



December 8, 2018

Dear New Hampshire School Nurses

The NHSNA Board of Directors sends warm greetings and wishes you all a happy holiday season.

During the month of December, school gets busy with preparations for the holidays, including classroom gatherings, special field trips, and holiday concerts. These events require extra planning by the school nurse, in order to provide for our students with chronic health needs so they can safely participate in

these special events. We also need to be attentive to our students whose parents are struggling to make ends meet, who work hard to provide for their families every day, not just during the season of giving. Thank you for the generous amount of support you give to all of your students during the holidays, and to school nurses providing extra care through programs such as *End 68 Hours of Hunger*. Your quiet and thoughtful support of your students is so important and it does make a difference!

If you know of a school nurse who typically goes above and beyond, please consider a nomination for School Nurse of the Year. The candidate must be a member of NHSNA (for a two year minimum); the nomination application and instructions are on our website.

I recently attended a public comment session on the DHHS 10 year mental health plan for New Hampshire. The comments were remarkable, stressing the need for increased reimbursement for mental health care, higher salaries for mental health practitioners, and the need for inpatient beds in New Hampshire. School nurses have a huge role in identifying students with emerging mental health needs, and helping to connect them with a mental health practitioner who can evaluate and provide the care they need. The DHHS plan includes an effort to increase funding for community mental health, a resource school nurses rely on to meet the needs of our students in crisis. Through early intervention, and treatment, students are more likely to stay in school and avoid an escalating mental health crisis. I highly recommend you review the state plan as well as the public input session presentation on the [NH DHHS website](#).

January is right around the corner, and this is when we start to see new legislation in Concord. Please keep your eyes open for bills that support student health and the important role of the school nurse in our NH schools. You can best advocate by speaking with your representatives and senators about issues that promote positive change in our schools.

Happy Holidays!

Sincerely,  
Kathy Barth BSN, RN, NCSN