

Welcome to school year 2016-2017!

My name is Annette Cologna and I am the new full-time school nurse at Ballard High School. I am passionate about working with the youth within my community. From my experience as a hospital nurse specializing in cardiac and thoracic care, previous employment working with youth, and working for Seattle Public Schools this past year, I and feel confident that I can attend to many of your child's ills and injuries. Some of you may know me from last school year when I substituted for Meg Carlson, long-time BHS nurse, who is now retired.

My office is located on the first floor off The Commons next to the Security office. Our school nurse mission is to provide a comprehensive program of services that encompasses prevention, early detection, and remediation of health problems by providing health services, health education, and a healthy environment. I depend on the parents to keep me informed about changes in their child's health so that I can provide the appropriate care. **Please be sure we have your current phone numbers at home, work, and cell – this is extremely important when there is a student who is really ill or needs to go to the doctor!**

Please notify me immediately if your child has any of the following potentially life-threatening conditions so that I can be sure to have the most current information:

Seizure disorder

Diabetes

Anaphylactic Allergic Reaction

Asthma

Below are links that may be useful to you. I am happy to provide a hard copy for you if you do not have access to the internet. Please feel free to call me at (206) 252-1007 or email alcologna@seattleschools.org and I will get back to you as soon as I can.

Forms: Medication Authorization at School (for both prescription and over-the-counter medications), **Health Information, Life Threatening Allergy Plan**. You can download forms and print them by going to ballardhs.seattleschools.org, **Services** tab, **School Nurse** tab; click on **School Nurse Forms** or by using the link below:

http://ballardhs.seattleschools.org/UserFiles/Servers/Server_680/File/Services/School%20Nurse/school%20nurse%20forms.pdf

Vaccines required for school attendance, 2016-2017

<http://www.doh.wa.gov/Portals/1/Documents/Pubs/348-295-SchoolImmReqforParents2016-2017.pdf>

Medication Administration Policy -

https://www.seattleschools.org/UserFiles/Servers/Server_543/File/Migration/Departments/Nursing/Health-Related%20School%20Info/policy.pdf

Parent guide to “Is My Child Too Sick to Go To School?”

https://www.seattleschools.org/UserFiles/Servers/Server_543/File/District/Departments/Health%20Services/Communicable%20Disease/Too%20Sick%20for%20School.pdf

Emergency Preparedness -

<http://www.kingcounty.gov/healthservices/health/preparedness.aspx>

If you think your child may be eligible for free lunch, your child may also be eligible for other reductions in school costs (cap and gown, SAT, athletic fees, etc). Please see your child's academic counselor, the lunchroom manager Lan Dang, or me for more information.

We are fortunate at BHS to have the **Ballard Teen Health Center (BTHC)**, a full-service clinic associated with Swedish Hospital. They are conveniently located in the healthcare center next to my office area and can see BHS students who register with them. You may reach them by phone at Swedish Teen Health Center office: (206)781-6400 fax: (206) 784-5493 Registration forms are located in their office and on Ballard High School's website. Go to ballardhs.seattleschools.org Go to **Services** Tab, **Teen Health Center** tab, Scroll down to bottom to forms or link: **Consent for Healthcare Services**

http://ballardhs.seattleschools.org/UserFiles/Servers/Server_680/File/Services/Teen%20Health%20Center/Teen%20Hlth%20Consent%20for%20Health%20Care%20Srvcs.pdf

Annette Cologna, RN, BSN, PCCN

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I have included some community resources that you may find useful.

COMMUNITY RESOURCES

Community resources are not widely known and families often do not know where to turn for help in a crisis. For this reason we put together a list of places where you and your family can call for assistance if you have any concerns about someone's well-being. This is by no means a complete list, but these are organizations that have been helpful to us in the past. Of course, if it is a medical emergency, please call 911 and listen for their instructions.

24-Hour Crisis Line - available 365 days a year

206.461.3222

866.427-4747 toll free

206.461.3219 TDD

www.crisisclinic.org

Teen Link - every evening 6 - 10 pm

206.461.4922

866.621.4636 toll free

206.461.3219 TDD

Poison Control - national number

1.800.222.1222

Center for Human Services Mental Health/Drug and Alcohol Counseling

17018 15th Ave NE

Shoreline, WA 98155

206.362.7282

Domestic Abuse Women's Network (DAWN)

425.656.7867

425.656.4305 TDD

The Healing Center - a grief support community

Individual grief counseling and teen support groups

Ann Sparling White

6409 1/2 Roosevelt Way NE

Seattle, WA 98115

206.523.1206

Safe Crossings/Providence Hospice of Seattle - Grief and Bereavement

Groups and individual counseling for teens around loss and grief

Safe Crossings Foundation

815 1st Street, #312

Seattle, WA 98104

206-652-4SCF(4723)

Drug-Alcohol Counseling resources – contact me and I will send you a list of local chemical dependency counselors. We also have a drug/alcohol counselor from an outside agency in the school each week.

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