



Hello! from Nurse Kari



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Welcome to all Cascadia families! My name is Kari Asadorian and I am your School Nurse. Please call me Nurse Kari. My job is to support your child's health and learning this year especially during these challenging times.

As we begin this extraordinary start to the new school year, please know that Cascadia staff have been very busy and focused on preparing and strategizing to support students and families during remote learning. I am already missing the back to school vibe, meeting new teachers and families in person and the hustle and bustle of elementary students whose energy and enthusiasm are infectious. And there is that word: *infectious*.



The COVID-19 pandemic has made clear the importance of health and safety. During remote learning, I will be reaching out to check in with students who have a health concern and to connect with students and families who may need extra support. Please let me know if you would like to hear from me. I can speak to you on the phone, or through online platforms.






I can help you sort out possible COVID-19 symptoms and to access help for testing. A wide variety of resources can be found at [King County Health](https://www.kingcounty.gov/health/). You can access free COVID-19 screening through the [Public Health SCAN program](https://www.kingcounty.gov/health/scan/). Use the code **SCANKIDS** as a quick way to bypass the daily limits for testing.

To prepare for a healthy and safe 2020-21 school year, please provide updated health and medication information on your child. Please complete the [Annual Student Health Update](https://www.seattleschools.org/cms/One.aspx?portalId=627#fludate) form either online or in PowerSchool (Sept 1-30), by the paper copy in the first day packet or by letting me know by email or phone.

During this time of remote learning, one of the most important things you can do is to make sure your child's immunizations are up to date. Schedule a flu shot for your student and family members. We will be holding two drive through flu clinics at Cascadia on September 25 and 30th. Here is the link to consent forms, schedule and vaccine info: <https://www.seattleschools.org/cms/One.aspx?portalId=627#fludate>

Keeping your child’s immunizations up to date and getting a flu shot are two ways you can help keep your family and our community healthy.

Health Information Important for the New School Year:

<p>Immunizations Up to Date?</p> 	<p>If you received a letter from Health Services requesting information about immunizations, please make sure that your child has completed the immunization(s) listed and send documentation of the immunization to the school nurse. NOTE: The personal exemption for measles is no longer allowed. For school attendance, students must have proof of measles immunization. Exemptions for medical or religious reasons are still allowed.</p> <p>Immunizations are mandated by state law to help keep your child and our community safe and healthy.</p>
<p>Health Updates</p> 	<p>Please report any health issue your child has that could impact safety and learning at school to the school nurse. You can contact the nurse directly by phone or e-mail. Or fill out the online student verification form in PowerSchool (September 1-30) or online (Annual Student Health Update).</p>
<p>Medication Form</p> 	<p>Complete the Authorization for Medications Taken at School (multiple languages), one for each medication, signed by you AND your health care provider. This is required for ALL medications.</p>
<p>Medication</p> 	<p>All medications must be in their original container with a pharmaceutical label. Emergency medications must be in the building on or before the first day of in school instruction.</p> <p>*Check medication expiration dates! Try to get medications that that will cover the entire school year.</p>
<p>Be COVID Smart</p> 	<p>Know How to Limit the Spread of Covid-19 and Practice These Steps:</p> <ul style="list-style-type: none"> • Avoid close contact with other people • Cover your nose and mouth with a mask when around other people • Wash your hands frequently • Keep hands away from your face • Stay 6 feet apart from other people • Cover sneezes and coughs • Use the Public Health SCAN program if you worry your child may have symptoms