



290 First Street
P.O. Box 100
Gervais, Oregon 97026-0100
Phone: (503) 792-3803
FAX: (503) 792-3809
www.gervais.k12.or.us

Within our growing, diverse community, we sow the seeds of opportunities to raise prepared, resilient students.

Gervais School District Counseling & Nursing Newsletter Quarter 3 – 22/23 SY

Happenings with the Counseling Department

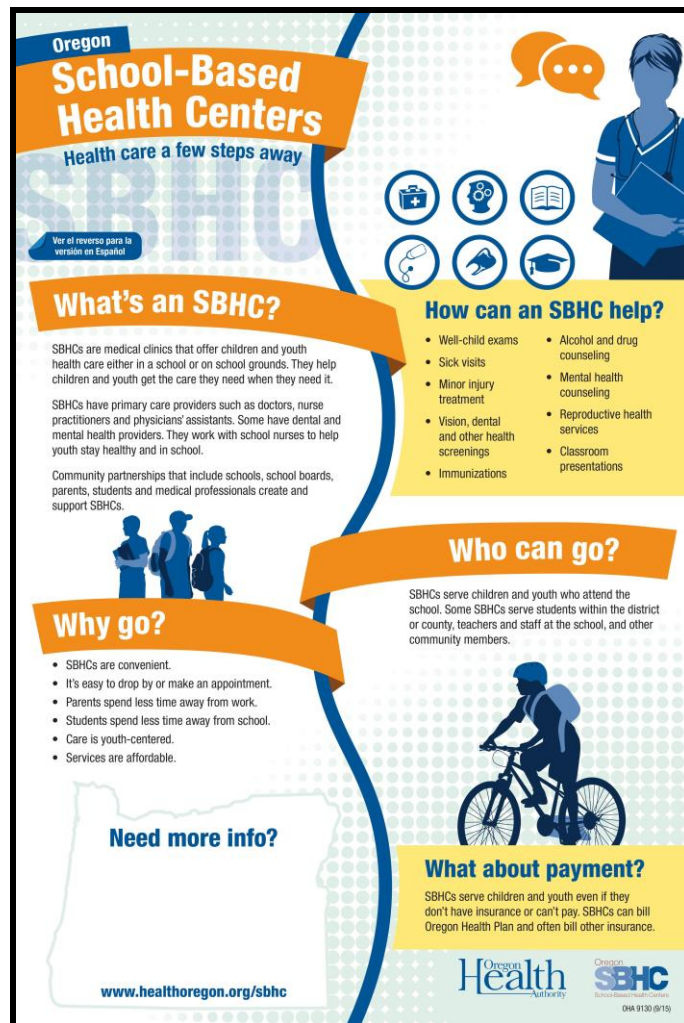
- [OYEN](#) is an Emotional Wellness Center based in Woodburn. Among other services, they staff licensed clinical social workers (LCSW). Through a grant, OYEN will be providing GSD with a LCSW, Ms. Celia Veliz, for the remainder of this school year. She will be in-district approximately three days/week and will have spaces at both GES and GHS to meet with students. She will be a fantastic resource for many of our students, so if you have a chance to meet Celia, please say hello!
- Middle-of-the-Year DESSA-mini assessments have been or are being completed for all GES and GMS students, along with the DESSA-full assessments for those students who score below a certain threshold. Counselors will continue to use DESSA data to help inform their 1:1 and small-group supports, along with advice that can be used in the classroom. Teachers, thank you for taking the time to do this – I know it is “one more thing,” but the data is invaluable from an SEL perspective.
- In late January, the counseling team co-hosted (w/ GPD) a community “Social Media and Digital Citizenship Safety” night was a huge success. Sixteen families attended and were provided helpful information and tips and tools of how to monitor their child on social media. There are many great resources on this topic the counselors can provide you if desired, but if nothing else, we ask that everyone in the district keep watchful eyes and listening ears to students as they talk about their experiences with social media. Social media is just a tool – neither inherently good or bad – but we all know the devastating impacts it can have on some students. If anything gives you pause or causes alarm, please address it yourself or let a counselor know.
- Given all the survey data collected during Phase 1 of the School Based Health Center project and from the YouthTruth surveys, a few themes were consistent from students, parents, and staff, K-12. One of those themes was a lack of sleep and how that is impacting students in the classroom. Now that we are moving GMS and GHS start times back to 8am, this concern may be exacerbated for some students. Please encourage your students to put their devices away at night, get more sleep, and if you see a drop in performance or an increase in tardies or absences, please let your offices/counselors know so they can follow up!
- In March, Aloha will begin hosting a number of afterschool field trips for GMS students. We’re so excited for them to have some great experiences.
 - March 8th: Chemeketa CC tour
 - April 12th: Willamette University tour
 - April 26th: A bit of fun at a bowling alley (spare me any puns about this please)
 - May 10th: Willamette Career Academy tour
 - May 24th: A bit of fun at Get Air (the only time we’ll tell students that Growth Mindset doesn’t apply... when skydiving, if first you don’t succeed, this hobby just isn’t for you).

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Happenings with the Nursing Department

- In January, the School Board and Dandy approved the Phase 1 recommendation to proceed with the opening of a School-Based Health Center (SBHC) in Gervais. This is fantastic news, and we are already closing in on securing our provider partnership with Salem Health.
- The current plan is to convert the old Sam Brown Academy modular building into the SBHC clinic and open it for student and community use as early as September '23. Among other services, we are hoping to offer immunizations, physicals (general and athletic), well-child exams, behavioral health support, vision screening, respiratory exams, and response to acute injuries (sprains, strains, etc.).
- As the SBHC program evolves, we are also exploring ways to create a mobile pharmacy-like service to Gervais residents who otherwise lack the means to order and pick-up medication prescriptions on their own. We're really hoping that this will truly be a game-changer for our district and our community!



Oregon School-Based Health Centers
Health care a few steps away

Ver el reverse para la versión en Español

What's an SBHC?
SBHCs are medical clinics that offer children and youth health care either in a school or on school grounds. They help children and youth get the care they need when they need it. SBHCs have primary care providers such as doctors, nurse practitioners and physicians' assistants. Some have dental and mental health providers. They work with school nurses to help youth stay healthy and in school. Community partnerships that include schools, school boards, parents, students and medical professionals create and support SBHCs.

How can an SBHC help?

- Well-child exams
- Sick visits
- Minor injury treatment
- Vision, dental and other health screenings
- Immunizations
- Alcohol and drug counseling
- Mental health counseling
- Reproductive health services
- Classroom presentations

Why go?

- SBHCs are convenient.
- It's easy to drop by or make an appointment.
- Parents spend less time away from work.
- Students spend less time away from school.
- Care is youth-centered.
- Services are affordable.

Who can go?
SBHCs serve children and youth who attend the school. Some SBHCs serve students within the district or county, teachers and staff at the school, and other community members.

What about payment?
SBHCs serve children and youth even if they don't have insurance or can't pay. SBHCs can bill Oregon Health Plan and often bill other insurance.

Need more info?
www.healthoregon.org/sbhc

Oregon Health Authority | Oregon SBHC | OHA 9130 0915

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