

# Keys to Enhancing Your Effectiveness as a **SCHOOL NURSE**



A Unique One-Day Live Online Seminar Presented by

**Vickie Beckwith, RN, MSN, PHN**

Outstanding School Nurse and National Presenter

**Specifically Designed for School Nurses, District Nurses and  
School Health Services Coordinators Serving Grades K-12**

**21st Century School Nursing Practices** – dozens of up-to-date best practices and evidence-based strategies to help you be more effective, efficient and confident

**Be prepared for mental health issues and examine lessons learned** from COVID 19 ... Explore proven strategies and resources to support the well-being of students

**Respond with greater confidence to school emergencies** using protocols and procedures to help you be better prepared for small scale as well as mass casualty emergencies

**Health care plans for chronic conditions** – updated templates to fast track your IHPs, 504s and emergency care plans

## LIVE ONLINE SEMINARS

**January 27**

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

**January 31**

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

State CEUs and Graduate Credit Available  
**Nursing CEUs Available in Certain States**

See page 6 for details

### CAN'T ATTEND?

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

*"Vickie is knowledgeable,  
relatable and passionate  
about what she does."*

–JOSLYN BAIT, NURSE

# Ten Key Benefits of Attending

*"I will be using this content to develop a more comprehensive training program for new school nurses in our district. I found this quite helpful!"*

– KARLA RIMMER,  
SCHOOL NURSE



## Who Should Attend

School Nurses, District Nurses and School Health Services Coordinators  
Serving Grades K-12

- 1. Increase Your Efficiency and Effectiveness as a School Nurse**  
Acquire timesaving tips and strategies on how to get more done in your work day ... Numerous ways to strengthen your success as a school nurse and valuable school team member
- 2. Fast Track Your School Nursing Process**  
Receive ready-to-use, evidence-based templates for common chronic health conditions
- 3. Utilize Technology to Simplify and Enhance Your Practice**  
Identify helpful resources to improve your nursing practice ... Learn how technology can save you valuable time
- 4. Safe Practices to Deal with Life-Threatening Emergencies**  
Increase your confidence to manage critical emergencies in schools and enhance your assessment skills ... Be prepared from the 911 call to the ambulance "hand off"
- 5. Utilize Best Practices for Common Emergencies**  
Receive templates for emergency care plans and step-by-step guidelines to handle anaphylaxis, asthma exacerbations, seizures, and diabetic emergencies
- 6. Eliminate Confusion with Care Plans**  
Recognize when to use IHP, ECP, 504, or other documents for day-to-day care of special needs students ... FERPA and HIPPA revisited to keep you updated
- 7. Strengthen Your Collaboration Skills and Prevent and Avoid Conflict**  
Gain tips and strategies on how to communicate and collaborate more effectively with colleagues, parents and students ... Learn how to deal with difficult people, including proven tips on conflict resolution
- 8. Identify the Key Issues Impacting Student Mental Health**  
Gain an understanding of mental health concerns and explore lessons learned from COVID 19 ... Receive resources and guidelines on building a safe environment for your students
- 9. Examine the Signs of Suicide Among School-Age Children**  
Gain a heightened awareness of suicidal warning signs and risk factors, including bullying and depression ... Learn simple but effective techniques to provide therapeutic interventions
- 10. Receive a Valuable School Nursing Practice Resource Handbook**  
Each participant will receive an extensive digital resource handbook filled with practical strategies, techniques, activities, and resources that can be used immediately in your school health office

# Outstanding Strategies You Can Use Immediately

## What You Will Learn ...

- Up-to-date, best practice **models, tools, templates, and resources** specifically designed for today's school nurse
- **How you can integrate evidence-based practice** into your school nursing practice
- Practical **tips to increase your efficiency and effectiveness** as a school nurse
- Apply **up-to-date behavioral support strategies** for students
- **Recognize risk factors and warning signs** of mental illness disorders
- **Learn to advocate** for yourself and students
- Positive proactive **ideas to work with difficult people**
- **FERPA and HIPPA revisited** – managing for improved student outcomes
- **Respond with greater confidence** to a medical as well as behavioral crisis
- **Step-by-step guidelines for emergency care** in the school setting
- **Updated IHP and ECP templates** to fast track your nursing process
- **Recognize the vital role nurses play** in prevention and promotion of emotional well-being of students
- Gain **insight into suicide prevention** and treatment
- Learn **how to deal with angry parents**, difficult staff and unrealistic expectations



*"Very well done! Love a seminar where I can use the info to do better everyday. Thank you!"*

– LISA MULLEN, RN

## Practical Ideas and Strategies

School nursing today can often be challenging and overwhelming. This intensive one-day seminar will help you overcome the speed bumps you face each and every day and renew your enthusiasm for this complex job. **Vickie Beckwith**, an exceptional school nurse with over 25 years of experience, will share numerous timesaving tips to increase your efficiency and effectiveness and enhance your school nursing practice. She will provide insight into the evolving and complex role of school nursing today along with easy-to-apply strategies to implement in your daily practice, as well as up-to-date assessment/triage strategies in times of disaster. Vickie will help you embrace technology to advance your practice and keep current with the latest resources. You will discover practical ways to avoid conflict and communicate more effectively with colleagues, parents and students. In addition, you will gain insight and strategies that will enable you to comfortably support students with behavioral health issues and better manage emergencies and chronic health problems.



# A Message From Seminar Leader, Vickie Beckwith



## Uniquely Qualified Instructor

**Vickie Beckwith** not only brings over 25 years of practical school nurse experience to her seminars, but also a passion and enthusiasm for the valuable and critical role school nurses play in schools. She has implemented numerous, innovative programs to improve student outcomes and has served as a mentor for new school nurses for over a decade, including being a preceptor for BSN students completing their public health rotation in the school setting. She has been a frequent presenter at NASN national meetings as well as local/state in-service programs. She has authored many articles and most recently a feature article in NASN School Nurse on motivational interviewing. She is the author of *Keys to Enhancing Your Effectiveness as a SCHOOL NURSE (Grades K-12)*, the digital resource handbook you will receive. Using her own practice with the work of school nursing's best resources, Vickie provides tips, tools and strategies for managing the complex school health office duties. You will leave her seminar with a renewed enthusiasm and energy for your job as a school nurse!

Dear Colleague:

More and more is being asked of school nurses every day. There are increasing numbers of students, more complex medical issues, new legal requirements, greater demands from parents, teachers and school administrators, and so much more. Frustration and burnout is commonplace. Don't let this happen to you. Join me and other school nurse colleagues to share stories and gain insight into what will help you become more successful and less stressed about getting it all done! I developed this seminar to address today's issues and provide you with practical tools and strategies to take back and use immediately.

My goal is to not only enhance your knowledge but also to give you innovative skills, strategies and resources to support your practice. Become more effective and efficient by discovering new strategies and tools to:

- Embrace the evolving role of school nurses
- Improve communication skills and avoid conflict
- Master emergency procedures without stress
- Take advantage of technology in support of your practice
- Eliminate confusion with care plans
- Respond with confidence to behavioral health issues

School nursing is a unique and challenging position. The good news is we can all make a difference in the lives of our students and continue to champion the role of the school nurse in improving student outcomes. Join me for a fun, exciting day and leave energized and motivated to apply what you have learned in your own school(s).

Sincerely,

*Vickie Beckwith*

Vickie Beckwith, RN, PHN, MSN

**P.S.** Join your colleagues and me for a day filled with **new strategies and techniques to build on your success and increase your efficiency** as a school nurse.

*"My goal is to not only enhance your knowledge but also to give you innovative skills, strategies and resources to support your practice."*

# What Your Colleagues Say About Vickie Beckwith

*"As a new school nurse, I found this seminar especially helpful. Vickie answered so many of my questions before I could even ask them! So much of what she shared **can be directly applied to my nursing practice starting tomorrow.**"* Jacqueline Asermelly, School Nurse

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*"Vickie did a great job. Her pace was excellent and she was **well-versed in all of the topics** covered. Very enjoyable seminar!"* Amy Williams, School Nurse

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*"Excellent! As a veteran nurse and veteran school nurse, **I found this seminar empowering.** Thank you, Vickie!"* Mary Arrowsmith, Nurse

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*"Vickie is very engaging, knowledgeable and wonderful. The **resources and examples she shared were very helpful.**"* Elise Cade, School Nurse



*"Wonderful! I loved the **multi-media, interactive resources, forms, and valuable information.** Everything shared was very applicable."* Mary Peceniak, Nurse

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*"I really enjoyed Vickie's presentation style. The **content shared was very informative and pertinent** to school nursing."* Julie Wilson, School Nurse

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*"**I gained a lot of new ideas to take back to my school** to implement in my everyday practice! Thank you!"* Pam Coakley, School Nurse

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*"**Excellent information,** especially the content directed at the novice school nurse."* Lisa Lemieux, Nurse

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*"Thank you for the **great resources and helpful tips!**"* Stephanie Morgan, School Nurse

# Special Benefits of Attending



"Lovely presentation!  
Such useful  
and pertinent  
information. I  
will share this with  
my colleagues!"

KAREN LEIF, LSN

## 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.

## Extensive Digital Resource Handbook

Each participant will receive an extensive digital resource handbook giving you access to countless strategies before, during and after the seminar. The handbook includes:

- Evidence-based practices for today's school nurse
- Time management tips
- Communication strategies
- Sample IHP and ECP templates
- Step-by-step guidelines for emergency care
- Valuable resources – websites, books, organizations
- Prevention/treatment options for behavioral health support

## Share Ideas with Other Educators

This seminar provides participants a great opportunity to share ideas with other school nurses interested in enhancing their skills.

## Consultation Available

Vickie Beckwith will be available to answer your specific questions and address your unique school nursing needs.

## Meet Inservice Requirements / Earn State CEUs

- Participants of Live Online 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](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 may be found at [www.ber.org/credit](http://www.ber.org/credit)

## Can't Attend?

### Other Professional Development Options:



#### Recorded Version of the Seminar

Order the recorded version of this seminar to take online at your convenience. You'll have access to the entire course and to the extensive digital resource handbook. To enroll, see registration form on page 7, and for optional CEUs and graduate credit, please visit [www.ber.org/credit](http://www.ber.org/credit)



#### 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](http://www.ber.org/online)

# Keys to Enhancing Your Effectiveness as a SCHOOL NURSE

## Registration (XN73W1)

1. **January 27, 2023** (Start time: 9 AM Eastern)  
 2. **January 31, 2023** (Start time: 9 AM Central)  
—or—  
 3. **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: EXN73W1**

## 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

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MO/YR


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(Found on back of card)

Please print name as it appears on card


## FIVE EASY WAYS TO REGISTER:

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

 **EMAIL this form to:** [register@ber.org](mailto:register@ber.org)

 **PHONE toll-free: 1-800-735-3503**  
(Weekdays 5:30 am - 5:00 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 **Live Online Seminars** are scheduled 9:00 AM – 3:30 PM in the time zone indicated. Check in 15 minutes prior. Registrants will be sent 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.

## 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](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.



XN73W1

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An outstanding one-day Live Online Seminar

Includes an extensive digital Resource Handbook

Can't Attend Live? Order the Recorded Version to access online at your convenience



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## Enhance Your SCHOOL NURSING Practice

XN73W1

# Keys to Enhancing Your Effectiveness as a SCHOOL NURSE



Bureau of Education & Research

Live Online Seminar or Recorded Version



### A Unique One-Day Live Online Seminar

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Presented by

## Vickie Beckwith, RN, MSN, PHN

Outstanding School Nurse and National Presenter

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