



# SCHOOL-BASED HEALTH CENTER

## QUARTERLY NEWSLETTER

### UPCOMING DATES OF SERVICE

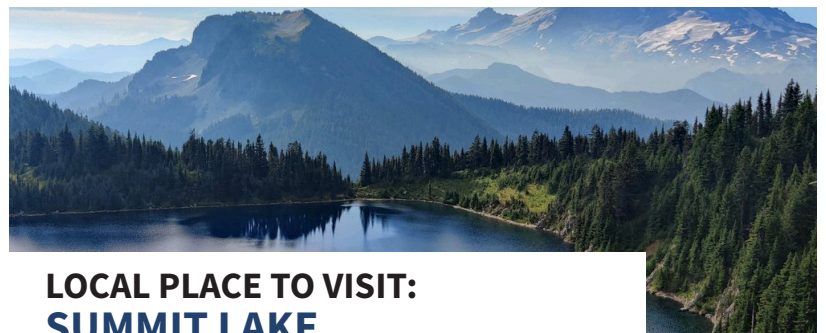
**Summer Health Fair** is Friday, August 9 at Elma Elementary School from 10 am to 2pm for all school-age children. The SBHC partners will be offering well child checks, sports physicals, childhood immunizations, oral health screenings, vision screenings, and lots of health education information. We hope to see you there!

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**

### PROGRAM HIGHLIGHTS

Thank you for welcoming the School-Based Health Center into your community. We are wrapping up our third year of operations and looking forward to bringing you even more health care services next school year. We couldn't have done all this work without our wonderful team of local health care providers and our amazing school partners.

- **The EYE See Clinic** provided eye exams to 41 students and provided 25 glasses and 4 updated prescriptions for glasses this year.
- **The Olympic Valley Clinic** provided medical services to 58 students this year.
- **True North** provided prevention and early intervention services to 10 students this year.
- **Elma Family Dental** provided 89 oral health screenings to 59 students this year.
- **Big Smiles Dental** provided 41 dental appointments including exams, cleanings, sealants, fillings and fluoride.
- **The Elma SBHC** provided health education to 280 students.



### LOCAL PLACE TO VISIT: SUMMIT LAKE

**6.1 miles, roundtrip | 1,300 feet of elevation gain**

This popular summer trail offers wildflower-filled meadows, a glistening alpine lake, big mountain views, and wildlife sightings aplenty.

**Important reminder:** *A Northwest Forest Pass is required!*

### SUMMER ACTIVITY IDEAS

Did you know that **Timberland Library** has Activity and Outdoor Exploration Backpacks, and forest passes to check out? Make sure to visit this summer!

### SUMMER SAFETY TIPS



**FUN IN THE SUN:** Apply sunscreen 30 minutes before going outside. Reapply every 2 hours and also after being in the water or sweating.



**WATER SAFETY:** Never leave children alone in or near the water. Have adults take turns being "child watchers" at family events.



**BITES & STINGS:** Children should never approach animals they do not know. Check eaves and under decks for bee or wasp nests.

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



## Elma Elementary School-Based Health Center (SBHC) Summer Resource List

Medical	Dental	Vision	Mental Health	Other	Summer Camps	Summer Activities
<b>Summit Pacific Medical Center</b> 600 E Main St. Elma 360-346-2222	<b>Elma Family Dental</b> 419 E Young St. Elma 360-861-8318	<b>Montesano Vision Center</b> 209 N. Third St. Elma 360-482-6482  118 S. Main St. Montesano 360-249-3485	<b>Behavioral Health Resources</b> 575 E Main St Suite C, Elma 360-482-5358  205 8 <sup>th</sup> St. Hoquiam 360-236-5328 bhr.org	<b>Elma School District's To-Go Lunch</b> Elma High School Commons 12 – 12:30 pm <i>For anyone 18 years and younger</i>	<b>Camp Juliette Girl Scout Camp</b>  August 7–11, 2 <sup>nd</sup> –6 <sup>th</sup> graders and Wilderness Explorers info@gscampjuliette.com	<b>Empowerment4Girls Summer Camps</b>  Empowerment 4 Girls Website www.empowerment4girls.org Scholarships available
<b>Sea Mar</b> 515 W Main St. Elma 360-861-8700	<b>Elma Dental Center</b> 615 W Waldrip St. Elma 360-482-4000		<b>True North at ESD 113</b> Intake: 360-464-6867  Grays Harbor Office: 360-533-9749 truenorth113.org	<b>East County Foodbank</b> 106 W Main St. Elma Mondays: 10:30 am – 4 pm <i>Please bring your own bags</i>	<b>YMCA Summer Camp Camp Bishop</b> Day Camp for K-2 <sup>nd</sup> Overnight Camp 2 <sup>nd</sup> – 9 <sup>th</sup> July 14 – August 2 1476 W Lost Lake Rd. Shelton 360-482-5930	<b>Grays Harbor YMCA</b> 2500 Simpson Ave, Hoquiam 360-537-9622 ghymca.net Day pass/Membership
<b>Olympic Valley Clinic</b> 11 Schouweiler Rd. Elma 360-482-5300	<b>Harbor Kids Dental</b> 216 W Heron St. Aberdeen 360-712-3870		<b>Crisis Lines</b> Grays Harbor Crisis Line 800-803-8833  National Suicide Prevention Lifeline 800-273-8255	<b>Timberland Library</b> 119 North 1 <sup>st</sup> Street Elma 360-482-3737 <i>Learn about summer events:</i> trl.org/locations/elma		
<b>Gateway Primary Care</b> 106 N 1 <sup>st</sup> St. Elma 360-482-2851	<b>Harbor Kids Dental</b> 108 22 <sup>nd</sup> Ave SW #16 Olympia 360-358-7968				<b>Camp Bethel 4<sup>th</sup> - 8<sup>th</sup> grade and Adults</b> 347 Kirkpatrick Road Hoquiam 360-289-3444 Campbethel.net/camps contact@campbethel.net	<b>Elma Friday Farmer's Market</b> Every Friday 12-6 Starting June 2, with a Youth Booth, June 30 onward

*This program is generously supported by the Health and Human Services Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under the Rural Health Care Services Outreach Grant Program.*