

A Message from SWOSNA President: *"Never get stuck in the "settling" Mode"* As I reflect back the last few years of my life, I would at times describe it as a time of "settling." I came to the realization I am never going to get in those jeans I wore in my twenties, never going to retire early and move to that exotic locale I had in mind, never going to have my "homearama" house, get my point? I guess giving up on some "dreams" is normal as we go through this thing called life, but professionally, we must keep on keeping on (wasn't that a Brady Bunch song?).

Things are tough right now in school nursing. Less of us everyday and more to do than ever! It has been a tough year at my school. We closed two buildings and let go an incredible school nurse because of budget cuts. It is so easy to get frustrated and say, "I have had enough. I can't make this better. I'm going to settle to do just the minimum to just get by. Who will notice? Who will care?" Are you going to settle? As I begin a two year term as President at SWOSNA, I would encourage you to not settle. Our students, families, staff and community need us more than ever. As you read this, I understand that many of you have mixed emotions as we begin a new school year. I understand those emotions, I am right there with you. What I ask is that you stay involved. The best way to help ourselves is by helping others, our students, our families and our community. Get involved with your professional organizations, stay current on professional school nursing/health events locally, in your state, and nationally. Let your voice be heard, and never settle! I leave you with a few inspiration quotes to start off another school year

"When you feel like giving up, remember why you held on for so long in the first place."

~ Unknown **"Don't be discouraged. It's often the last key in the bunch that opens the lock. "** ~ Unknown **"Wars are not won by evacuations."** ~ Winston

Churchill **"Perseverance is a great element of success. If**

you knock long enough and loud enough at the gate, you

are sure to wake up somebody." ~ Henry Wadsworth Longfellow
Have a great school year, my fellow school nurses!
Crystal D. Thornton RN, BSN, MSN, CPNP Licensed School Nurse President-SWOSNA

OASN ANNUAL CONFERENCE Lights, Camera, Action! "Healthy Schools Directed By & Starring Ohio School Nurses" Date: March 12-14, 2010 Location: Dayton Marriott We need your help to make this the best conference ever! We need your talents in the following areas: * Annual Banquet * Selling Raffle tickets * Working at the Sales Booths * Registration Desks * Compiling the Daily Conference Evaluations * Fundraising- finding donations for door prizes * Talents and connections related to theatrical world (need props) * Sewing/cutting There will be sign up lists at our next SWOSNA General Assembly 10/08/09, but you can always just send Kathy O'Dell an email if you would like to donate your time and talents. Please feel to email Kathy at godell2@woh.rr.co.m Click [here](#) for OASN conference information.

DATE: October 8, 2009 PLACE: Holiday Inn Dayton 31 Prestige Plaza Drive, Miamisburg, Ohio 45342 TIME: 4:30- 5:15 Business Meeting 5:15- 6:00 Dinner 6:00 -7:00 Program 7:00 - 8:00 Wrap up & Network PROGRAM: "Tween" Safety SPEAKER:

Jessica Saunders, MBA * Incidence of "Tween" injuries related to school nursing * Identify risk factors in the school setting * Identify community resources for school nurses and families Click [here](#) for meeting registration and information.

We hope the new school year is going well for everyone. For your planning purposes, click [here](#) for some learning opportunities during the 2009-2010 school year. Opportunities include: * Transition Training, The Ohio Department of Education, Office for Exceptional Children, in collaboration with the Ohio Coalition for Children with Disabilities (OCECD) will be presenting trainings on "Planning for the Transition from School to Adult Life," in seven major cities throughout Ohio during the fall of the 2009-2010 school year. * OASN 37th Annual Conference * ODH Regional School Nurse Conferences for 2010 * FREE Webinars from OCECD (Ohio Coalition for Children with Disabilities)

We have 176 members on the roster but only have 31 members registered for the 2009/2010 school year. Click [here](#) now to keep your membership active for this school year. Questions? Contact Judy Ganguly @ judyganguly@hotmail.com