



Volume 4, Issue 1

May 2009

School Nurse Bulletin

Stephanie Knutson, MSN, RN School Health Consultant

Novel H1N1 flu (Swine flu) - Revised Guidelines

On May 5, 2009, the Centers for Disease Control and Prevention (CDC) posted updated interim guidance on school (K-12) and childcare facilities: http://www.cdc.gov/h1n1flu/k12_dismissal.htm. At this time, CDC recommends the primary means to reduce spread of influenza in schools, focus on early identification of ill students and staff, staying home when ill, and good cough and hand hygiene etiquette. Decisions about school closure should be at the discretion of local authorities based on local considerations, including public concern and the impact of school absenteeism and staffing shortages. The Connecticut Department of Public Health recommends that the May 5, 2009 updated guidelines from CDC be used to guide policy decisions here in Connecticut.



The following three publications for parents, students and staff members can be accessed at the associated links:

1. Novel H1N1 flu (swine flu): Facts for families of school-aged children:

http://www.ct.gov/ctfluwatch/lib/ctfluwatch/h1n1_flu_facts_for_families_with_children.pdf

2. When to keep your child home:

http://www.ct.gov/ctfluwatch/lib/ctfluwatch/when_to_keep_your_child_home.pdf

3. Letter to Parents, Students and Staff of Connecticut Schools:

http://www.ct.gov/ctfluwatch/lib/ctfluwatch/letter_to_parents_daycare.pdf

Special points of interest:

Novel H1N1 Flu (Swine flu) Revised Guidelines

2009 School Health Services Survey

Wednesday, May 6th - National School Nurse Day!



Professional Development Opportunities

Institute for School Nursing 2009

The third annual professional development conference will be held at The Conference Center in Niagara Falls, New York and will highlight nursing practice issues, clinical concerns and nationally recognized keynote speakers. The program will begin at 12:30 p.m. on Wednesday, July 22 and run through 1:00 p.m. on Friday, July 24, 2009. The registration fee includes the conference program, materials and the following meals: Wednesday – Lunch; Thursday - Breakfast and Lunch; Friday – Breakfast. The brochure is ready and available at the following link: <http://www.schoolhealthservicesny.com/news.cfm?story=61>. Please download the registration form, complete the requested information and return it with payment to complete the process.

2009 School Health Services Survey

Due June 6, 2009

The Connecticut State Department of Education (CSDE) would again like to request your participation in the School Health Services Information Survey. In 2007-08, the participation rate was 73 percent. The Connecticut State Department of Education's goal is 100 percent participation. This survey represents an opportunity to continue documenting the school health services provided to students and staff in Connecticut public and private, non-profit schools. Data collection for the 2008-09 academic year should be conducted during **March and April 2009**. All surveys **MUST** be completed by **June 6, 2009**, to allow adequate time for data analysis. All information needed to complete the survey may be found on the EDUCATION CONNECTION web site at:

http://www.educationconnection.org/new/programs/prog_sde.php.

The School Health Services Information Survey Letter to School Nurse Supervisors from Dr. Cheryl Resha is attached with this bulletin and can be accessed at the following web site:

http://www.educationconnection.org/new/pdfs/de_shnurseintro.pdf.



Revised Accommodating Special Dietary Needs Guide April 2009

The Connecticut State Department of Education (CSDE) has recently updated *Accommodating Special Dietary Needs: Guidance for School Nutrition Programs*. This document contains guidance on the requirements and procedures for accommodating special dietary needs in school nutrition programs based on federal laws, U.S. Department of Agriculture (USDA) requirements, and Connecticut laws and regulations.

The revised version (April 2009) is now online at: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320674> or the direct link to the PDF document at: <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/AccommodatingSpecialDiets.pdf>.

Professional Development Opportunities Continued...

Diabetes in Children

This seminar will assist you and your pediatric patients in mastering the skills needed to help make appropriate choices related to insulin regimens, monitoring devices, and meal planning. In addition, you will be able to identify which children are at greatest risk for developing Type 2 diabetes, what can be done to prevent it, and what clinical features to look for to help you identify children who should be screened for the disease. For additional information and registration details, please access the following link: <http://www.pesihealthcare.com/brochures/40919/outside.pdf> or call 800-675-5026. Seminar Dates: Trumbull, CT - Wednesday, July 29, 2009, Farmington, CT - Thursday, July 30, 2009, Warwick, RI - Friday, July 31, 2009

CSDE Education Health Promotion Services/School Nurse Web site

The following publications and forms are available on our web site at: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=320768>.

Publications:

- Guidelines for Health Screenings: Vision, Hearing and Postural [PDF]
- Guidelines for Blood Glucose Self-Monitoring in School [PDF]
- Guidelines for Cumulative Health Records [PDF]
- Learning and Diabetes: A Resource Guide for Connecticut Schools and Families [PDF]
- Tuberculosis Control Screening Guidelines in Schools [PDF]
- Guidelines for Managing Life-Threatening Food Allergies in Connecticut Schools [PDF]
- Meningococcal Vaccine Information
- Superintendent Letter - Public Schools [PDF] Nonpublic Schools [PDF]
- Meningococcal Disease Information - Parent Letter [PDF] Spanish [PDF]
- Meningococcal Fact Sheet [PDF] Spanish [PDF]

Forms:

- Health Assessment Form 2008 [PDF] - Please print on "blue" paper
- Early Childhood Health Assessment Form [PDF] - Please print on "yellow" paper
- Immunization Requirements for 2008-09 School Year [PDF]
- ED513 - Health Service Plan [PDF]
- Medical Exemption Immunization Form [PDF]
- Religious Exemption Immunization Form [PDF]
- Sample Medication Authorization Form [PDF]
- Individualized Health Care Plan [PDF] [Word]
- Epinephrine Administration Form [PDF] [Word]



Going to the School Nurse's Office

As promised...

School Nurse Supervisor Conference Follow Up Publications

Teenage Confidentiality and Adolescent Health: A Primer for School Nurses PowerPoint Presentation [PDF]

2009-10 Immunization Requirements for Newly Enrolled Students at Connecticut Schools. [PDF]

Proposed Changes to Day Care and School and College Immunization Requirements 2010. [PDF]

Draft Copy of Medication Regulations: **Proposed** new language is underlined and **proposed** deletions are bracketed. Sections 8, 9 and 10 are completely new based on statutes. As a reminder, the attached document is not in effect. You must continue to follow the current regulations for Medication Administration. [PDF]



Stephanie Knutson, MSN, RN
School Health Consultant

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

Phone: 860-807-2108
Fax: 860-807-2127
E-mail: stephanie.knutson@ct.gov

► ...Keeping CT School Nurses
Informed and Involved!

We're on the Web!

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=320768>



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 non-discrimination laws. Inquiries regarding the Department of Education's nondiscrimination policies should be directed to the Equal Employment Opportunity Manager, State of Connecticut Department of Education, 25 Industrial Park Road, Middletown, CT 06457-1543, 860-807-2071.



**National School Nurse's
Day is Coming!**

National School Nurse Day - 05/06/09

**2009 Theme: "School Nurses:
Meeting the Needs of Today's Students"**

Background:

Since 1972, National School Nurse Day has been set aside to recognize school nurses.

Purpose:

National School Nurse Day was established to foster a better understanding of the role of school nurses in the educational setting.

Date:

National School Nurse Day is celebrated on the Wednesday within National Nurse Week and National Nurse Week is always May 6 - May 12.

Happy School Nurses Day and Week!

Black Teens, Especially Girls, at High Risk for Suicide Attempts

Science Update, April 10, 2009

Black American teens, especially females, may be at high risk for attempting suicide even if they have never been diagnosed with a mental disorder, according to researchers funded in part by National Institute of Mental Health. Their findings, based on responses from adolescent participants in the National Survey of American Life (NSAL), provide the first national estimates of suicidal thoughts and behaviors (ideation) and suicide attempts in 13 to 17 year-old black youth in the United States. The study was published in the March 2009 issue of the Journal of the American Academy of Child and Adolescent Psychiatry. The full article can be accessed at the following link: <http://www.nimh.nih.gov/science-news/2009/black-teens-especially-girls-at-high-risk-for-suicide-attempts.shtml>.