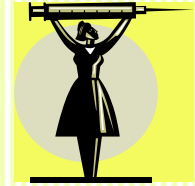




Stephanie G. Knutson, MSN, RN School Nurse Consultant



Special Points of Interest:

- National Diabetes Awareness Month - November 2010
- What School Nurses Need to Know about Diabetes - October 27, 2010
- School Nurse Supervisor Conference - November 15, 2010



School Nurse Supervisor Conference

Monday, November 15, 2010
8:30 a.m. to 3:30 p.m.
Crowne Plaza Hotel, Cromwell, CT



Keynote Speaker:

Ann Baldwin, President



This activity will provide school nurse supervisors with information to enrich and facilitate their work with Connecticut schools.

As a result of attending this conference, participants will:

- gain additional knowledge in communication skills for the promotion of school nursing services;
- become familiar with new legislation, initiatives and trends in the state;
- become familiar with the CT Medicaid School Based Child Health Program; and
- network with other nursing supervisors.

Ann Baldwin has more than 20 years of expertise in the broadcasting and communications industry. As a former news anchor and reporter, she now applies her insider knowledge of the media to help businesses thrive and in some cases survive. She speaks to groups nationally about the fact that one bad quote or sound-bite can be devastating to you or your business and how the media can help you or hurt you. Baldwin Media has earned a reputation as the "the go-to firm" assisting industries from health care to education. This firm has established a national reputation for its success in supplying supporting businesses and non-profits in crisis management, media management, marketing and media training and presentation skills.

Important Registration Information — Register Online at www.eastconn.org!

Fee : \$30.00 per person
CEUs: 0.6
Register by: October 29, 2010
Course # : 102531481
Facilitator : Stephanie Knutson, MSN, RN
School Health Consultant

Register online at www.eastconn.org. Click on "Registration," then "EASTCONN Professional Development" and click on the title. You will need to input the last 4 digits of your Social Security Number and, if there is a fee, 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.



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Frequently Asked Question

How can schools address food allergies from the perspective of making dietary accommodations in school nutrition programs?

The United States Department of Agriculture's (USDA) nondiscrimination regulation (7 CFR 15b), as well as the regulations governing the National School Lunch Program and School Breakfast Program, **require** substitutions or modifications in meals for children who are considered disabled under Section 504 or the Individual with Disabilities Education Act (IDEA) and whose disabilities restrict their diet, when the need is certified by a licensed physician. Substitutions are also required when a physician determines that a child's severe medical condition requires specific dietary modifications, even if the child is not considered disabled under Section 504 or IDEA. School food service programs may **choose** to make food substitutions, at their discretion, for children who are not disabled, but who are medically certified as having a special medical or dietary need. The Connecticut State Department of Education (CSDE) manual, *Accommodating Special Dietary Needs: Guidance for School Nutrition Programs*, provides detailed guidance on accommodating special dietary needs in school nutrition programs based on federal and state laws (see *Resources* below).

Accommodations for Disabled Children: The USDA nondiscrimination regulations require substitutions or modifications for school meals for children who are considered disabled under 7 CFR Part 15b and whose disability restricts their diet. The determination of whether a child has a disability under Section 504 is done through a school's Section 504 meeting under Section 504 of the Rehabilitation Act. A child with special dietary needs may qualify under Section 504 if the child's major life activity of eating is significantly impaired by the dietary needs. If the school team determines that the child has a disability under Section 504, then the physician must complete the *Medical Statement for Children with Disabilities* form (see *Resources* below) and the dietary recommendations made by the physician **MUST** be accommodated by the school food service program in the student's Section 504 plan.

The school food service program can only make substitutions based on written documentation from the physician, as indicated in the *Medical Statement for Children with Disabilities* form. The physician must outline the appropriate substitutions, modifications or omissions that are required to accommodate the special dietary needs of the child. The statement must include a complete diet plan for the child that clearly outlines the appropriate foods for the child's consumption.

If the school holds a Section 504 meeting and determines that the student does not have a disability, then the school food service program could **choose** to accommodate the child but would not be legally obligated to do so. For the school food service program to make any dietary accommodations, a *Medical Statement for Children without Disabilities* form (see *Resources* below) must be completed by the appropriate medical staff, i.e., recognized medical authority. *The exception to this is when a physician determines and documents that a child's severe medical condition requires specific dietary modifications. In this case, the school food service program must provide the substitutions prescribed by the physician, even if the child is not considered disabled under Section 504.*

Note: Life-threatening food allergies fall under this criteria and must therefore be accommodated by the school food service program.

In addition to the federal requirements for dietary accommodations, section 10-212c of the Connecticut General Statutes requires that all students with life-threatening food allergies have an individualized plan. State legislation also requires that all districts implement a plan for the management of students with life-threatening food allergies enrolled in the schools under its jurisdiction. This plan must be based on the CSDE's *Guidelines for Managing Life-Threatening Food Allergies in Connecticut Schools* (see *Resources* below).

Accommodations for Children without Disabilities: *Note: If a student has life-threatening food allergies, this does NOT apply because the student has a disability that must be accommodated.* Schools are not required to, but may at their discretion, make substitutions or modifications for a child without disabilities but with other special dietary needs. These substitutions may be made on a case-by-case basis and must be documented by a statement signed by a recognized medical authority. A "recognized medical authority" is a professional recognized by the State of Connecticut Department of Public Health and includes physicians, physician assistants, doctors of osteopathy, and advanced practice registered nurses (APRN). This includes nurse practitioners, clinical nurse specialists and certified nurse anesthetists who are licensed as APRN. The medical statement must include: 1) an identification of the medical or other special dietary need which restricts the child's diet; and 2) the food or foods to be omitted from the child's diet and the food or choice of foods that may be substituted.

Resources:

- *Accommodating Special Dietary Needs: Guidance for School Nutrition Programs:* <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/AccommodatingSpecialDiets.pdf>
- *Guidelines for Managing Life-Threatening Food Allergies in Connecticut Schools:* http://www.sde.ct.gov/sde/lib/sde/PDF/deps/student/health/Food_Allergies.pdf
- *Medical Statement for Children with Disabilities form:* <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320674>
- *Medical Statement for Children without Disabilities form:* <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320674>

November is National Diabetes Awareness Month



The National Diabetes Education Program (NDEP) will mark November as National Diabetes Awareness Month by promoting awareness and prevention messages that emphasize having a family history of diabetes as a risk factor for developing type 2 diabetes. The NDEP will also promote messages for women with a history of gestational diabetes and children of these pregnancies as they relate to family history and increased risk. These and other resources are available by calling 1-888-693-6337 or at <http://www.yourdiabetesinfo.org>.

The NDEP uses stories from real people to help raise awareness of diabetes prevention by conveying information about family history and gestational diabetes as risk factors for diabetes. Campaign materials may be accessed at the NDEP Web site at <http://ndep.nih.gov/partners-community-organization/campaigns/family-history/index.aspx>.

The NDEP also wants to know what you are doing for National Diabetes Awareness Month. We encourage you to share information with the NDEP and take pictures of your November activities. Submit descriptions of your activities and photos to Rachel Byrd at rbyrd@hagerssharp.com. Photos and descriptions may appear in the [Partner Spotlight](#) or on the [NDEP's Facebook page](#).

(Details for professional development opportunity for school nurses on October 27, 2010, is located on page 4!)



The Future of Children has released its latest publication, *Fragile Families* (Vol. 20, No. 2). Accompanying the journal is an Executive Summary and related Policy Brief.

The swift rise in nonmarital childbearing in the United States over the past fifty years has given rise to a new family form: fragile families, defined as couples who are unmarried when their children are born. Compared with more traditional families, these fragile families face greater risks in terms both of family stability and of economic security—risks that can imperil child well-being. In this volume experts explore the ramifications of this new reality and fashion policy recommendations that will both reduce the number of children born into fragile families in the first place and ensure that children born into fragile families receive the support they need to grow into healthy, productive adults.

The free electronic version of this journal and related products can be accessed at http://www.futureofchildren.org/futureofchildren/publications/journals/journal_details/index.xml?journalid=73.

The Future of Children is a collaboration of the Woodrow Wilson School of Public and International Affairs at Princeton University and the Brookings Institution. For more information, please visit The Future of Children Web site at <http://www.futureofchildren.org/>. The Future of Children thanks the Bill and Melinda Gates Foundation for providing generous support for this volume.



Asthma Program Resources

The Connecticut Department of Public Health asthma program newsletter, **A Breath of Fresh News**, 2010 Winter edition can be accessed at <http://www.ct.gov/dph/lib/dph/hems/asthma/pdf/winter2010.pdf>.

Inside this issue:

- Asthma Advisory Council;
- Asthma Airations - End of Year Recap; and
- Cessation Central.

Asthma Program Contact:
Salina Hargrove at 860-509-8251
or salina.hargrove@ct.gov.



2010 Professional Development Opportunities

What School Nurses need to know about Diabetes Management

This workshop will provide school nurses with information to guide their practice when working with students with diabetes, their health care team, nutritionist, school staff, and parents in order to provide optimal diabetes management in the school environment. School nurses will have an opportunity to discuss the nursing care and management of nutritional needs of students with diabetes in the school environment.

Date: October 27, 2010

Time: 12:00 p.m. to 3:30 p.m. (Lunch will be provided)

Cost: Free

Location: American Heart Association, 5 Brookside Drive, Wallingford, Connecticut

Registration: Contact Harriet Dennis at harriet.dennis@ct.gov

Questions: Contact Cindy Kozak at 860-509-7737 or cindy.kozak@ct.gov



2nd Annual Health & Physical Education Coordinators' Meeting

Save the Date!

The *Second Annual Meeting* for Coordinators of School Health Education and Physical Education has been set for **December 8, 2010 at the Rocky Hill Marriott**.

The keynote speaker will be Mark K. McQuillan, Commission of Education, who will speak about Secondary School Reform and its implications for school health and physical education. The purpose of the full-day agenda includes building capacity, networking, showcasing resources and strengthening regional collaboratives. Additional information will be forthcoming. In the meantime, **save the date!**

Please share this information with the appropriate personnel in your district.

Youth Leadership Forum for Students with Disabilities

The thirteenth annual Youth Leadership Forum for Students with Disabilities (YLF) is scheduled for July 24-July 28, 2011 at the University of Connecticut, Storrs campus. The YLF is a unique and positive experience for any student with a disability who can benefit from this fabulous program. The program will bring together forty high school students with disabilities from throughout Connecticut for a four-day training forum focusing on enhancing community leadership skills. The forum will provide a concentrated educational and motivational experience for the students selected through a formal, competitive process.

The delegates will explore personal leadership skills, define career goals and leave the forum with a very specific action plan that describes what they will do back in their local communities to enhance the lives of people with disabilities. Students who are accepted to YLF will be required to attend follow-up sessions after the forum to implement their Community Action Plans.

It is the goal of the YLF planning committee to select students from all regions of Connecticut, who represent a wide range of disabilities and ethnic backgrounds. Thank you for your assistance in promoting this important program for young adults with disabilities in Connecticut. You may download copies of the application by logging on to www.ctylp.org.

If you have any questions about the program, please feel free to contact Karen Halliday at 860-633-8403 or KarenHI203@aol.com or Kathleen Kabara at 860-424-5068 or Kathleen.kabara@ct.gov.

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

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

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