



# SCHOOL-BASED HEALTH CENTER

## QUARTERLY NEWSLETTER

### RESULTS FROM FALL 2023 SERVICES:

- **Oral Health Screening with Elma Family Dental**  
46 students served (18 new and 28 returning)
- **Portable Dental Services with Big Smiles Dental**  
23 students served
- **Eye Exams with EYE See Clinic**  
16 students served (3 prescriptions updated and 8 glasses ordered)
- **Medical Visits with Olympic Valley Clinic**  
37 students served

### FEBRUARY WAS CHILDREN'S DENTAL HEALTH MONTH

Cavities are the most common chronic disease of childhood, and they are easily preventable! Elma Family Dental's Dr. Edwards provided classroom oral health presentations teaching kids the importance of good oral hygiene.



### MENTAL HEALTH SERVICES

The new Prevention Intervention Specialist, Haley Barrett, will start full-time at Elma Elementary School this March. This role provides students with prevention and early intervention mental health services through ESD's 113 True North program.

**Learn more about the Elma SBHC by checking out our new video!**



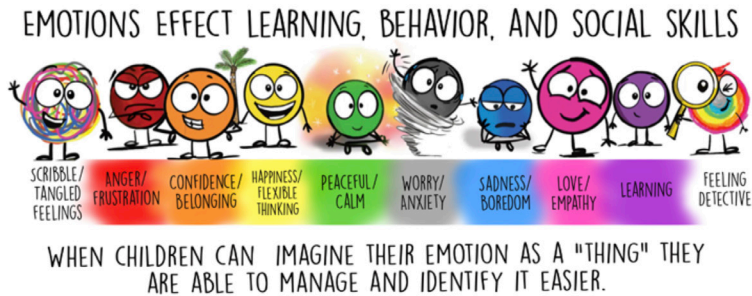
### LOCAL PLACE TO VISIT: CHEHALIS RIVER VALLEY

The Chehalis River Valley between the cities of Elma, Satsop, and Brady is a great place to view many different species of birds during the year. Through late fall into early spring, the valley is also subject to flooding, which creates numerous ponds in the fields that allow excellent viewing of the wintering waterfowl. You can check out binoculars at the Timberland Regional Library!

**Important reminder:** *A Washington State Department of Fish and Wildlife parking permit is required.*

## A NOTE FROM THE SOCIAL EMOTIONAL LEARNING SPECIALIST

You might hear your child talk about **"SPOTS."** The book series **"A Little SPOT,"** explores basic emotions we all share. Below is a tool we use to help your child become the best they can be in the classroom and at home.



## UPCOMING DATES OF SERVICE



### VISION SERVICES

Apr. 16



### MEDICAL SERVICES

Mar. 22 | Apr. 12 | May 10



### DENTAL SERVICES

May 14



### ORAL HEALTH SCREENING

Apr. 26

## LEARN MORE ABOUT MEDICAL SERVICES

Olympic Valley Clinic's Ashley Taylor, Family Nurse Practitioner, comes to Elma Elementary School monthly to offer Well Child Checks and other health services. If you have any healthcare questions or concerns, we can get your student(s) signed up for an in-person school-based health appointment.

## CONSORTIUM MEMBER HIGHLIGHT!



### COUNSELOR/SCHOOL SOCIAL WORKER - Sarah Hampton

Sarah Hampton received her undergraduate degree in Human Development and Family Studies, and has dual Masters' degrees in Social Work and Public Administration. Sarah believes we each have strengths that multiply when shared in the community. She aimed to join a quality, servant-leader-based, and innovative K-12 team. Elma School's holistic empowerment of youth within the strategic plan, including its goal to support citizenry in and beyond the classroom, "was inspiring as it matched my life philosophy."

**Fun fact from Sarah Hampton:** "In my youth, I raised and trained Jersey cows on my family's dairy farm. As I love cows, my answer to the question, "Do you like cats or dogs more?" has always been, "Cows."

## SESAME CHICKEN WITH GREEN BEANS

Serves 4 | Total Time: 35 min.

- 4 skinless bone-in chicken thighs
- 4 tsp toasted sesame oil
- ¾ tsp garlic powder
- ¼ tsp salt
- 12 oz green beans
- 3 Tbsp hoisin sauce
- 1 Tbsp sesame seeds
- 1 medium scallion, chopped



### Step 1

Preheat oven to 425°. Brush the chicken with 3 tsp of oil and season with half the garlic powder and salt. Place on a large rimmed baking sheet, and roast for 15 min.

### Step 2

Toss green beans in the remaining oil, garlic powder, and salt.

### Step 3

After the chicken has roasted, add the beans to the baking sheet in an even layer. Brush hoisin sauce over the chicken and return to the oven until the chicken registers 165 degrees, about 10–15 min.

### Step 4

Season with sesame seeds and scallions, and enjoy!

If you would like more information or need assistance in completing your SBHC registration forms, please call the SBHC at **360-482-1815** or email [ElmaElementarySBHC@esd113.org](mailto:ElmaElementarySBHC@esd113.org)

**Elma Elementary School-Based Health Center**  
serving the Elma community since 2021



**Centro de Salud Escolar de Elma Elementary**  
sirviendo a la comunidad de Elma desde 2021