engaging and informative! Her upbeat personality and extensive knowledge made this seminar a joy to attend!"

Practical Ideas and Strategies

If you have ever felt like there is not enough time in your school nursing day, this is a seminar that you won't want to miss! Award-winning certified school nurse leader and NASN Past President, **SANDI DELACK**, will share valuable tips and strategies she has developed and successfully used in her more than 30 years in the field. You will learn dozens of timesaving techniques and ideas to help you streamline your daily office workflow. Explore time-efficient, evidence-based ways to enhance your communication and build strong teams that improve student health outcomes. Learn innovative strategies to leverage your role as the school health expert and to maximize your impact. Gain innovative ideas to build resiliency and self-sufficiency in your students, and much more! The focus will be on highly practical ways to enhance your school nursing practice and to ensure that your most important priorities get accomplished on even your busiest and most unpredictable of days. **Armed with an extensive resource handbook and dozens of innovative ideas, you will leave this seminar energized to make a greater impact by making time for what matters most.**



A Message From Seminar Leader, Sandi Delack



Uniquely Qualified Instructor

SANDI DELACK is an award-winning, nationally certified school nurse leader with over 30 years of experience as a school nurse and district health services coordinator. She understands firsthand the challenges and complexities facing school nurses today. Sandi has served as President of the National Association of School Nurses (NASN) as well as President of the National Board for Certification of School Nurses (NBCSN). She currently serves as Vice-President of the Accreditation Board for Specialty Nursing Certification (ABSNC). Sandi has dedicated her career to advocating for the profession of school nursing and empowering nurses to become exemplars in their communities. Her presidential theme Vision, Voice, and Visibility speaks to the powerful role school nurses serve in creating an environment where all students can thrive. Sandi is a frequent presenter at state and national levels, and participants regularly praise her knowledge, passion and energy. She is also the author of, *Enhance Your SCHOOL NURSE Practice: Making Time for What Matters Most*, the extensive resource handbook you will receive at the seminar. **Join Sandi for a dynamic day filled with practical ways to help you make more time for what matters most in your school nursing practice.**

Dear Colleague:

As a fellow school nurse, I am passionate about the vitally important role we play in ensuring healthy, academically successful students.

But sometimes it can feel overwhelming trying to fit it all in – especially in the context of our busy and often unpredictable days. From Monday morning triage of weekend injuries to panic attacks to hypoglycemic episodes, school nurses today are expected to manage a wide range of conditions effectively and efficiently. The COVID-19 pandemic added a new layer of stress and unpredictability, as we now look ahead and move forward in our school nursing practice.

I can't give you more time in your day, but I can equip you with dozens of practical ways to make the best use of your time. As a school nurse with over 30 years of experience, I have designed this seminar specifically to help you enhance your practice while working smarter, not harder. I want to provide you with an enormous toolbox of evidence-based tips, tricks and strategies that I have found to be most helpful in my own practice. Whether you are new to school nursing, a veteran or anywhere in between, this seminar is for you!

Everything that I share will be practical, useful and applicable to your daily work as a school nurse. I am excited to share my experience, knowledge and skills with you. I know you will find the many timesaving tips and evidence-based strategies that I share to be very useful in your own practice.

Let's work together to help you make time for what matters most to make a greater difference in the lives of your students, while also equipping you with self-care practices to help you avoid burnout and continue to serve at your best as a school nurse. I look forward to meeting you at the seminar!

Sincerely,

Sandi Delack

Sandi Delack, M.Ed, BSN, RN, NCSN, FNASN

P.S. At the end of the day, you will leave feeling reenergized, renewed and excited about the wealth of innovative, use-tomorrow ideas you will receive!

"I can't give you more time in your day, but I can equip you with dozens of practical ways to make the best use of your time."

What Your Colleagues Say About Sandi Delack

*"Fantastic! Great support for school nurses! **Empowering!**"*

*"Sandi shared up-to-date knowledge and experiences along with a wide range of helpful ideas. **I am inspired!**"*

*"Just the right balance of information, personal experience, networking, sharing, and excellent resources. **I loved the stories and the humor!**"*

*"**Excellent information.** Great learning environment and topics. I'm so glad that I came today!"*

*"**Best, most interesting, most practical training** I've attended in a very long time! Give yourself a treat by participating – you'll return to your office renewed."*



*"**Very thorough, practical and innovative** ... Felt like a fulfilling vacation day with tons of great new knowledge added in."*

*"Sandi was **informative, entertaining and well versed.** I thoroughly enjoyed her seminar."*

*"One of the best seminars I've attended in over 15 years. **Practical, current and all encompassing!**"*

*"**Sandi is an excellent presenter.** She used real-world examples along with helpful evidence-based practices."*

*"Sandi really kept my attention! She was **very knowledgeable.** I would definitely attend another seminar with her!"*

Special Benefits of Attending



"I cannot wait to apply what I've learned today! Wonderful!"

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 or call 877-857-8964 to speak to one of our On-Site Training Consultants.

Extensive School Nursing Resource Handbook

You will receive an extensive digital resource handbook specifically designed by Sandi Delack, giving you access to countless strategies before, during and after the seminar. The handbook includes:

- Strategies to help better streamline and prioritize your work flow
- Helpful templates and ideas for IHPs, 504s, IHCPs, and EAPs
- Proven, timesaving, effective communication strategies
- Practical documentation tips that save time and reduce liability
- Innovative interventions to address chronic absenteeism

For in-person seminars, registrants will also receive a printed copy of the resource handbook as long as their registration is received in the BER office at least 15 calendar days before the event.

Share Ideas

This seminar provides a wonderful opportunity for participants to share ideas with other school nurses interested in enhancing their practice

Consultation Available

Sandi Delack will be available at the seminar for consultation regarding your questions and the unique needs of your own school nursing practice

Meet Inservice Requirements / Earn State CEUs

Participants of In-Person seminars and those completing the Recorded Version online can receive a certificate of participation that may be used to verify five continuing education hours. For details about state CEUs available, visit www.ber.org/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.



Can't Attend?

Other Professional Development Options:



Recorded Version of the Seminar

A video recorded version of this seminar will be 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, *Keys to Enhancing Your Effectiveness as a SCHOOL NURSE*, for Grades K-12, and *School Nurses: Best, Current Practices for School Medical Emergencies*, for Grades K-12, are available for immediate registration. To enroll, visit www.ber.org/online

Enhance Your SCHOOL NURSE Practice: Making Time for What Matters Most

Registration (XND2W1)

1. **Cherry Hill** (Mt. Laurel), NJ – January 11, 2022
2. **Harrisburg** (Camp Hill), PA – January 10, 2022
3. **Long Branch** (Freehold), NJ – January 12, 2022
4. **Long Island** (Holtsville), NY – January 14, 2022
5. **Newark** (West Orange), NJ – January 13, 2022
- or—
6. **I'd like to order the recorded version of this seminar**

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

List additional registrants on a copy of this form

SCHOOL NAME	
<hr/>	
SCHOOL MAILING ADDRESS	
<hr/>	
CITY & STATE	ZIP CODE
<hr/>	<hr/>
SCHOOL PHONE NUMBER	HOME PHONE NUMBER
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Registration confirmations and login details are sent via e-mail

E-MAIL ADDRESS (REQUIRED FOR EACH REGISTRANT)	
<hr/>	
HOME MAILING ADDRESS	
<hr/>	
CITY & STATE	ZIP CODE
<hr/>	<hr/>

IMPORTANT – PRIORITY ID CODE: EXND2W1

METHOD OF PAYMENT – Team Discount Available

The registration fee is \$279 per person,
for teams 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

FIVE EASY WAYS TO REGISTER:

-  **REGISTER ONLINE** at: www.ber.org
-  **EMAIL** this form to: register@ber.org
-  **PHONE toll-free: 1-800-735-3503**
(Weekdays 5:30 am - 5:30 pm Pacific Time)
-  **FAX** this form to: **1-425-453-1134**
-  **MAIL** this form to: **Bureau of Education & Research**
915 118th Avenue SE • PO Box 96068
Bellevue, WA 98009-9668

Program Hours

All In-Person Seminars are scheduled 8:30 a.m. – 3:15 p.m.
Check-in is 8:00 a.m. – 8:30 a.m.

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 In-Person Seminars or Recorded Seminars.

For in-person seminars, registrants will also receive a printed copy of the resource handbook as long as their registration is received in the BER office at least 15 calendar days before the event.

Meeting Sites and Hotel Accommodations

Seminars will be held at the following sites:

- Cherry Hill: Westin – Mt. Laurel, (856) 778-7300
- Harrisburg: Radisson – Camp Hill, (717) 763-7117
- Long Branch: American Hotel – Freehold, (732) 431-3220
- Long Island: Holiday Inn – Holtsville, (631) 758-2900
- Newark: The Wilshire Grand Hotel – West Orange, (973) 731-7007

If needed, please make your own hotel reservations by calling the appropriate hotel listed above.

Cancellation/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

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.



915 118th Avenue SE
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 Bellevue, WA 98009-9668
www.ber.org

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SCHOOL NURSES: Enhance Your Practice by Making Time for What Matters Most



An outstanding one-day In-Person Seminar

Includes an extensive Resource Handbook

Can't Attend? A Recorded Version is available
 to use online at your convenience

Enhance Your SCHOOL NURSE Practice: Making Time for What Matters Most

XND2W1



Bureau of Education & Research

Enhance Your SCHOOL NURSE Practice: Making Time for What Matters Most

In-Person Seminar
 or Recorded Version



A Unique One-Day In-Person Seminar
 (Also available as a Recorded Online Version
 to Use at Your Convenience)

Presented by

Sandi Delack,

M.Ed, BSN, RN, NCSN, FNASN

Outstanding School Nurse, National Presenter
 and Past President of NASN

Dozens of innovative ideas to streamline your workflow, maximize your efficiency and effectiveness, and make time for what matters most

The latest evidence-based strategies to assess and treat frequently visiting students and students with anxiety

How to avoid the most common legal issues facing school nurses

Recent updates on hot topics including working in a pandemic environment, ACES, medical marijuana and new funding streams