

August 27, 2020

Hello,

Welcome to Ballard High School!

My name is Laurie Tirtanadi and I will be your new School Nurse for the 2020-2021 school year. I'm very excited to be working with all of you! My job is to support your child's health and learning this upcoming year. With all the uncertainty surrounding the school year, I hope to be able to collaborate with, and support you as we navigate these challenging times. I look forward to speaking with you by phone or communicating with you by email. My office number is 206-252-1007 and the confidential nurse fax line is 206-743-3106. My email is ljtirtanadi@seattleschools.org. As schools are starting remotely for the time being, here is some information of interest. Please do not hesitate to email or call if there are any questions. I am available Monday through Friday.

COVID-19 RESOURCES

I can help you sort out possible COVID-19 symptoms and to access help for testing. There is a wide variety of resources here at <https://www.kingcounty.gov/depts/health/covid-19.aspx>. You can access free COVID-19 screening through the Public Health SCAN program for your children. <https://scanpublichealth.org/>. Use the code SCANKIDS as a quick way to bypass the daily limits for testing.

ANNUAL HEALTH INFORMATION FORM

Please let me know if your child has a health condition which might impact his or her learning by completing this form online on the Source <https://ps.seattleschools.org/public> from (Sept 4-30). You can also complete the form from the SPS Health Services website and faxing it directly to me.

EXPANDED HEALTH SERVICES

All SPS students can access mental and physical health services through our many school-based health centers. Services include: Well-child exam, sports physicals, immunizations and flu shots, mental health support, reproductive health care, access for health insurance, and prescriptions for medications for chronic conditions such as asthma.

<https://kingcounty.gov/depts/health/child-teen-health/school-health.aspx>. We have a School-based Health Clinic right in Ballard High School visit the BTHC webpage on our school website ballardhs@seattleschools.org.

FLU DRIVE THROUGH CLINIC – SEPTEMBER & OCTOBER

It is important for all of us to get an annual flu shot, especially those with chronic conditions such as asthma or those who live with family members who have weak immune systems. Flu and COVID-19 symptoms are almost the same. People who are at-risk for COVID-19 are also at-risk for the flu. All SPS students can get flu shots through the School-based Health Centers. SPS students and families can get a flu shot through the Seattle Visiting Nurse Association "drive-through" flu clinics at 16 school locations in September and October. SVNA accepts insurance and cash for adults and children. Children who are uninsured may qualify for a no-cost flu vaccination. Sign up for the Visiting Nurse "drive-through" clinic at https://www.seattleschools.org/district/calendars/news/what_s_new/flu_clinics

IMMUNIZATIONS

We want to protect every student from communicable diseases especially during COVID-19. If your child is lacking school-district required vaccines, I will contact you. It is possible that I am missing records of vaccines your child has already had. There are teen vaccines that are not required for school but are recommended by the Center for Disease Control. These are: Hepatitis A (2 doses), Meningococcal B (2 doses), Meningococcal A(1 or 2 doses), HPV (2 or 3 doses). All of these are available through the School-based health centers or through the King County website at <https://www.kingcounty.gov/depts/health/communicable-diseases/immunization/clinics.aspx>

STRENGTH AND DIFFICULTY QUESTIONNAIRE (SDQ)

I may use the SDQ screening tool in grade 9 to help identify students who may need additional supports to thrive academically and socially. Parents, school staff may use this tool to give feedback about how well the student in any grade is doing in four areas: emotions, focus, behavior and getting along with others. You can see more information about this screening tool at <http://www.sdqinfo.com>.

In good times and in challenging times, I know that you want the best for your children, You want them to be safe, healthy and happy. And you want them to always be learning, growing, and getting ready to take on the world. If your child has a LIFE-THREATENING HEALTH CONDITION (anaphylaxis, diabetes, seizures, asthma, etc), please complete and send/fax the needed medical forms needed during the beginning of the school year. Immunizations will need to be up to date as well, please check with your family's medical provider. All needed forms are on the SPS website in Health Services under Forms. Or you can send me an email requesting the needed form.

Helpful 4 forms are found on the SPS Health Services website include:

1. Medication Authorization Form
2. Release of Medical Records
3. Annual Health Information Update
4. Authorization for treatments/procedures performed at school

Also of interest:

The Certificate of Exemption for Vaccinations Form from the Department of Health.

https://www.doh.wa.gov/Portals/1/Documents/Pubs/348-106_CertificateofExemption.pdf

Accessing your student's immunization records:

<https://www.doh.wa.gov/YouandYourFamily/Immunization/ChildProfileHealthPromotion/ForParents/AccessyourFamilyImmunizationInformation>

Again, Welcome and let me know if I can be of assistance to you.

Laurie Tirtanadi, RN, MS, ARNP (she/her)

School Nurse

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**EVEN THE SMALLEST CHANGES
CAN MAKE A BIG DIFFERENCE**