



# BELLEVUE SCHOOL DISTRICT HEALTH SERVICES

December 2020



A Message from your School Nurses for Staff, Students & Families

## Meet a School Nurse!



**Lynn Pelton** BSN, RN  
Sherwood Forest Elementary  
Where did you start Nursing? **Emergency, Iowa**

Time with BSD? **This is my 8<sup>th</sup> year in the district, 40<sup>th</sup> year nursing**

One skill that you are proud of: **Gardening**  
Favorite thing about your job: **working at 1 school, watching children's growth from K to 5<sup>th</sup>. Sherwood is diverse. This makes for an enriching environment for staff and students.**

If you could be an animal - what and why? **A dog. Under the Chinese Zodiac, I'm Year of the Dog, perhaps that is influencing me, but I also like that most of us see our dogs as part of the family, loyal, social and friendly.**



**Cori Ponte**, MSN RN  
Newport Heights Elementary  
Where did you start Nursing? **In a large allergy/asthma practice**  
Time with BSD? **10<sup>th</sup> year.**

One skill that you are proud of: **Organization; Calm under pressure, good in an emergency**

Favorite thing about your job: **Working with the kids!**

If you could be an animal - what and why? **A dolphin – they can jump, play, swim, and they are social.**



## National Handwashing Awareness Week December 1-7, 2020

Practicing frequent handwashing, scrubbing for 20 seconds, is one of the best ways to prevent illness and now more than ever! Learn more: [Handwashing: Clean Hands Save Lives](#)

## National Influenza Vaccination Week December 6-12, 2020

We encourage everyone to protect themselves and their loved ones from flu, reminding our Bellevue community who are 6 months and older, that it's not too late to get a flu vaccine! A brief video looking at how flu can affect you and your family and why a flu vaccine is so important -

["How Does Flu Make You Sick?" Animated Video](#)

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



**Screens & Sleep** – Sleep is an important **mental health** mitigator! Getting enough sleep helps us build resiliency. One major contributor to decreased sleep is cell phone use and adults addiction to their phone is on the rise. See if your sleep improves if you charge it in another room!



## Screens and sleep

Lots of people check their phones during the night.

Percent of parents and teens who sleep with a mobile device in bed:

29%

12%

Teens

Parents

Percent of parents and teens who wake up to check their mobile device at least once during the night:

36%

26%

Teens

Parents

## Looking Ahead



**New Temporary Restrictions in King County. [Click Here for information](#)** King County Nurses are issuing an urgent call, an appeal to act now, in regard to Covid-19: "Please, for us, for you and your families, and for our whole community, wear a mask whenever you're in public, particularly indoors. Stay at least 6 feet from others outside your household. Avoid gatherings, especially inside, and reduce travel and other activities away from home. Get tested right away if you have COVID-19 symptoms or were in close contact of a positive Covid case, quarantine for 14 days."

**Individual Health Plans (IHP)** We are currently collecting student's signed IHPs. 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...

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

**Let's Talk:** Found on the BSD website, Services– Health: **Click ["Contact Us."](#)**

For answers to Covid19 questions: School Safety, Testing, Return to Work or School. Also visit: [King County Public Health Covid19](#). This information is available in 33 languages!

Bellevue School Nurses wish you all a Safe and Wonderful Holiday Season!