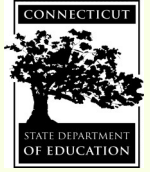




THE SCHOOL NURSE BULLETIN

SEPTEMBER 2016



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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 - Protecting Yourself from Sun Exposure](#)

Note: All of the information above 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>.

Connecticut State Department of Education Medication Administration Regulations

Administration of Medication by School Personnel and Administration of Medication During Before- and After- School Programs and School Readiness Programs Inclusive Sections §§ 10-212a-1—10-212a-10 is located on the School Nurse Web site at http://www.sde.ct.gov/sde/lib/sde/PDF/deps/student/health/Medication_Administration_Regs.pdf

The Connecticut State Department of Education and EASTCONN present the following opportunity for school nurses, school nurse supervisors, school medical advisors, directors of special services and school staff who create, revise or influence school district's medication administration policies.

Fall School Nurse Supervisor Conference 2016: Medication Regulations and Health Policies for Connecticut School Districts

September 26, 2016, 8:00 a.m.–3:30 p.m.
Radisson Hotel Cromwell, 100 Berlin Road, Cromwell, CT 06416

This workshop has been specifically designed to provide in-depth guidance to school nurses and other school personnel regarding medication administration in Connecticut schools pursuant to the *Administration of Medication by School Personnel and Administration of Medication During Before- and After-School Programs and School Readiness Programs (Regulations)*. New school nurse supervisors and school nurses are encouraged to attend this event.

Presenter: Stephanie Knutson, MSN, RN, School Health Consultant, Connecticut State Department of Education
Fee: \$125 (includes breakfast and lunch)
Course #: 1625300214
Register by: 9/18/16
Register: <http://rs.registereastconn.org/courses/view/id/14275>
Certificates of Completion will be awarded.

As a result of taking part in this workshop, participants will:

- Gain additional knowledge in the medication administration regulations for schools and the implications for delegation.
- Gain knowledge that assists in informing school district medication administration and other school health policies.
- Understand the importance of interdisciplinary team approaches to managing chronic health conditions (including sexual transmitted diseases) and medication administration.

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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The Whole School, Whole Community, Whole Child Summer 2016 e-Bulletin

The *Whole School, Whole Community, Whole Child Summer 2016* e-Bulletin is now posted on the Healthy Connections Web page. There are two cross-cutting themes highlighted in the Summer 2016 e-Bulletin: teamwork and community involvement. Each topic below highlights the importance and need for teamwork, inclusive of community support, when addressing student health and academic achievement. Featured topics in this Bulletin:

- The Whole School, Whole Community, Whole Child Model (formerly Coordinated School Health);
- Chronic Absenteeism; and
- District and School Wellness Teams.

The link to the e-Bulletin is as follows: http://www.sde.ct.gov/sde/lib/sde/pdf/deps/student/shape/wssc_summer_e_bulletin_august_2016.pdf

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 Connecticut State Department of Education's (CSDE) Health Promotion Services/School Nurse Web site, (located at www.ct.gov/sde/schoolnurse) provides links to valuable resources for school nurses and other school staff. Publications on this Web site include:

- Antiepileptic Medication Administration Training Program;
- Concussion Education Plan and Guidelines for Connecticut Schools;
- Education Guidelines for the Prevention and Management of Lead Poisoning in Children;
- Emergency first aid for students who experience allergic reactions;
- Field Trips: Guidance for School Nurses;
- Education Guidelines for the Prevention and Management of Lead Poisoning in Children;
- Guidelines for Blood Glucose Self-Monitoring in School;
- Guidelines for Cumulative Health Records;
- 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.

Other CSDE resources include *A Statewide K-12 Sexual Assault and Abuse Prevention and Awareness Program Guidance* located at http://www.sde.ct.gov/sde/lib/sde/pdf/curriculum/health/sexual_assault_abuse_prevention_awareness.pdf

State of Connecticut Department of Public Health (DPH) Immunization Department 860-509-7929

The 2016-17, 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>. All schools, private and public, must adhere to the DPH immunization requirements for enrolled students in Connecticut schools.

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