

## A MESSAGE FROM THE HEALTHY SCHOOLS TEAM



Recent weather patterns indicate an early spring is on the way. On the family health front, for many kids, springtime brings more than just blooming flowers. This month, we offer you tips to minimize allergy symptoms.

We also cheer the outstanding work of Harriet Tubman Charter Montessori School Nurse Lolita Barnes. And because it's National Reading Month, we highlight the strong partnership of Ochsner Health and Chapter One.

In this month's newsletter, you'll also learn how Ochsner Health is keeping our priorities focused on student mentorship and career instruction. The Education Outreach Team recently held a series of high school student field trips at Ochsner Medical Center on Jefferson Highway and engaged middle school students at Homer Plessey Community School.

In other news, parades are still rolling across the region. Our celebration this month is St. Patrick's Day! Be safe out there and remember green is for St. Patty's as well as Global Recycling Day on March 18. Put those extra Mardi Gras and St. Patrick's Day throws to good use. Here's more information on [recycling and sustainability](#).

And we close this month's newsletter message with a nod to Women's History Month. This is our opportunity to take a moment to say thank you to the influential and loving community leaders, medical professionals, educators and family role models who have shared their wisdom and inspired us.

Take good care, everyone.

**Dr. Christina Cannizzaro**

Medical Director, Ochsner Healthy Schools



## Family Health



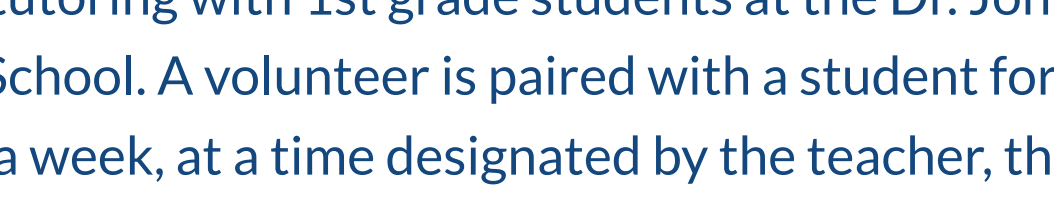
With the temperature getting warmer, the plants, trees and grass all around us begin to release pollen, triggering the dreaded seasonal spring allergies. Here are some resources to help you and your family reduce exposure to pollen and better manage those unpleasant symptoms.

[Minimizing Spring Allergy Symptoms | Ochsner Health](#)

Everyone is getting their green on with St. Patrick's Day approaching March 17. What better time to learn more about and encourage your family to eat and drink their greens?

[St. Patrick's Day Food Favorites That Pack a Nutritious Punch | Ochsner Health](#)

[Do Green Drinks Actually Cleanse? | Ochsner Health](#)



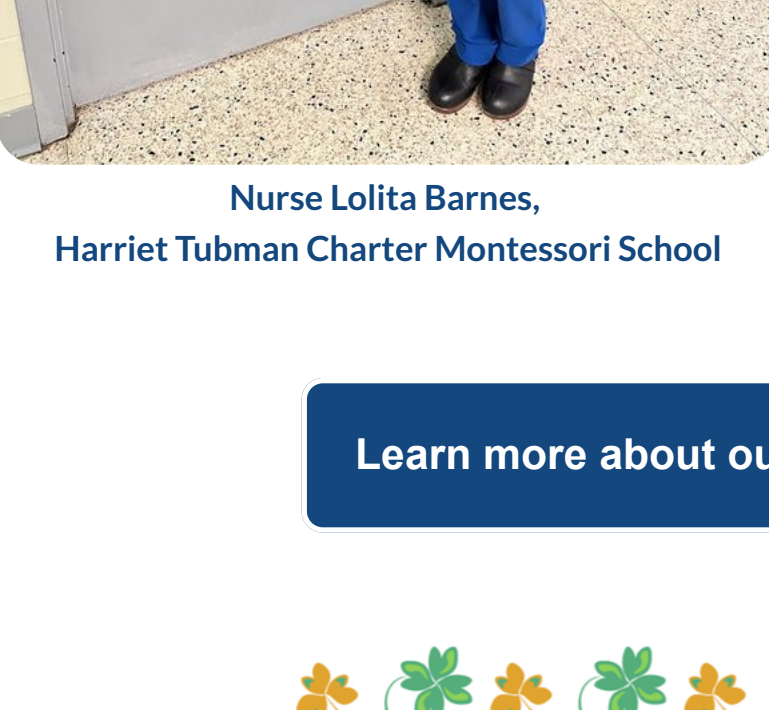
## OchsnerServes – Ready, Set, Read!

Research shows that a child who can read is prepared for life – not just because they do well in school and can improve their future job prospects, but because they are happier and more confident. March is National Reading Month, and we are taking the opportunity to champion the Ochsner Health - Chapter One Ready, Set, Read Partnership.

# OchsnerServes

Chapter One connects students who need practice with fundamental reading skills with virtual reading volunteers from OchsnerServes, Ochsner's employee volunteer platform. The partnership has conducted 135 sessions contributing over 3,200 minutes of one-on-one online tutoring with 1st grade students at the Dr. John Ochsner Discovery School. A volunteer is paired with a student for the school year. Once a week, at a time designated by the teacher, the volunteer comes into the classroom and works with the student for a 30-minute interval, reading stories and collaborating on writing projects.

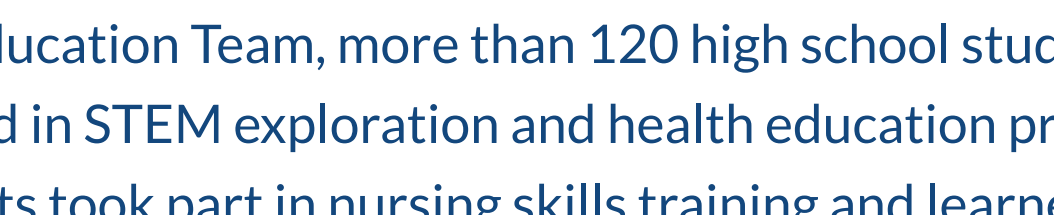
Over time, the engagement has demonstrated a positive impact on student confidence, vocabulary and knowledge of the world.



In a recent, two-year kindergarten-1st grade program, 78% of students taking part in Chapter One's tutoring program were reading proficiently by the end of first grade.

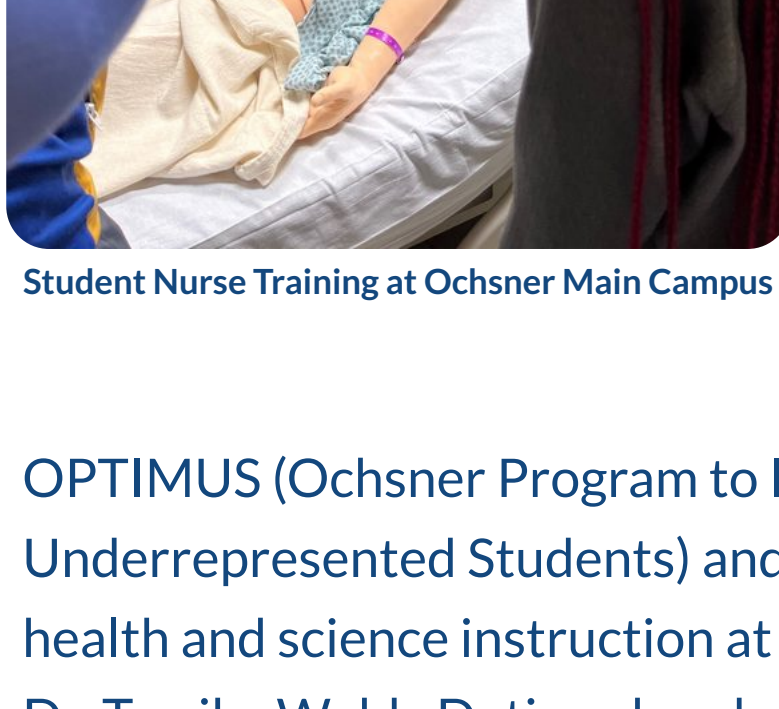
## DR. JOHN OCHSNER DISCOVERY HEALTH SCIENCES ACADEMY

at the John Martyn campus



## Spotlight on Nurses

It is our distinct honor to recognize committed, compassionate and hardworking Nurse Lolita Barnes of Harriet Tubman Charter Montessori School.

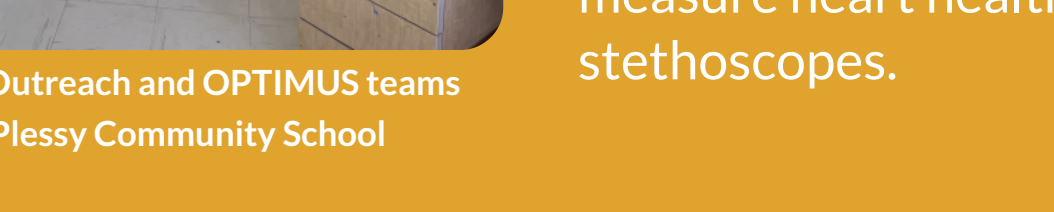


Nurse Lolita Barnes,  
Harriet Tubman Charter Montessori School

*"I chose school nursing because it allowed me to take my years of knowledge and experience and use it like a warm blanket to care for my student patients. The work brings me enormous joy and gratification, especially when I look into those young eyes and see their little smiles of comfort and security."*

-Lolita Barnes BSN, RN

[Learn more about our Healthy Schools leaders](#)



## The Team in Action

The Ochsner Education Outreach Team is continuing its laser focus on career and mentorship activities. We organized a series of healthcare exploration field trips for high school students as well as one-on-one engagement opportunities to introduce the practice of medicine to underserved middle school students. The science team lead the activities and volunteers from OchsnerServes supported the engagement.

New Orleans Career Center Pre-Nursing and Medical Assistant Trainee Students attended healthcare exploration field trips at the Ochsner Medical Center on Jefferson Highway. Guided by the Ochsner Education Team, more than 120 high school students participated in STEM exploration and health education programming. The students took part in nursing skills training and learned about communicable diseases. What's more, Ochsner's Stimulation Center guided Stop the Bleed training. And for fun and exercise, everyone participated in CPR races.

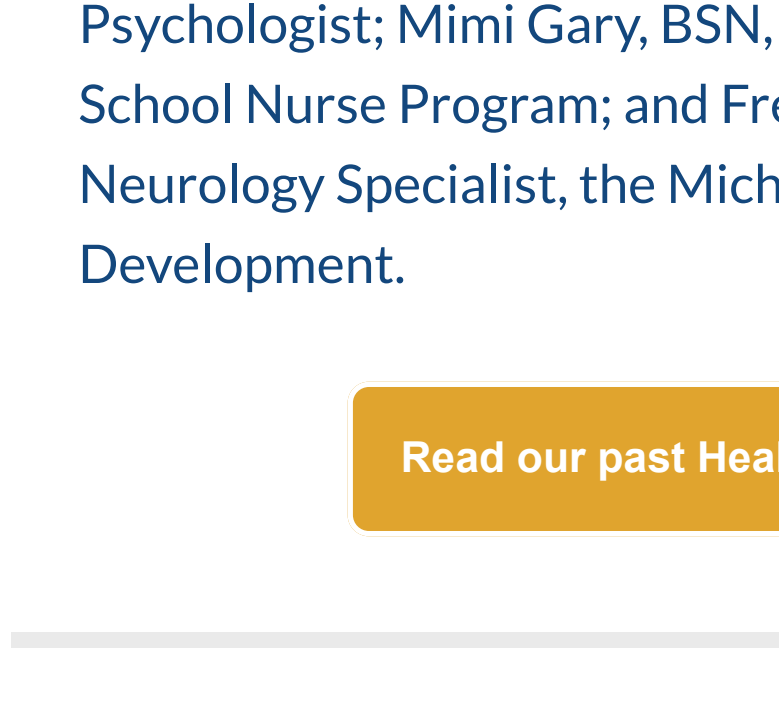


Student Nurse Training at Ochsner Main Campus



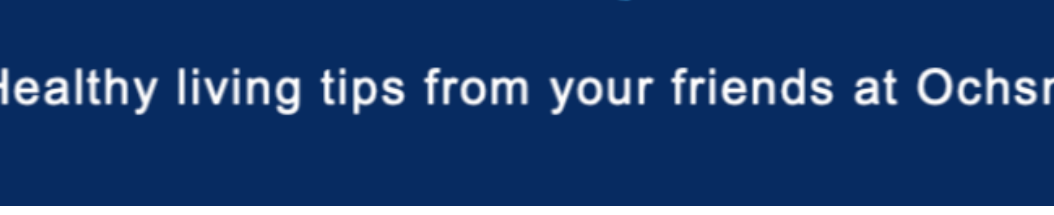
Healthcare Exploration Field Trip  
Group CPR Activity

OPTIMUS (Ochsner Program to Introduce Medicine to Underrepresented Students) and the Education Outreach Team lead health and science instruction at Homer Plessey Community School. Dr. Tamika Webb-Detiege heads the OPTIMUS Mentoring Program that provides education and career options in medicine, hands-on simulations and experiments as well as tips on preparing for a medical career.



The Education Outreach and OPTIMUS teams  
at Homer Plessey Community School

OPTIMUS's goal is to increase diversity participation in the field of medicine. Ochsner professionals directed heart station activities with 130 6th and 7th graders. Students explored the anatomy of real pig heart specimens and learned how to measure heart health with stethoscopes.



## Mark Your Calendars

### Autism Acceptance Webinars



[Click here for the full schedule.](#)

### Louisiana School Nurses Professional Growth Seminar



The [Louisiana School Nurses Organization's 53rd Annual Seminar](#) will be held in New Orleans April 18-21, 2023, at Caesars Hotel and Casino. Ochsner Health is sponsoring a full day of school nurse education on Wednesday, April 19. Our team will present on a variety of topics including tobacco prevention and vaping, anxiety, de-escalation techniques and dealing with emergencies in a school setting.

Among the Ochsner Health professionals scheduled to present are Travis Costanza, MEd and Certified Tobacco Treatment Specialist; Erin Reuther, PhD, ABPP, Clinical & Pediatric Health Psychologist; Mimi Gary, BSN, RN, CPN, Supervisor, Ochsner School Nurse Program; and Freddie Joseph III, MD, Pediatric Neurology Specialist, the Michael R. Boh Center for Child Development.

[Read our past Healthy Schools newsletters](#)



Sign up for our newsletters to get the best of our Healthy Schools tips delivered straight to your inbox!

[SIGN UP NOW](#)

FOLLOW OCHSNER *Online*



Copyright © 2023 Ochsner Health, All rights reserved.