



THE SCHOOL NURSE BULLETIN

JANUARY 2013



Stephanie G. Knutson, MSN, RN School Nurse Consultant

Dear Colleagues,

Over the last several days, I have been so proud to see so many of you extend yourselves in terms of volunteering your services, offering prayers and well wishes in the face of severely daunting emotional challenges. I thank you for returning to your duties, even amidst the continuing sorrow gripping our state.

School nurses serve as critical members of school crisis prevention and response teams. School nurses are caring and supportive professionals who help make the school a safe nurturing place for all students - the bedrock upon which academic success is built. School nurses have an integral role in emergency/disaster preparedness and are invaluable in any crisis response - assisting survivors, talking with distraught family members, helping school staff members, assessing gaps, making referrals and supporting the rebuilding. School nurses are not only instrumental in planning for an emergency and implementing the strategy, but are constants for students and school staff, remaining a steady safe haven in the aftermath of a disaster.

To those who have not been directly involved with Newtown-related activity, please know that by continuing your work and by supporting colleagues who need to be out of the office, you are continuing to provide invaluable support for Connecticut's districts, schools, and students, who need us now more than ever. As school nurses, you safeguard our students in every way to keep them healthy, in school and ready to learn. As the liaison between school personnel, family, community and healthcare providers, you advocate for health care and a healthy school environment. And to the school community, you are a non-negotiable resource.

Thank you for all you do, all day, every day!

*Always,
Stephanie Knutson*



Resources Addressing Trauma, Violence, Grief and Loss

Compiled by Connecticut State Department of Education from the National Association of School Psychologists and Other Sources

Connecticut State Department of Education's Web site resources

- <http://www.sde.ct.gov/sde/cwp/view.asp?a=2683&Q=334634>

Allowing students the opportunity to talk about their fears when ready helps them to process traumatic events. This document provides seven tips for talking to students about violence and points to emphasize during conversations.

- *Talking to Children About Violence* http://www.nasponline.org/resources/crisis_safety/talkingviolence.pdf
(also available in Korean, Spanish, and Vietnamese)

Recognizing the symptoms of trauma is the first step in addressing the needs of students exposed to traumatic experiences. This document discusses the experience of being exposed to a crisis situation and provides the key symptoms and signs of severe emotional trauma.

- *Identifying Seriously Traumatized Children* http://www.nasponline.org/resources/crisis_safety/psycht_general.aspx

Resources Addressing Trauma, Violence, Grief and Loss (Cont'd)

Compiled by Connecticut State Department of Education from the National Association of School Psychologists and other sources

This document discusses common reactions to large-scale tragedies and emphasizes the management of anger as experienced by adults and children. Tips for parents and teachers are provided.

- *Strong Emotional Reactions to Traumatic Events: Tips for Parents and Teachers* http://www.nasponline.org/resources/crisis_safety/angermgmt_general.aspx

When traumatic events occur, children look to adults, including parents, teachers, and administrators, for support and guidance. This document provides suggestions for coping with a tragedy and includes information on what all adults should do and what parents and schools can do.

- *Helping Children Cope: Tips for Parents and Educators* http://www.nasponline.org/resources/crisis_safety/terror_general.aspx

Guidelines for Responding to the Death of a Student or School Staff, provided by the National Center for School Crisis and Bereavement.

- <http://www.cincinnatichildrens.org/service/n/school-crisis/resources/school-resources/>

Communication barriers and opportunities and related topics about death.

- *Talking to Children about Death, Clinical Center, NIH* http://www.cc.nih.gov/ccc/patient_education/pepubs/childeath.pdf

Opportunities for play and semi-structured activities can be a catalyst toward facilitating coping skills in children and promote social and emotional growth and development. The links below provides child and adolescent activities requiring either no supplies or limited supplies for implementation.

- *Simple Activities for Children and Adolescents* http://www.nasponline.org/resources/crisis_safety/Activities_No_Supplies.pdf
- *Child and adolescent activities that require limited supplies for daytime and lighted areas* http://www.nasponline.org/resources/crisis_safety/Activities_Limited_Supplies.pdf

How adults respond to grief can influence how youth learn to manage their own emotions and can facilitate effective ways of coping with these experiences. This document explores grief reactions in preschool, elementary, middle and high school students.

- *Death and Grief* http://www.nasponline.org/resources/crisis_safety/deathgrief.pdf

School superintendents and principals can provide much needed leadership during times of crises and can chart a course towards recovery. This document provides suggested steps, violence prevention measures and additional information to support this endeavor.

- *Tips for School Administrators for Reinforcing School Safety* http://www.nasponline.org/resources/crisis_safety/schoolsafety_admin.aspx

Guidelines for planning, suggestions, activities for memorials.

- *Memorials After Traumatic Events* http://www.nasponline.org/resources/crisis_safety/memorials_general.aspx
- *Dealing with a Death in the School* http://www.nasponline.org/resources/crisis_safety/neat_poland.aspx

Understanding and supporting students with special needs in crisis.

- *Coping with Crisis: Helping Children With Special Needs* http://www.nasponline.org/resources/crisis_safety/specpop_general.aspx

School safety.

- FEMA provides a set of helpful links and resources at <http://www.ready.gov/planning>
- Additional materials on this topic can be found at <http://rems.ed.gov/>

Disaster preparedness.

- National Association of School Nurses <http://www.nasn.org/ToolsResources/DisasterPreparednessLinks>

To: School nurses, school staff, students, parents and the entire Newtown community

Even as we have been devastated by the horror of the tragedy in Newtown, we find solace and motivation in the stories of heroism of Sandy Hook educators, and in the importance of our collective task to help guide our state's students through this difficult time. Please know that you have the support of the entire Connecticut State Department of Education as you prepare to return to your schools – and that we are here to help.

Stefan Pryor, Commissioner, Connecticut State Department of Education



Despite the enormous tragedy in our state and after watching the past few days unfold, I am very proud to be a citizen of Connecticut. Everyone in the state and especially the families and staff of Sandy Hook/Newtown have demonstrated remarkable strength and courage over the past few days. I am truly amazed by the work and commitment of everyone that have come together in a time of need. As a former school nurse and employee of the Connecticut State Department of Education, I know how important school nurses are in assisting their communities in good and difficult times. I continue to pray the community of Newtown and all of the school nurses across this country.

Cheryl Resha, Ed.D., M.S.N., R.N., Associate Professor of Nursing
Southern Connecticut State University



As you continue to care for the children, remember how very important you are to them, the school district and the Newtown community. Our thoughts and prayers are with you at this very difficult time.

Susan Cesareo RN,BSN,NBCSN, New Canaan Public Schools



Our hearts are with you. I hope and pray that the kindness extended through thoughts and good deeds of millions of people is reaching the families of these beautiful children and their devoted teachers, administrators, and school staff, and that their faith in mankind is not lost on the senseless rampage of one distraught soul. Peace to you and all of Newtown.

Anonymous, Redding Public Schools



The nurses from Newington offer prayers and hope for all the nurses and other school staff of the Newtown Public Schools. I don't think anyone ever thinks this will happen to them. The staff of Sandy Hook Elementary School should be commended for all they did during this tragic event. If there is anything we here in Newington can do for you, please let us know.

Patricia Krin, APRN, NCSN, FNASN, Newington Public Schools

Professional Development Opportunity

The Connecticut State Department of Education
and
The Child Health and Development Institute of Connecticut, Incorporated
Presents:

Recognizing Trauma in Children

Regional Professional Development Opportunities will be held in January and February 2013. Details to follow on :

- Location;
- Time; and
- Dates.

Professional Development Opportunity



The Connecticut State Department of Education
presents the following opportunity for school nurses,
school nurse supervisors and administrators

Spring 2013 School Nurse Supervisor Conference

Tuesday, April 9, 2013, 8:30 a.m. – 3:30 p.m.
Crowne Plaza Cromwell, 100 Berlin Road,
Cromwell, Connecticut 06416



Facilitator.....Stephanie Knutson, MSN, RN,
School Health Consultant,
Connecticut State Department
of Education
Fee.....\$50.00 per person
CEUs.....0.5
Register by3/26/13
Course #1225300624

This activity will provide school nurse supervisors with information on multiple state initiatives and trends in the state. Additionally, school nurse supervisors will have the opportunity to network with colleagues.

As a result of attending this conference,
participants will:

- gain additional knowledge in the role of school nurse in mandated reporting and behavioral health;
- gain additional knowledge in the role of school health services in school reform;
- gain additional knowledge in health promotion of school nursing services; and
- gain additional knowledge in state-mandated immunization regulations.

Register online at www.registereastconn.org.

Click on the event title. You will need to input your four-digit PIN number and a valid Purchase Order (P.O.) number from your school. Note: If you will be paying by a personal check and not using a P.O., you will receive an invoice via e-mail to send in with your check.

If you have questions regarding registration, or have difficulty using the online form, e-mail conferenceoffice@eastconn.org, or call 860-455-1533.

The State of Connecticut Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, disability (including, but not limited to, mental retardation, past or present history of mental disability, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. The Department of Education does not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding the Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director, Title IX/ADA/Section 504 Coordinator, State of Connecticut Department of Education, 25 Industrial Park Road, Middletown, CT 06457 (860)-807-2071.

**STEPHANIE G. KNUTSON, MSN, RN
SCHOOL NURSE CONSULTANT**

Connecticut State Department of Education
Bureau of Health/Nutrition, Family Services and
Adult Education
25 Industrial Park Road, Middletown, CT 06457

Phone: 860-807-2108
E-mail: stephanie.knutson@ct.gov

Nondiscrimination Statement

The State of Connecticut Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons and does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, national origin, sex, disability, age, religion or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. Inquiries regarding the Department of Education's nondiscrimination policies should be directed to the Affirmative Action Administrator, State of Connecticut Department of Education, 25 Industrial Park Road, Middletown, CT 06457-1543, 860-807-2071.