

Dear Staff, Parents & Guardians,

My name is Emily Ho; I am the public health nurse for Lord Byng Secondary School. I work in the Children and Youth Program which provides prevention services for individuals 5-24 years.

As a public health nurse, my aim is to work in partnership with schools to optimize wellness, including physical, emotional, and social well-being of children, youth and their families. This can be done through building capacity and strengthening relationships with school staff, student, parents and community partners to address health issues in the school.

I utilize a Comprehensive School Health (CSH) framework, which recognizes that *“healthy students are better learners”*.

Services that I do provide include:

- Implementing **immunization clinics** for new students and grade 9 students.
- Providing **health education** and supporting staff, parents and students based on school curriculum and school needs. This could also include sharing ideas, linking you with partners, resources and tools, as well as co-facilitating with school staff.
- Providing **health consultation**, assessment and follow-up for students regarding physical and emotional health concerns.
- Supporting **healthy school initiatives** that may involve community partnerships and assessing school policies.
- Offering staff **safety training** and supporting students and families with management of **medical conditions** in the school.

Things to keep in mind:

- If your child has any medical conditions (e.g. anaphylaxis, seizures, diabetes, asthma), please provide the appropriate medical forms and medication to the school office ASAP.
- Please provide any external history of vaccinations received at a physician’s office to the school at your earliest convenience.

Kind Regards,

Emily Ho
604-267-2679