

Nursing Services Plan
Readington Township Public School District
2023-2024

The Readington Township Public School District comprises four schools. The Whitehouse and Three Bridges Schools are the two elementary schools educating grades preschool-3. Holland Brook School is an upper elementary school accommodating grades 4-5, and the Readington Middle School houses grades 6-8.

The Middle School is located 7.4 miles from Three Bridges, 0.7 miles from Holland Brook, and 2.8 miles from Whitehouse. Three Bridges is 10.2 miles from Whitehouse and 8.1 miles from Holland Brook. These numbers represent one way trips. Schools communicate with one another via email, district network, and the phone system.

Certified school nurses in the Readington Public schools have a multitude of roles within the scope of their professional practice in an ongoing effort to ensure children remain healthy and ready to learn. The certified school nurse is a health services specialist who provides preventive health services to facilitate the student's optimal physical, mental, emotional, and social growth and development. We identify and treat health disorders and manage chronic health conditions among students and provide instruction in the maintenance of good health and disease prevention. We provide health assessments and mandatory screenings of all students, which includes height, weight, BMI, blood pressure, vision, hearing, and scoliosis. We develop and implement individual student health plans and emergency care plans. Thorough documentation and effective communication is a time-consuming role but essential to the legal and ethical practice of school nursing.

Nursing services provide annual training to all staff in blood borne pathogens, asthma, diabetes, student health awareness and head injury/concussion protocols. We provide Mantoux testing and TB reporting as well as annual staff training in emergency care, which includes First Aid/CPR/AED for many EpiPen delegates, the AED teams and all coaching staff. Annual Flu clinics are provided through the district nurses and our district physician.

As part of a coordinated school health program, we serve as a member of the school intervention team. Initiate health referrals for students, to parents, school personnel, or community health resources for intervention and remediation. Develop procedures and provide emergency nursing care and management of acute injury and illnesses. Serve as a resource person to all school staff members. We consult with parents, guardians, primary care physicians, specialists, health agencies, classroom teachers, and supportive staff to investigate and remediate environmental concerns, safety issues, mental health concerns, and communicable disease patterns relevant to school and student health and safety. School nurses are the liaison to district and community resources for our families with economic need. We also organize and support fundraising opportunities in the district to bring awareness to health issues in our communities. We engage in research and evaluation of school health services, and participate in professional school nursing organizations to act as advocates for positive change with regard to school health programs and school nursing practices.

During school hours, each school is staffed with a certified school nurse who provides emergency services during the school day. Before and after-school sponsored events are staffed by delegates trained in CPR/AED and/or the use of an Epinephrine auto-injector pen. The school nurse in each building trains these delegates.

As appropriate, nursing and additional services are provided to nonpublic schools through the Hunterdon County Educational Services Commission.

The following four levels of acuity have been developed to better understand the needs of our student population in the Readington Township Public Schools.

Level I: Nursing Dependent

Nursing dependent students require 24 hours/day, frequently one-to-one, skilled nursing care for survival. Many are dependent on technological devices for breathing, for example, a student on a ventilator, and/or require continuous nursing assessment and intervention. Without the use of the correct medical technology and nursing care, the student will experience irreversible damage or death.

Level II: Medically Fragile

Students with complicated health care needs in this category face each day with the possibility of a life-threatening emergency requiring the skill and judgment of a professional nurse. Examples may include, but are not limited to severe seizure disorder requiring medication, severe asthma, sterile procedures, and tracheostomy care with suctioning, unstable, or newly diagnosed diabetic with unscheduled blood sugar monitoring and insulin injections, diabetics with insulin pumps requiring monitoring, and asthmatics requiring nebulizer treatments.

Level III: Medically Complex

Students with medically complex concerns require treatments or close monitoring by a professional nurse. They may have unstable physical and/or social-emotional conditions and the potential for a life threatening even may exist. Examples include, but are not limited to: ADHD and on medication, anaphylactic event, cancer, immune disorders, moderate to severe asthma (inhaler, peak flow meter), preteen or teenage pregnancy, carefully timed medications, medications with major side effects, unstable metabolic conditions, continuous or intermittent oxygen, and complex mental or emotional disorders.

Level IV: Health Concerns

In the category of health concerns, the student's physical and/or social-emotional condition is currently uncomplicated and predictable. Occasionally, the student requires monitoring, varying from biweekly to annually. Examples include, but are not limited to dental disease, headaches, migraines, sensory impairments, diabetes self-managed by the student, dietary restrictions, eating disorders, orthopedic conditions requiring accommodations, and encopresis. In preparing the nursing services plan each year, it is critical to review not only population size, but also the severity of health concerns and associated time requirements.

Additional Considerations

Students' conditions may change during the school year, moving them from one level to another. Students with the same condition may be on different levels, depending on if their condition is stable and routine, or unstable with unscheduled procedures.

Readington Middle School
48 Readington Rd. PO Box 700
Whitehouse Station, NJ 08889
Phone: 908-534-2113

Grade Levels: 6-8
Student Population: 489
General Education Enrollment: 382
Special Education Enrollment: 105
Students with 504 Plans: 22
Student with Individualized Health Plans: 74
Out of District: 2
Number of Staff in Building: 94

Level I: Nursing Dependent 2
Level II: Medically Fragile 1
Level III: Medically Complex 47
Level IV: Health Concerns 104

Special Concerns: The increasing number of the free and reduced students takes time from the nurses , use of an in district designated individual would be very helpful to provide resources to all the schools. Sports forms are completed by the nursing staff and additional hours are required over the summer to have optimal participation in Fall sports. Sixth grade students have mandatory vaccines which are audited by the state for compliance, this takes a great deal of follow up to ensure data coalition and compliance. All students are screened to state requirements which adds an extra 500 visits yearly. The average number of visits to the health office varies 35-40 per day.

District Wide Concerns:

Currently there is only one substitute nurse (others listed have full time jobs elsewhere) with limited availability who requires advance notice to cover a trip or fill in at a school. Contingency planning for contract nursing services should be pursued in the event a district nurse is unavailable or experiences a prolonged absence due to illness, jury duty, resignation, pandemic accommodations etc. A district float nurse to assist the school nurses in mandatory screenings would allow the school specific nurse to complete duties more directly and identify and follow up. A specific social worker or staff person to assist the growing in need population would be ideal.

Holland Brook School
52 Readington Rd. PO Box 1500
Whitehouse Station, NJ 08889
Phone: 908-823-0454

Grade Levels:	4-5	
Student Population:	305	
General Education Enrollment:	236	
Special Education Enrollment:	69	
Students with 504 Plans:	24	
Out of District Student with Individualized Health Plans:	1	
Number of Staff in Building:	58	
Level I:	Nursing Dependent	0
Level II:	Medically Fragile	0
Level III:	Medically Complex	36
Level IV:	Health Concerns	203

Special Concerns:

As the schools return to normal following the Covid pandemic, we are seeing a return to normal enrollment in the schools. Student visits average from 25-35 visits a day. In addition to daily visits, all mandatory health screenings were completed for all grade levels, thus resulting in an additional 305 visits. Additional handwashing lessons with the PE teacher are done for both grade levels. Referrals for additional testing were sent home for any student that did not pass the vision or the hearing screenings. HBS also has 3rd grade and 6th grade students requiring additional nursing support throughout the school year. In addition, HBS has 19 students requiring the development of emergency plans and health care plans to cover their anaphylactic needs. HBS has 4 students coming to the health office daily for medication for the treatment of ADHD. 1 student coming to check Blood sugar levels at lunchtime and as needed. HBS currently has 34 students that participate in the Free and Reduced Lunch Program. These students are monitored and offered multiple additional supplemental services throughout the school year. Any student that is identified as having food insecurity will be offered additional assistance through the NORWESCAP Food Bank Backpack Program.

District Wide Concerns

Currently there is only one substitute nurse (others listed have full time jobs elsewhere) with limited availability who requires advance notice to cover a trip or fill in at a school. Contingency planning for contract nursing services should be pursued in the event a district nurse is unavailable or experiences a prolonged absence due to illness, jury duty, resignation, pandemic accommodations etc.

Three Bridges School
480 Main Street PO Box 443
Three Bridges, NJ 08887
908-534-5729

Grade Levels: **PS-3**

Student Population: **293**

General Education Enrollment: **219**

Special Education Enrollment: **74**

Preschool Students age 3-5: **41**

Students with 504 Plans: **7**

Out of District: **0**

Student with
Individualized Health Plans: **30**

Number of Staff in Building: **61**

Level I: Nursing Dependent 0

Level II: Medically Fragile 1

Level III: Medically Complex 28

Level IV: Health Concerns 103

Special Concerns:

As the schools return to normal following the Covid pandemic, we are seeing a return to normal enrollment in the schools. Student visits average from 20-35 visits a day. In addition to daily visits, all mandatory health screenings were completed for all grade levels, thus resulting in an additional 293 visits. Referrals for additional testing were sent home for any student that did not pass the vision or the hearing screenings.

Each year, significant time is spent addressing the New Jersey state mandates regarding the required physical examinations and proof of immunizations for all incoming students. This includes multiple and repeated forms of communication with parents/guardians requesting them to submit the required paperwork. Once all the data is gathered, it must be entered into Genesis.

Three Bridges currently has 2 students with Medical 504 plans which required extensive time spent on developing and implementing the accommodations that best fulfill the student's needs. In addition, TBS will cover the medical 504 Plan for a student at WHS. TBS has one student with an active seizure plan. In addition, TBS has 17 students requiring the development of emergency plans and health care plans to cover their anaphylactic needs. TBS has one student coming to the health office daily for medication for the treatment of ADHD.

TBS currently has 21 students that participate in the Free and Reduced Lunch Program. These students are monitored and offered multiple additional supplemental services throughout the school year. Any student that is identified as having food insecurity will be offered additional assistance through the NORWESCAP Food Bank Backpack Program.

District Wide Concerns:

Currently there is only one substitute nurse (others listed have full time jobs elsewhere) with limited availability who requires advance notice to cover a trip or fill in at a school. Contingency planning for contract nursing services should be pursued in the event a district nurse is unavailable or experiences a prolonged absence due to illness, jury duty, resignation, pandemic accommodations etc.

Whitehouse School
50 Whitehouse Ave PO Box 151
Whitehouse Station, NJ 08889
Phone: 908-534-4411

Grade Levels:	K-3
Student Population:	315
General Education Enrollment:	277
Special Education Enrollment:	38
Students with 504 Plans:	10
Out of District:	1
Student with Individualized Health Plans:	25
Number of Staff in Building:	61
Level I: Nursing Dependent	0
Level II: Medically Fragile	1
Level III: Medically Complex	28
Level IV: Health Concerns	80

Special Concerns:

Student visits average from 20-35 visits a day. In addition to daily visits, all mandatory health screenings were completed for all grade levels, thus resulting in an additional 312 visits. Referrals for additional testing are sent home for any student that did not pass the vision or hearing screenings. When there is a financial burden to obtain an appointment with eye specialist and a VSP voucher is sent to assist the family. WHS has 1 student taking daily medication.

The free and reduced students add up to 20% of the school's population. It takes time to continuously monitor the dynamic list of students accepted in the program, distributing money for HSA activities and communicating with families for reimbursement for HSA activities, and checking on students when teachers question payments for school trips. Additionally, as the number of financially reduced families in the school increases the need for awareness to recognize the signs of food insecurities that can occur in the classroom or in the cafeteria. When it is identified then an option to participate in the NORWESCAP weekly backpack program. To assist it can be beneficial to have a specific person in the district to address the increasing needs.

Each year, significant time is spent addressing the New Jersey state mandates regarding the required physical examinations and proof of immunizations for all incoming students. This includes multiple and repeated forms of communication with parents/guardians requesting them to submit the required paperwork. Once all the data is gathered, it must be entered into Genesis.

Whitehouse currently has 1 student with Medical 504 plans which require time spent on developing and implementing the accommodations that best fulfill the student's needs.

There is district discussion regarding the expansion of the school to include preschool ages 3 and 4 years old. This can occur starting January 2024. This will increase the student population. As this is a new program to the school, an array of concerns and challenges will arise that will reduce my time and capability to address other issues.

District Wide Concerns:

Currently there is only one substitute school nurse with a limited availability schedule. The contingency planning for contract nursing services, ie Bayada, should be pursued in the event a nurse takes a day off including personal, sick, professional development days, jury duty, resignation, etc.

A district float nurse to assist the school nurses in mandatory screenings would allow the school specific nurse to complete duties more directly and identify and follow up. Additionally, this nurse can be part of the contingency plan for a nurse being absent.

The increase in the numbers of families accepted into the free and reduced program can be supported more efficiently with a district point of contact, ie Social Worker. This person can address the needs and communicate with the families on community programs available and assist with the variety of physical and mental needs that arise.

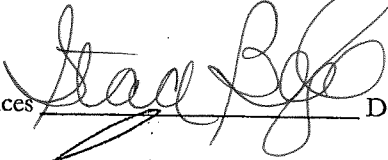
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One full time certified school nurse is required in each of the elementary level schools, Three Bridges, Whitehouse and Holland Brook, to meet the needs of the school. Clerical support is utilized on an as needed basis to assist with clerical duties.

One full time certified school nurse and one full time registered nurse, preferably a certified school nurse, are required at Readington Middle School.

Created by: Stephanie Armstrong, Nancy Kelly, Katie Lynch, Jill Komosinski, and Maureen Sjonell

Reviewed by Staci Beegle, Director of Pupil Services



Date:

10/31/2023

Reviewed by Ronald M Frank, MD



Date

10/31/2023