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Extreme Heat and Schools

The Connecticut Departments of Education and Public Health (DPH) 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. 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 located on the DPH Web site at <http://www.portal.ct.gov/DPH/Communications/Crisis-and-Emergency-Risk-Communication/Extreme-Heat> :

- **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.**

Additional resources:

- Centers for Disease Control and Prevention [CDC - Protecting Yourself from Sun Exposure](#)
- DPH [Illnesses Caused by Heat](#)



Thank you school nurses for another successful school year!

Best,

Stephanie Knutson

New CSDE School Nursing Web page

The new school nursing Web page is located at www.ct.gov/sde/schoolnurse

Important Note:

Health assessment forms (HAR-3 and CHR-1) will be delivered in late August to early September 2018.

!! IMPORTANT REMINDER OF DISCONTINUED FORMS !!

1. ED 513 Report - Reimbursement of Health Services for Children in Nonprofit Private Schools

ED513 Reporting, which served as a collection tool for health services provided to eligible nonprofit private school is no longer being collected. The information pertinent to reimbursement is already being collected via the ED017 which is certified by school superintendents. Therefore, ED513 reporting has been discontinued! School nurse supervisors, please connect with your internal local administrators regarding the ED017 reporting that is already being done in your districts.

2. Report of Epinephrine Administration Form

The School Health Services Information Survey has been updated to capture data on epinephrine administration in schools. Therefore, please discontinue completion of the Epinephrine Administration Form.

School-Based Health Centers Provide Needed Mental Health Care and Trauma Services to Students

Connecticut's School Based Health Centers (SBHCs) are comprehensive primary health care facilities licensed as outpatient clinics or as hospital satellites. The SBHCs are located within or on school grounds and serve students in grades pre-K-12. The health centers are staffed by multi-disciplinary teams of pediatric and adolescent health specialists, including nurse practitioners, physician assistants, social workers, physicians and in some cases, dentists and dental hygienists.

A school based health center is not the same as the school nurse's office. School nurses and SBHCs work together, and school nurses often refer students to SBHCs because they are able to treat and resolve student health problems. All SBHC services are confidential. Parents must sign a Parent Permission Form for students to receive services. SBHCs are also able to bill Medicaid and HUSKY A & B health insurance for services provided to students covered by these health plans.

The Connecticut Health Investigative Team's article [School-Based Mental Health Centers Play Vital Role For Hispanic And Black Students](#) illustrates the value of providing mental health and trauma services in school settings, particularly for students of color who would otherwise have trouble accessing care. This article discusses how Connecticut's Cognitive Behavioral Intervention for Trauma in Schools (CBITS) initiative is helping students. Approximately 50 schools in Connecticut offer CBITS groups to students who have experienced trauma and 90 percent of CBITS participants are students of color.

Schools, school-based health centers and mental health providers can learn more and apply for free CBITS and *BounceBack!* training and implementation support by visiting www.chdi.org/cbits.

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