

Stephanie Knutson, Ed.D, MSN, RN
School Health Administration
School Health, Nursing and Education

Got KI??



**In a *RADIOLOGICAL*
Emergency, *STAY TUNED*
and when directed, *TAKE KI***

KI stands for Potassium Iodide. If you live in one of the following towns, contact your local Emergency - Management office for details on when and where to pick up your KI:

East Lyme, Groton, Groton Town, Ledyard, Lyme, Old Lyme, Montville, New London, Waterford, and Fisher's Island, NY.

What is KI?

Potassium Iodide (KI) is a form of stable iodine. It helps protect the thyroid gland from radioactive-iodine so it is important to take your KI dose when directed. Check with a medical provider if allergic.

Who can take KI?

Infants, children, adults, and pregnant women are all encouraged to take their allotted KI dose when instructed. The dosage instructions are included with your KI tablets.



QUESTIONS?

Visit the Division of
Emergency Management
and Homeland Security
website at:
[https://portal.ct.gov/
DEMHS/](https://portal.ct.gov/DEMHS/)

How does it work?

Your thyroid does not know the difference between stable iodine and radioactive iodine. This means that if you take your KI the thyroid will not have any room to absorb radioactive iodine.

When should I take it?

You should only take your KI dose when instructed to do so by public health officials and/or the Governor.





It's My Heart New England CHD Awareness 2020 College Scholarship Program



Purpose

It's My Heart New England is a non-profit organization created to advocate for and provide support to those affected by Acquired and Congenital Heart Defects (CHD). Through awareness, resources, and education, It's My Heart creates alliances and networks among families, groups, hospitals, and the community.

The purpose of the It's My Heart New England Scholarship Program is to support and encourage the continuation of higher education to all those in New England affected by Congenital Heart Defects.

Eligibility

To qualify for one of the It's My Heart New England CHD Awareness Scholarships, the applicant must first meet one of the following requirements:

- Be diagnosed with Congenital Heart Defect;
- Be the recipient of a heart transplant; or
- Be a family member (sibling, child, parent, close relative) of a person diagnosed with a CHD.

Applicant must also meet these four requirements:

- Be a resident of one of the New England States;
- Be a high school senior or enrolled college student with a GPA of 2.5 or higher; and
- Be accepted full or part-time at an accredited 2 or 4-year college, university, or technical school located in the United States.
- Not have been awarded the IMHNE CHD Scholarship in the last two years.

Application Process

Applicant must fill out an It's My Heart New England Scholarship application and submit it to:

It's My Heart - New England Chapter, Inc.
ATTN: 2020 Scholarship
P.O. Box 111
Danvers, Massachusetts 01923

With your application you will also be required to submit the following:

- A letter of recommendation from a guidance counselor, current teacher, unrelated adult, or employer.
- An essay (1-2 pages) describing how living with CHD or having a family member with CHD has affected your life and how you live out the mission of It's My Heart New England by Educating, Advocating for, or Spreading CHD Awareness.
- A copy of your transcript – this can be mailed separately.

Awards

The amount of each scholarship award is \$1,500.00. There will be four (4) scholarships awarded in 2020.

Recipients

The recipients of the It's My Heart New England CHD Awareness Scholarship will be chosen by the It's My Heart New England Scholarship Committee.

Applications

It's My Heart New England CHD Awareness Scholarship applications can be downloaded from the It's My Heart New England website (www.ItsMyHeartNewEngland.org) or you can request one from your high school guidance counselor or by e-mailing ne@itsmyheart.org.

Deadline

Applications must be postmarked by March 26, 2020 for award on or before June 28, 2020 at our 10th Annual Keep the Beat CHD Awareness Walk at Endicott Park, Danvers, MA.

CSDE Needs School Nurses' Responses Regarding: Student Support Multidisciplinary Team Approaches

The Connecticut State Department of Education's (CSDE) is interested in system approaches by student support multidisciplinary team members (school nurse, school social worker, school counselor and school psychologist) to supporting students. In other words, based on individual students or student population issues, concerns, crises, etc., how does local school district student support multi-disciplinary teams function in order to achieve positive outcomes?

School nurses, please respond to the following questions:

1. Would school nurse representatives be interested in participating in statewide quarterly forums on best practices for multidisciplinary team approaches to supporting students?
2. What supports, technical assistances or resources, if any, would school nurses be interested in having the CSDE provide at these forums?
3. What topics, issues, concerns, etc. would school nurses be interested in addressing at these multidisciplinary forums?
4. Other comments?

Please email your responses directly to Dr. Knutson at Stephanie.knutson@ct.gov

2020 Spring School Nurse Supervisor Conference

Save the Date!

Date: Wednesday, May 13, 2020
Location: Courtyard by Marriott Cromwell, Connecticut
Time: 8:30 a.m. - 2:30 p.m.
Registration: Information will be provided by the March 2020 School Nurse Bulletin

Note: Please e-mail Stephanie.knutson@ct.gov for consideration of topics you would like to have addressed at the 2020 Spring Conference. Deadline for suggestions is March 1, 2020.

Updates to: Accommodating Special Diets in School Nutrition Programs

The CSDE has revised the guide, [Accommodating Special Diets in School Nutrition Programs](#) (dated December 2019), to include new food allergy resources, updated websites, and minor content updates. Please discard any previous versions, and replace with the revised version. Additional resources are available on the CSDE's [Special Diets in School Nutrition Programs](#) webpage located at <https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-School-Nutrition-Programs>

Dr. Stephanie Knutson, Bureau of Health/Nutrition, Family Services and Adult Education,
450 Columbus Boulevard, Suite 504, Hartford CT 06103
Phone: 860-807-2108 stephanie.knutson@ct.gov

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