

October 2020



# BELLEVUE SCHOOL DISTRICT HEALTH SERVICES



Message from your School Nurses for Staff, Students & Families

## Health Spotlights:

- Covid19 Resources
- School Start!
- Monthly Focus
- Looking Ahead
- Compliance Corner



## Meet a School Nurse!



**Erin Ferguson** BSN, RN  
Enatai Elementary/Big Picture HS  
Where did you start Nursing?  
**Lazy F Camp & Retreat Center-  
Camp Nurse**  
Time with BSD? **2016-17 @ Big**

### Picture & Enatai

One skill that you are proud of: **Baking, knitting, sewing, watercolors for others, brightening their day to let them know they are loved** ❤️  
Favorite thing about your job: **It's never dull! PK-12<sup>th</sup> grade gives me little bit of everything! I live for moments that I get to make a difference, its what makes it worthwhile.**

If you could be an animal - what and why? **A housecat-introverts but demand cuddles when they want, they land on their feet, & I love their sleeping schedule.**



**Sarah Kim**, MSN, RN, CPN, NCSN  
Bennett /Lake Hills/International HS  
Where did you start Nursing? **Pediatric Nurse at Univ of California Irvine**  
Time with BSD? **5 Years**

One skill you have that you are proud of:  
**Finding the fun in the mundane.**

Your favorite thing about your job: **I love helping students discover their potential!**

If you could be an animal - what and why:  
**An eagle, would Love to fly to the tops of mountains and peek into Disneyland**



## Affirm: Full Remote to Full In-Person Learning!

September successfully brought back students to in-person learning at Enatai Elementary and Highland Middle, joining our Childcare Programs at Stevenson, Phantom Lake and Eastgate Elementary. This was made possible by countless hours of work by all BSD Staff and **“A mission to prioritize the health and safety of Students, Staff, and our Community!”** If you find you have questions:

**Nurse Hotline: 425-456-4444 M-F 9am-12 Noon, available in Spanish**

**Let's Talk:** Found on the BSD website, Services– Health: **Click “Contact Us.”**

You may find the answers to more by visiting: [kingcounty.gov/covid](http://kingcounty.gov/covid). This information is available in 33 languages!



**No Harry, it's not Magic, it's a lot of Hard Work!**

## Inspire: October is Dyslexia Awareness month

Dyslexia is a language-based learning disability characterized by difficulty associating letters with sounds, causing challenges with speaking, reading, writing, and spelling. Dyslexia is not tied to IQ, people with dyslexia are often out-of-the-box thinkers who solve problems in innovative ways. Successful people with dyslexia who have changed the world include: Salma Hayek, Edward James Olmos, Peyton Barber, Jewel, Muhammad Ali, Tom Cruise and Jennifer Aniston.



## September 15th—October 15 is Hispanic Heritage Month

National Hispanic Heritage Month traditionally honors the cultures and contributions of both Hispanic and Latino Americans as we celebrate heritage rooted in all Latin American countries since 1968. The term Hispanic, Latino, Latinx refers to a person's culture or origin, regardless of race.



## Thrive: Prevent Eye Strain during virtual School

**Eye Fatigue:** called asthenopia, characterized by eye discomfort, dimness of vision, and headache. It is caused by prolonged focus on a screen. **Dry, Irritated Eyes:** Long stretches of screen time also cause the eyes to get dry and irritated. People of all ages blink far less often when concentrating on a screen. **Loss of Focus Flexibility:** When eyes stay focused close-up for long periods, it can be difficult to adjust to distance vision. **Healthy Habits can Help:** 1. **Set Screen Time Limits** 2. **Practice 20-20-20-2:** break focus every 20 minutes, focus on something at least 20 feet away for 20 seconds, and blink 20 times. The Last 2 stands for get outside for 2 hours each day if possible! For more info: [Children's Hospital of Philadelphia](http://Children's Hospital of Philadelphia)



## Looking Ahead: Drive-Thru FLU Vaccinations: October 13,14,15 Odle MS or Newport HS

According to the CDC (Centers for Disease Control and Prevention), the single best way to protect you and your family from influenza is to receive a “flu shot” each year. BSD and Seattle Traveling Nurses is providing an easy way to get your entire family vaccinated, by **“Rolling down your window and rolling up your sleeve!”**

**To register:** *Right click the masked emoticon to open link*

**or go to:** <https://schedule.seattlevna.com/home/c7c8a4ed-45fc-ea11-a815-000d3a31a6ee>

Scheduled vaccinations should remain a priority, link here to find local, open clinics: [Find an Immunization Clinic](#)



## Compliance Corner:

**Individual Health Plans (IHP)** We are currently collecting student's signed IHPs. Please email your School Nurse the completed forms before your student returns to in-building learning. Additionally all medications given at school require a provider's signature that is renewed each year. **Here is a link to the Medical Authorization form: [Med Auth Form](#)**

## School Nurses make Health a Top Priority...

**Managing IHPs and medications, Training Staff for Life Threatening Health Conditions and Covid19 Protocols, Advising and Collaborating with District Administrators on Safe Return to Schools, Members of School Safety Teams and more...**