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## Caring for Health: A Day in the Life of a School Nurse

Have you ever wondered who takes care of students' health while they're at school? School Nurses are the dedicated professionals who ensure that students stay healthy and safe during their school day. In this reading passage, we'll explore the world of School Nurses, their roles, the education and skills required, and what a typical workday looks like.

### Who is a School Nurse?

A School Nurse is a registered nurse who works in an educational setting, primarily schools and colleges. They are responsible for providing healthcare services to students, addressing health concerns, and promoting overall well-being.

### Education and Skills Required

To become a School Nurse, one must acquire specific education and develop essential skills:

#### Education

- **Bachelor's Degree:** School Nurses typically hold a bachelor's degree in nursing (BSN).
- **Nursing License:** They must be a licensed registered nurse (RN) in their state.
- **Certification:** Some states or school districts may require additional certification in school nursing.

#### Skills

- **Medical Knowledge:** School Nurses need a strong understanding of medical conditions, treatments, and medications.
- **Communication:** Effective communication is vital for interacting with students, parents, and school staff.
- **Compassion:** They must be caring and empathetic when addressing students' health concerns.
- **Organizational Skills:** Managing health records, medications, and health screenings requires strong organizational skills.



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- **Problem-Solving:** School Nurses must quickly assess and address health issues that may arise during the school day.

### A Typical Workday

A School Nurse's workday is filled with caring for students' health and well-being. Here's a glimpse into what a typical day might involve:

#### Morning

- Begin the day by preparing the school's health office, ensuring it's clean and well-organized.
- Review students' health records and medications to stay informed about any specific needs.
- Provide care for students who arrive with minor injuries or illnesses, such as first aid and administering medications.

#### Afternoon

- Conduct health screenings, such as vision or hearing tests, for students as needed.
- Collaborate with teachers and school staff to ensure that students with chronic health conditions receive necessary accommodations.
- Offer health education sessions on topics like nutrition, hygiene, and safety.



#### Evening

- Continue documenting student health information and updating records.
- Attend meetings with parents or guardians to discuss students' health concerns or develop healthcare plans.
- Reflect on the day's activities and plan for future health initiatives.