Greetings to all our loyal membership,

I know that WOW! is not an overly professional way to start addressing a professional nursing organization, but as I ponder a brief message to ASNC membership, this remains my predominant thought. This has been such a dynamic and exciting year for us. The positive buzz from our membership is palpable. We have a fantastic blend of new and experienced Board members making great progress strengthening the infrastructure of our organization, and advocating for all professional school nurses and the health and safety of the students who are at the forefront of our efforts. A few highlights include:

- The ongoing development of our new website [www.ctschoolnurses.org](http://www.ctschoolnurses.org)
- A more user-friendly program to register for conferences and events and communicate with our membership
- Direct involvement with more professional development activities than ever before
- Successful Dinner Meetings with engaging speakers and invaluable networking – we may even break our all-time attendance record after our May 7th meeting
- We are riding the tide of last year’s School Nurse Advisory Council Bill, and are on the verge of what might be our most productive Legislative Session ever, including a revision of outdated health screening requirements, mandating New School Nurse Orientation, and establishing a landmark minimal School Nurse-to-Student Ratio.

As we continue to strengthen our collaborative relationships with parent advocacy groups, educators, colleges and universities, the medical community, legislators and policy-makers, and, of course, all of you, I hope you can share in our enthusiasm for the progress we are all making for our profession and for all students in CT. I hope everyone can join us in celebrating National School Nurse Day on May 7, 2014.
Are you getting our communications?

If you are a member of ASNC/NASN and have not been receiving emails from us, please check your email address in your NASN profile. We have sent out a few communications recently and some (18) of those emails have bounced. Most of them are school email addresses. You might want to check with your school IT people to determine if they have gmail.com addresses blocked from your system.

There are many free email services available (outlook.com, gmail.com, yahoo.com and others) that you can subscribe to and get these communications at home.

If you change your email address, you will need to change it in your NASN profile in order for it to be changed with us. That will also assure that you get all the NASN information. To make changes to your NASN profile log into NASN with your member number and password, click on School Nurse Net, click on profile and then edit profile. Your primary email address is about half way down the first page of your profile.

If you have a problem with this, please contact us at asncassociation@gmail.com and we will add a different email for you in our records.

Why can’t we provide refunds for meetings?

We sometimes get requests for refunds for dinner meetings when an attendee cannot attend for some reason or another. When we plan a meeting requiring a venue and food we base our costs on a number of things: the cost of the venue, the cost of the speaker and the cost of the food including service charge and taxes. We base our entrance fee on all of those expenses. The venue or caterer requires that we give them the guaranteed number of attendees a certain number of days prior to the event and we are required to pay them based on that guaranteed number plus any additions. In other words, if we tell them we will have 95 people and only 90 attend we still have to pay for 95 people.

In order to keep the cost of our meetings down, we try to keep our cost to attendees close to our actual costs so there is little wiggle room between what we charge and what we pay. Our suggestion if you are unable to attend is to try to find someone to replace you at the meeting. If you find a replacement to attend in your place we would be able to refund your money once they have paid.

Calling all ASNC members who are retiring!!

We would like to honor your years of service to ASNC and to school nursing at our School Nurse Day dinner meeting at the Riverview Bistro in Stratford on May 7th.

Kindly send your name, school district, years of service, and a brief bio by May 2 so that we may honor and celebrate with you at the dinner. Please send info to Mary Anne Porto at map_rm@yahoo.com (note underscore between p and r).
New England School Nurse Conference

Save the date for the New England School Nurse Conference hosted by the Rhode Island Certified School Nurse Teachers

Come sail away to Newport, RI for a weekend of adventure as we navigate and search out the best practices in school health to care for New England's children.

School Nurses Sailing Into The Future
Hyatt Regency Newport Hotel and Spa
May 3-4, 2014 Providence, RI

Morning Keynote Speaker:
Donna Mazyck, Executive Director NASN

Afternoon Keynote Speaker:
Dr. Steve Sobel

Registration fee is:
$200.00 for Saturday and Sunday
$175.00 for Saturday ONLY

Brochure can be accessed at www.ctschoolnurses.org

Kudos To Our Published Board Members
By Annette Sauerbrunn RN, MPH

Congratulations to three of our ASNC Executive Board members, for having their articles published in the NASN School Nurse Journal, the official publication of the National Association of School Nurses: Cheryl Resha, EdD, MSN, RN, FNASN; Donna Kosiorowski, MS, RN, NCSN, and Suzanne Levasseur, MSN, APRN, CPNP.

Dr. Resha, pictured at left, is currently an associate professor of nursing at Southern Connecticut State University and is the NASN Director for ASNC. Mrs. Kosiorowski is the supervisor of school health services in West Haven, Connecticut, and serves as the chair of the Government Relations Committee of ASNC. Mrs. Levasseur is the supervisor of health services for Westport Public Schools, and works as a nurse practitioner in pediatrics at Danbury Hospital. She is also the president-elect of the ASNC.

Dr. Resha, along with Dawn Lambert MSN, RN, described why “the need for advocacy remains in the forefront of school nursing...” in their work entitled School Nurses: Breaking the Sounds of Silence Through Advocacy. The article details importance of school nurses “using their voices to advocate for the needs of children” because they “...cannot provide care, serve as the critical liaison between the community, family, and school if they are not there.” Several practical, attainable suggestions were offered to help school nurses begin the process of advocating for themselves and the communities in which they serve.

Mrs. Kosiorowski, in her article entitled The Art and Science of Political Advocacy, promotes school nurse advocacy through another important channel: elected officials. The process of submitting testimony in support of, or against, proposed legislation is well detailed, along with some relevant examples of current efforts by school nurses in other states who have taken their cas-
es to court. Helpful tips for successful political advocacy were also offered, along with links on How a Bill Becomes a Law in Connecticut, How a Bill Becomes a Law With Congress, and A Guide to testifying at a Public Hearing.

Sue Levasseur and Donna Kosiorowski

Mrs. Levasseur, along with co-editors Sally Schoessler, MSEd, Lisa Albert, MSN, and Cathy Owens, MEd, in their article Saving Lives at School, described some of the resources available to school nurses to help them be prepared to deal with anaphylaxis. One resource of particular importance in CT is the Cadre of School Nurses, comprised of “… trained facilitators (who) provide quality professional development through interactive, research-based workshops…” Their Saving Lives at School program has proved to be highly effective, and is available to all school districts in the state. ASNC has also been promoting standing orders for epinephrine and school emergency allergy plans by providing expert testimony at the legislative level.

For reprints and permission queries of these articles, please visit SAGE’s Web site, http://www.sagepub.com/journals.nav

CPR/AED: A Success Story

An event occurred in the summer of 2006. Michael Papale, a former student and wonderful athlete was helping his father run a summer basketball clinic when he went into sudden cardiac arrest at the age of 17. He was fortunate that a former emergency responder trained in CPR was nearby and was able to begin compressions immediately. The doctors said that his chances of survival were one in a million, yet Michael survived. He was our inspiration to teach the lifetime skill of cardiopulmonary resuscitation to as many people as we could.

Kathy Palermo, the Health and Physical Education teacher and Carol MacDonald, the school nurse at Rock Hill school, decided to teach the entire staff at Rock Hill School First Aid, CPR, and AED. But where do you start? Michael’s story inspired us to teach others to be prepared in the event of some unforeseen cardiac emergency. A representative of the Rock Hill School Craft Fair donated the profits to purchase CPR/AED books and needed equipment. The school district agreed to put AEDs in all our schools at the urging of Mike’s parents. With a grant from our school’s Parent Teacher Organization, we were able to become certified basic life support instructors and spread the word to anyone who would listen.

Every staff member agreed to be trained and complete the CPR/AED training course. At the time of the training, staff was informed of the reason we began this mission. Michael Papale came to the school to share his story with us and celebrate his eighteenth birthday. After telling his story, all staff felt we had achieved something of great importance.

Once that was accomplished we decided it was time to branch out and teach fifth graders what CPR was all about. From there, Julie Wollen, the Health and Physical Education teacher, and Sue Pallotta, the school nurse at Stevens School, decided to expand this successful offering to fifth graders at their school. The program received wonderful reviews, and we all knew that we could continue to get this important information out to an even larger audience.

Dr. Salvatore Menzo, Superintendent of the Wallingford school district, approved our request to move forward and offer the training to all the 5th grade students in the district. Over the last four years we have been able to teach this course to over two thousand fifth graders! With the continued support of many in the town and
district we have been able to help make Wallingford a "Heart Healthy" community.

A wonderful story emerged in recent days. Our school secretary, who was certified through our training program, along with another woman who was also trained by us, were there to save a life! They successfully performed CPR and used an AED on a 39 year old male. This happened at the town's recreation center.

Sometimes inspiration can come from the most unusual places, but that's when you must seize the moment. I'm so glad we did! Thank you Michael!!

Kathy Palermo
Health and Physical Education Teacher

Carol MacDonald R.N.
School Nurse
Rock Hill School
Wallingford, CT

News From Our Winter Dinner Meeting

Although a snow storm forced ASNC to use the snow date of February 6th for this meeting, overall it was very successful and well attended. We had over 85 people attending the event at the Villa Capri in Wallingford, CT. Kate Mattias, Executive Director, NAMI Connecticut (National Alliance on Mental Illness) spoke on the topic of Essentials of Mental Illness. She provided an overview of the most common mental illnesses, therapies and other interventions that are working and we learned how recovery is possible. Her presentation and information is posted on the ASNC website.

NAMI Connecticut is a statewide, grassroots, member organization which, along with its local affiliates, shares a common three-fold mission:

- **Support** to families and individuals with mental health challenges who face the ongoing difficulties of mental illnesses;

- **Education** for families, and people with mental illnesses and the public about brain disorders and the impact of diseases on the lives of individuals and families; and

- **Advocacy** for improved treatment and services for all individuals with mental illnesses, as well as increased research that will lead to more effective treatment.

For more information on NAMI you can obtain information on the website www.namicht.org

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On The Lighter Side...

Faine Gauthier and Chlo Gonsalves enjoy their evening together at Villa Capri.
The 46th Annual NASN Conference
Joan Cagginello
NASN Director

It's time to make your plans - The 46th Annual NASN Conference will be held this summer in San Antonio, Texas! Pre-conference will be held on Friday, June 27th and will offer a full day course on School Emergency Triage, Childhood Obesity, Pediatric First Aid for Caregivers and Teachers (an NASN Instructors Course). The Pre-conference will be followed by the 4-day Annual Conference from Saturday, June 28th-Tuesday, July 1st. Since the state motto of Texas is Friendship, what better way to kick-off the summer, than to travel to the Lone Star State and celebrate school nursing with friends and colleagues from across the country and from around the world!

The theme of the 2014 NASN Annual Conference is Come for the Education - Stay for the Motivation - Leave with the Inspiration. For many of our Connecticut colleagues who have attended the Annual Conference in past years, we know that we can support this theme as being true; we arrive thirsty for knowledge and anxious to absorb information from the general and breakout sessions, we're motivated by hearing about fantastic programs our school nurse colleagues are providing and we leave the conference inspired to return home and bring new ideas to our schools & districts.

This year, the conference promises to continue the tradition of offering a premiere school nurse conference featuring cutting edge presentations on contemporary issues faced in school health service programs across the country. Additionally, there will be sessions on leadership & management, how to provide quality presentations in your district and instructions and refreshers on pediatric physical assessment and interventions. Don't forget the over 100 vendors offering new products, services and programs for school health as well as the tried and true products we use every day. Conference attendees will not return home empty handed!

The conference will be held at the San Antonio Marriott Rivercenter which is located on the famed River Walk. The River Walk is a hub of entertainment, restaurants and shopping in the heart of San Antonio and is the number one tourist destination in the state of Texas. There are boat rides on the river, Segway town tours, museums, entertainment and all just steps away from the hotel. The Alamo, Sea World San Antonio, Splashtown Waterpark, working ranches and a number of other attractions are nearby. The NASN Endowment Event will be held at the Knibbe Ranch which is a working cattle ranch established in 1852, located on 1000 acres.

There will be hay wagon ranch tours, a down home bar-b-q, music and dancing to the Jody Jenkins Band and other activities.

Registration for the NASN Annual Conference opened on February 3rd - don't hesitate to make your plans as the hotel fills quickly and you don't want to miss out. Visit the NASN website for information and to register for the conference. Hope to see you in Texas in June!
More Photos from the Lovely San Antonio Marriott Rivercenter.

Save The Dates

**May 3rd and 4th 2014**
New England School Nurse Conference
Hyatt Regency Newport Hotel and Spa, Providence, RI

**May 7, 2014**
ASNC Spring Dinner Meeting
Riverview Bistro, Stratford CT
In honor of National School Nurse Day, Dr. Linda Barile will be speaking about stress management.

**June 28 - July 1, 2014**
46th Annual NASN Conference
Marriott Rivercenter
San Antonio, TX