

Nursing Students Week

Florida Nursing
Students
Association

Nursing Students Week

I can't keep calm, I'm a nursing student!

Nursing Students Week is February 21-27, 2016. We have a lot of great things planned in recognition of student nurses!

We need your help to design the 2016 FNSA Convention Logo! Look inside this packet for more information on how to help be a part of this process. You could even try and have your own competition during this time and then submit the winner's to FNSA to be considered.

Raise that health sense of competition!

In keeping with the theme for this year's Nursing Students Week, try and think of ways to keep your members easy. We get so focused that we often don't think to take care of ourselves. Many students also have families to consider, so don't forget to reach out to them as well.

Special points of interest:

- *Look inside for activities you can share with students*
- *Resources you can use*
- *We're on Instagram!*
- *Logo Contest for the FNSA Convention*

Nursing Students Day

Nursing Students Day falls on Wednesday, February 24 this year and if you're not able to do anything else with your organiza-

tion, this day should be recognized at the very least.

Students have put in so much work they deserve to be

recognized for.

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Activities

The theme of this year's Student Nurses Week is to get students to take time for themselves and relax. Encourage members to attend things together as team building and comradery exercises.

These activities could include:

- ◆ Group fitness - many universities offer free group fitness classes to students during certain times. They are also usually after most classes get out so you can take full advantage. If people want something different, many fitness centers will offer classes to the public and some exercise venues such as yoga or Pilates have classes open with discount rates for students.
- ◆ Restaurants - Everyone needs to eat, but often students have a tendency not to eat well. Find a restaurant or café in your area that offers a student discount and bring a group. You can even use this as a fundraiser, since some places will give your organization a percentage of the checks collected during a certain time.
- ◆ Cook-off / Pot-luck - For a cheaper option, you may consider having a pot-luck or cook-off.
- ◆ Professor lecture - We spend a lot of time with our instructors, but they are people with their own interests besides nursing. Some have different ways they like to relax and they may be willing to share with students how they survived nursing school. Many of these stories can be rather humorous and offers an opportunity to bond with your instructors.
- ◆ Casual dress days - if your school is one that has a uniform for class, ask the faculty if you may have a casual day where students wear what they would like, within reason. Perhaps, you could even make it a themed dress like pajamas!
- ◆ Baked goods - very few things make you feel as good as getting a cookie for a job well done. If there is an exam during this week, have cookies available for students as they walk out. It's a small gesture, but it'll make students feel just a little bit better about the exam they are so nervous about.

Resources

The internet is your friend for finding great ways to relax! Some suggested resources include:

- ◆ Check your school's website. Sometimes they list partnerships they have that benefit students
- ◆ Search local hotspots and see if they offer discounts for flashing your student ID
- ◆ Look for massage schools in your area. They offer

We need to build self-care habits now before we burn out in the field

discount services at very flexible hours. You're also doing your part to help other students!

- ◆ *Johnson & Johnson* has the Campaign for Nurses and they can be contacted for great promotional materials. All for free! However,

these materials are not guaranteed, so apply for them early.

- ◆ NSNA has put together a program called Project in Touch. Look to them for member benefits.

2016 FNSA Convention Logo Contest

While the FNSA board is creative, we want to include as many people as we can in the organization of this year's convention. This is your convention after all!

Have your members submit a design to be used as the official FNSA logo for the convention. The theme is year is "Together, Stronger, Bolder".

Submissions are due on February 26 to Second Vice-President Jessica Tiegs.

Her email is FNSA2ndVP@gmail.com. If you have trouble submitting your design, contact your regional director or Mrs. Tiegs and they can help you.

Formats of the designs must be either .pdf or .jpeg to be accepted as this is more easily used when we are working with the logo.

The prize for the winner of the contest is free registration to the 2016 FNSA Convention!

#relaxFNSA

How do you relax? Do you study on one of Florida's beaches? Is a coffee shop one of your favorite haunts to delve into Med/Surg? We want to know!

Share it with your fellow student nurses! While you take a break from study, snap a pic and post it out FNSA's Instagram page with #relaxFNSA.

"Share your experience with your fellow student nurses. We're the only one's who get how crazy all this can feel."

The FNSA Instagram is "flstudentnurses". Follow us

for other great content, not just being shown during Student Nurses Week.

Project in Touch

If you want to up the ante on the challenge of recruiting new members you can apply to become a Project InTouch recruiter. There is an application process. After you have applied, you can have students you encourage to join put your

recruiter number on their application. As you get more members, you will get points for great prizes including NCLEX study material! This is an NSNA program so if you have questions or are interested

in becoming a recruiter, contact them. If you are able to make an new members, Nursing Students Week would be a great opportunity.

Florida Nursing Students Association

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*Celebrating all the hard work
students put in to be excellent nurses.*



Our fellow students,

FNSA is committed to helping our members. Although you are automatically enrolled with us when you joined NSNA and your chapter SNA, we value your participation with us and your dedication to the field of nursing. All the excellent effort you put into being a student will pay off. It's not easy. However, through your effort and planning you will succeed. You must also remember to take care of yourself. If you are not well physically, emotionally, spiritually, or mentally, you won't be on top of your game to do the best you can for your patients.

Remember why are you here on the hard days. Give yourself time to write a positive affirmation to say to yourself. Write it on your notebooks. Write it on your test before you start. Write it on your mirror if you have to. You will have bad days when a patient in clinical is just not pleasant at all. That doesn't make nursing not the profession you were meant to be a part of, it was just another day on your journey to being a registered nurse.

Wishing you all the best,

FNSA Executive Board & Advisors

Weekly Events Sample

Nursing Students Week						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Post a funny video on the class Facebook page to start off the week with a laugh	Exam Day Cookies and hot chocolate will be available after your exam!	Group dinner at local restaurant after clinical	Nursing Students Day Group yoga class in the campus gym @ 5:30 pm	Instructor to share nursing school experience. Movie and pot-luck to follow	Wear your pajamas to class!	Post and share your favorite part of nursing school so far