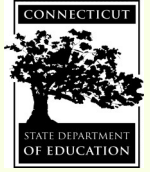




THE SCHOOL NURSE BULLETIN

SEPTEMBER 2015



*Stephanie G. Knutson, MSN, RN
Connecticut State Department of Education
Education Consultant*

Extreme Heat and Schools

There are no specific recommendations for when to close a school during excessive heat. This decision is made at the local school district level. In the past, some school officials have chosen to shorten the school day to limit exposure to extreme heat.

Please note the following suggestions for students and staff:

- **Allow frequent breaks for drinks.** Don't wait to get thirsty to drink. Drink fluids low in sugar as drinks with a lot of sugar make you lose more body fluid.
- **Wear lightweight, loose-fitting clothing.** If you know hot weather is forecasted, recommend to parents that they dress their children appropriately.
- **Limit outdoor activity.** Try to keep children indoors and somewhere cool in extreme heat.
- **Limit physical activity and consider cancelling athletic practices and games.**
- **Turn off unnecessary electronics.** Electronic equipment can give off heat.
- **Consider using opaque, heat-absorbing curtains for windows.**
- **Know the signs of [heat-related illness](#).**
- **Call your [local health department](#) for advice.**



The Connecticut Departments of Education and Public Health sometimes receive calls about heat waves during the school season. It is important to know that there are no laws or public health codes regarding excessive heat in school buildings resulting from elevated outdoor temperatures. In addition, the federal Occupational Safety and Health Administration will not take calls regarding residences, office environments, or schools where the only heat source is from weather conditions, like a heat wave.

[Extreme Heat Home Page](#)

[Illnesses Caused by Heat](#)

[CDC - Tips for Preventing Heat-Related Illness](#)

[CDC - Extreme Heat](#)

[CDC - Heat Stress in the Elderly](#)

Note: The above information is located on the Connecticut State Department of Public Health's Web site at <http://www.ct.gov/dph/cwp/view.asp?a=3115&q=480594>.



**The Connecticut State Department of Education
presents the following opportunity for school nurses,
school nurse supervisors, related service providers and school
wellness team members.**



Fall 2015 School Nurse Supervisor Conference

**Friday, October 9, 2015 • 8:30 a.m. – 3:30 p.m.
Crowne Plaza Hartford-Cromwell, 100 Berlin Road
Cromwell, CT 06416**

Facilitator.....Stephanie Knutson, MSN, RN, School Health
Consultant, Connecticut State Department of Education

Fee.....\$75 (includes breakfast and lunch)

Course #1525300186

Register by9/25/15

Register at<http://rs.registereastconn.org/courses/view/id/13336>

Certificates of Completion will be awarded.

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:

- become familiar with new legislation, initiatives and trends in the state;
- become familiar with how a bill becomes a law in Connecticut;
- get acquainted with trends in school nutrition; and
- network with other school nurses and school nurse supervisors.

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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Health Promotion Services/School Nurse Program

Health Promotion Services/School Nurse Program provides consultation to school nurses, school nurse leaders, school administrators and the community regarding the health and safety of students. This consultation and technical assistance includes addressing the provision of health services during the school day and the promotion of health and wellness activities that support student achievement. Professional development programs are periodically organized to further assist and support school nurses.

The Health Promotion Services/School Nurse Web site provides links to valuable resources for school nurses and other school staff. Publications on this Web site include:

- Bed Bug Guide for Connecticut Schools;
- Clinical Procedure Guidelines for Connecticut School Nurses;
- Education Guidelines for the Prevention and Management of Lead Poisoning in Children;
- Field Trips: Guidance for School Nurses;
- Guidelines for Blood Glucose Self-Monitoring in School;
- Guidelines for Cumulative Health Records;
- Guidelines for Health Screenings: Vision, Hearing and Postural;
- Guidelines for Implementation of the Definitions of Excused and Unexcused Absences and Best Practices for Absence Prevention and Intervention;
- Guidelines for Managing Life-Threatening Food Allergies in Connecticut Schools (Includes Guidelines for Managing Glycogen Storage Disease);
- Suggested Recommendations for School Medical Advisors; and
- Tuberculosis Control Screening Guidelines in Schools.

The Web site is located at www.ct.gov/sde/schoolnurse.

State of Connecticut Department of Public Health Immunization Department 860-509-7929

The 2015-16, immunization requirements for enrolled students in Connecticut schools are located on the Connecticut State Department of Education's School Nurse Web site at <http://www.sde.ct.gov/sde/lib/sde/pdf/deps/student/health/schoolimmunizations.pdf>.

STEPHANIE G. KNUTSON, MSN, RN
CONNECTICUT STATE DEPARTMENT OF
EDUCATION
EDUCATION 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

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