



## NURSING SERVICES

### Green Meadows School

Mary Jennison, BSN, RN, NCSN  
566-8176

### Mile Tree School

Susan Pirog, BSN, RN  
596-9581

### Minnechaug Reg. H.S.

Janet Shea, MPA, BSN, RN, NCSN  
Frederick, Shannon, BSN, RN  
279-3815

### Soule Road School

Debbie Nickerson, BSN, RN, NCSN  
596-9713

### Stony Hill School

Kiara Fryer, BSN, RN, NCSN  
596-9583

### Wilbraham Middle School

Jennifer Puhalski, BSN, RN, NCSN  
Kathleen Woytowicz, BSN, RN  
599-1857



# Health Services

SCHOOL PHYSICIAN  
LEIF NORDSTROM, M.D.  
525-1870

NURSE LEADER  
TERI BRAND BSN, RN, NCSN  
566-5060 EXT. 11

### EMERGENCY

Emergency Response Network	911
Police: Hampden	566-8011
Wilbraham	596-3837
Fire: Hampden	566-3314
Wilbraham	596-3122
Mass. Poison Control	1-800-222-1222
Child Abuse	1-800-792-5200
Rape	413-596-2100

85 Wilbraham Road  
Hampden, MA 01036  
413-566-5060 ext. 11  
Fax: 413-566-5190  
tbrand@hwrdsd.org

# Hampden- Wilbraham Regional School District



# HEALTH SERVICES

# WELCOME TO HWRSD HEALTH SERVICES

The purpose of School Health Services is to promote the health of students through prevention, case-finding, early intervention and remediation of specific health problems, provision of first-aid and triage of illness and injuries, provision of direct services for students with disabilities and provision of health counseling to promote an optimal level of wellness for students and staff.



This brochure is courtesy of the Hampden-Wilbraham School Health Team with funds from the MA Department of Public Health Essential School Health Services Grant.

## Health Services Available At All Schools

### NURSING SERVICES

A nurse is available at all schools. They provide the following services:

#### **Care of students/staff when they are ill or injured**

Provide first aid for injuries and initial care for illnesses occurring at school.

Refer to parent and/or physician as needed.

#### **Mandatory Screenings**

Hearing: Grades K-3, 7, 10

Vision: Grades K-5, 7, 10

Scoliosis: Grades 5-9

Height and Weight: Grades K, 1, 4, 7, 10

BMI: Grades 1, 4, 7, 10

SBIRT: Grades :7 & 9

#### **Communicable Disease Control**

Monitor communicable diseases and report them to the Board of Health

#### **Immunizations**

Ensure that each student's immunizations are complete.

#### **Maintenance of Health Records on Each Child:**

Physical Assessment

Physical exam required by a physician before Kindergarten, and in grades 4, 7, and 10.

#### **Medication Administration**

Administer daily medication as prescribed by a physician.

Short term medications should be given at home if possible.

#### **Students with Disabilities**

Act as medical liaison for children who may have a chronic or temporary disability.

Provide nursing care plans with goals and interventions unique to a student's needs.

Provide direct nursing services to these students.

#### **Education**

Provide ongoing, relevant, individual health education to students, parents, and staff.

Act as resource person to teachers and assist them with health education classes as needed.

#### **Health Counseling**

Nurse available to students, parents, staff for individual consultation on any specific health issue or related topic.

#### **Collaboration**

Nurses participate in Crisis Intervention Teams, Child Study Teams, and Team Evaluations to identify students with special needs.

#### **Environmental Health**

Identification of environmentally sensitive students and staff.

Collaboration with Administration and Board of Health to provide a safe school environment.

#### **Health Agency Referrals**

Referral of students and staff to appropriate community health agencies.

### ADJUSTMENT COUNSELORS/ PSYCHOLOGISTS

The Student Services Department coordinates the services of school psychologists and school adjustment counselors for students with learning disabilities and other special needs. If you have specific questions about these services, you should contact:

#### **Student Services, Director**

Gina Roy 596-3884 ext. 3835

#### **School Psychologists:**

Dr. Karyn Shaw (GM): 566-3263 ext. 208

Dr. Dianne White (WMS ): 596-9061 ext.15

Nicole Henderson (MT): 596-6921

Jessica Hands (MRHS): 596-9011 ext. 6186

Melanie Furman (SH & SR): 599-1950/596-9311

#### **Adjustment Counselors:**

Darcy Andre/Eugenia Snell (MRHS)

Donna Benard/Karen Gelinias (GM)

Danielle Dugre /Colleen Lukasik (SR)

Michele Eastman/Kelly Hamilton/Lauren McGarr (WMS)

Kelsey Slowick (MT)

Amy Crisafulli (SH)

### GUIDANCE SERVICES

The goal of the guidance program in the Hampden-Wilbraham Regional School District is to help students build positive self concepts that will promote short and long term decision making skills. At the elementary and secondary level, guidance counselors can assist individuals or groups of students with the process of self-exploration and problem-solving strategies. Consultation with parents, teachers, specialists and other professionals is an important component of this program. Guidance staff also work closely with school health providers to identify at-risk students and provide a network of support within the school community.

At the high school level, the emphasis also includes educational planning and college/career advising.

### COUNSELORS

#### **Wilbraham Middle School**

Susan Spafford

#### **Minnechaug Regional High School**

Keith Poulin, Director

Deborah Donovan

Stephen Marino

Chenda Raffaele

Lauri Gentile

### SAFE SCHOOLS - HEALTHY STUDENTS

Dr. Gina Kahn, Director: 566-5060 ext. 12