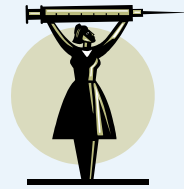




Stephanie G. Knutson, MSN, RN School Health Consultant



Special Points of Interest:

- *H1N1 Resources for K-12 Schools*
- *Novel H1N1 Influenza Guidance for Connecticut School Nurses 2009*
- *Professional Development Opportunities*
- *Coordinated Approach to School Health Position Paper*

H1N1 RESOURCES FOR K-12 SCHOOLS

The federal government has made available resources to help school administrators, health workers, educators, parents, and guardians prepare for the expected return of H1N1 flu this fall. The virus disproportionately affects young people, so it is critical that schools know how to help prevent the flu's spread and be ready to respond to outbreaks. Health and safety should always come first, but if students are dismissed, **continuing learning** is also important.

Please share these resources with your colleagues. Additional information can be found at www.flu.gov, a one-stop resource from the Centers for Disease Control and Prevention (CDC). Questions about the guidance and recommendations for schools can be sent to flu@ed.gov.

1. Preparing for the Flu: A Communication Toolkit for Schools (including fact sheets for teachers and parents).
<http://www.flu.gov/plan/school/toolkit.html>
2. Technical Report for State and Local Public Health Officials and Schools Administrators on CDC Guidance for School (K-12) Responses.
<http://www.flu.gov/plan/school/k12techreport.html>
3. Report a Flu-Related School Dismissal.
http://www.cdc.gov/h1n1flu/schools/dismissal_form/
4. Recommendations to Ensure the Continuity of Learning for Schools K-12 During Extended Student Absence or School Dismissal.
<http://www.ed.gov/admins/lead/safety/emergencyplan/pandemic/guidance/continuity-recs.pdf>



Novel H1N1 Influenza Guidance For Connecticut School Nurses 2009

The purpose of this guidance is to review the current mitigation strategies and identify ways that school nurses can assist with the management of the H1N1 influenza illness in the school setting. This guidance is based on the most current information (August 2009) and is an evolving situation therefore, the best advice is to keep informed and updated by following the Connecticut H1N1 Web site at <http://www.ct.gov/ctfluwatch/site/default.asp> and Centers for Disease Control and Prevention (CDC) Web site at <http://www.cdc.gov/H1N1flu/>. To access this document please click on the Department of Public Health Web site at http://www.ct.gov/ctfluwatch/lib/ctfluwatch/h1n1/school_nurse_guidance.pdf.

Prevent and Reduce Tobacco Use Among Youth

Did you know that Connecticut students who say they are current cigarette smokers, are more likely to be involved in other high-risk behaviors, including sexual activity, dating violence, drinking alcohol and smoking marijuana? They are also more likely to consider themselves depressed ([CT School Health Survey, 2007](#)). These behaviors provide obstacles to student academic success. According to the [Centers for Disease Control and Prevention](#) (CDC), the majority of daily smokers began smoking before 18 years of age and more than 3,000 young persons begin smoking each day. School-based programs and efforts are proven to be successful venues for reducing the use of tobacco. Therefore, the Connecticut Health and Tobacco Trust Fund has set aside funds (\$500,000) for school-based tobacco prevention and cessation programs. The funding is available through a recently released Request for Proposal (RFP) from the Department of Public Health in partnership with the Connecticut State Department of Education (CSDE). To access the RFP and the timeline [click here!](#) Proposals are due on **October 30, 2009**. Letters of intent are due **October 9, 2009**.

Districts can make a difference and are encouraged to apply for these funds to strengthen anti-tobacco efforts at the school level. For more information, please contact Kari Sullivan, PANT Coordinator at 860-807-2008 or kari.sullivan@ct.gov.

Related Resources:

2007 CT School Health Survey Report ([click here!](#))

CSDE's Guidelines for a Coordinated Approach to School Health ([click here!](#))

CSDE's Healthy and Balanced Living Curriculum Framework ([click here!](#))

CDC's Guidelines for School Health Programs to Prevent Tobacco Use and Addiction ([click here!](#))

CDC's School Health Index ([click here!](#))

CDC's Tobacco Use and the Health of Young People Facts ([click here!](#))

Youth Tobacco Cessation Collaborative ([click here!](#))



Professional Development Opportunities

2009 Health Education and Physical Education Coordinators' Meeting

Connecticut's State Coordinated School Health Team is pleased to announce this opportunity for Health Education and Physical Education Coordinators.

Date: Thursday, October 15, 2009

Time: 8:30 a.m. – 3:00 p.m.

Location: Crowne Plaza Hotel, Cromwell, CT

Register at: <http://www.registereastconn.org/>

Join Health Education and Physical Education Coordinators from across the state to develop and share strategies that promote student health and wellness and its direct connection to academic achievement. This meeting will set the stage for future statewide meetings and the development of regional collaboration throughout the state. Come and discover information about federal, state, and regional initiatives, resources and success stories that will have a positive impact on your work.

School Nurse Cadre Workshops

The Cadre is a select group of school nurse leaders from local school districts, regional educational service centers (RESC), local health departments, and state agencies. As trained facilitators, they are committed to providing quality professional development to promote student health and academic achievement. These programs are sponsored by the Connecticut State Department of Education (CSDE) in collaboration with the Association of School Nurses of Connecticut, RESCs, State Education Resource Center, local school districts and local health departments.

Workshops provided by the Cadre include: Asthma Management for Schools; Documentation - Implications in School Health; and Understanding 504.

For additional information and workshop topics, please access the CSDE Web site at <http://www.sde.ct.gov/sde/lib/sde/PDF/deps/student/health/Prodev.pdf>.

Online Courses for Hearing and Vision Screening

These online learning opportunities provide school nurses with the knowledge, skills, and procedures that are essential to developing a comprehensive vision screening program in schools and provide content about hearing, hearing loss, and hearing screenings required within a school nursing scope of practice. These courses are self-paced and designed for independent learning. You can register at any time by contacting Karyn Champion at champion@ctserc.org or 860-632-1485, ext. 225, to receive a registration form. You must register by mail or fax before enrollment in these courses can take place. Additional information can be found at <http://ctserc.com/learn/>.

Bone Health Campaign Helps Girls Build Their Best Bones Forever!

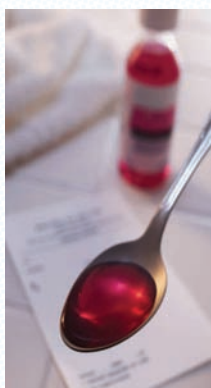
Girls need lots of foods with calcium and vitamin D and physical activity to help build strong bones for life. **Best Bones Forever!** is a new campaign launched by the U.S. Department of Health and Human Services' Office on Women's Health. With fun and attractive logos, campaign materials, and Web sites, Best Bones Forever! encourages and motivates girls to choose bone-healthy foods and get active. Quizzes, recipes, and free items can be accessed at the Web site designed just for girls at <http://www.bestbonesforever.gov>. The Web site for parents is <http://www.bestbonesforever.gov/parents>.



!!!! IMPORTANT NOTICE !!!!

Voluntary recall of selected lots of McNeil Consumer Healthcare liquid Products

McNeil Consumer Healthcare (the makers of TYLENOL®) is voluntarily recalling certain lots of Children's and Infants' TYLENOL® liquid products that were manufactured between April 2008 and June 2008. All products manufactured met internal specifications. However, the company is implementing this recall because during this period, an unused portion of one inactive ingredient did not meet all quality standards. As a precautionary measure, it was decided to recall certain lots of Children's and Infants' TYLENOL® liquid products. The recall does not apply to Children's TYLENOL® Meltaways and Junior Strength TYLENOL® Meltaways. Please access the following link for more information: <http://www.tylenol.com/generic.jhtml?id=tylenol/news/subpchildinfantnews.inc>.



State Board of Education Adopts Position Statement on a Coordinated Approach to School Health

On September 2, 2009, the State Board of Education adopted a position statement that supports the implementation of a coordinated approach to school health and comprehensive health education in local school districts. In addition, there are accompanying Guidelines for Policymakers which outline the responsibilities of the state's various stakeholders and offer strategies to implement a coordinated approach to school health within the school community. The State Board of Education believes that a coordinated approach to school health provides a foundation for children and youth to be fit, healthy and ready to learn, which directly supports the State Board of Education's three priorities: high-quality preschool education, academic success for all students and secondary school reform. The position statement, accompanying guidelines and additional resources to assist school districts to implement a coordinated approach to school health are available at www.ct.gov/sde/healthyconneCTions. If you would like additional information or assistance implementing a coordinated approach to school health within your school district, please contact Donna Heins from the Coordinated School Health team at 860-807-2082 or Donna.Heins@ct.gov.

STEPHANIE G. KNUTSON, MSN, RN SCHOOL HEALTH 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

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

Nondiscrimination Statement

The State of Connecticut Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons and does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, national origin, sex, disability, age, religion or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. Inquiries regarding the Department of Education's nondiscrimination policies should be directed to the Affirmative Action Administrator, State of Connecticut Department of Education, 25 Industrial Park Road, Middletown, CT 06457-1543, 860-807-2071.