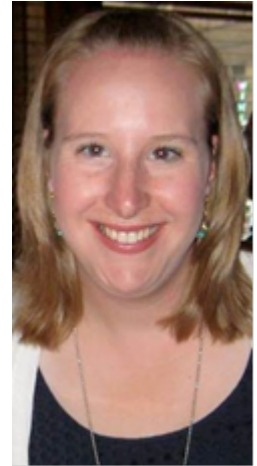


Dear Staff, Parents & Guardians,

My name is Rachel Diersch; I am the Public Health Nurse for Lord Tennyson Elementary School. As a school nurse, I utilize a Comprehensive School Health (CSH) framework, which recognizes that *“healthy students are better learners”*. I work in collaboration with staff, parents, students and other community partnerships to help establish a healthy school environment. I work towards recognizing the health needs of the school, as well as supporting the well-being of individuals through prevention and health promotion.



Services that I do provide include:

- Implementing immunization clinics as well as act as a resource regarding treatment and /or exclusion from the school if an outbreak occurs.
- Providing education sessions on topics including healthy lifestyles, hand washing, puberty, sexual health and mental health to teachers, parents and students.
- Providing consultation, referral and follow-up regarding specific medical health concerns for a particular student (e.g. diabetes, allergies, seizures or asthma).
- Providing consultation, assessment, and follow up to students and families regarding physical & emotional health concerns
- Acting as a resource to school & parents for health services or prevention programs within Vancouver.
- Assisting with health promotion, safety, injury prevention, and healthy school projects.

My visits to the school vary in frequency, depending on the health needs and strengths of the school; however, I do strive to visit the school weekly if possible in order to establish relationships and build awareness of the school culture. If there are any questions or concerns, please do not hesitate to contact me by phone at **604-261-6366** ext. 3335. My email is also **rachel.diersch@vch.ca**. I hope you have a wonderful school year!

Kind Regards,

Rachel Diersch  
Public Health Nurse  
Pacific Spirit Community Health Centre  
Child and Youth Program