

SCHOOL CLINIC NEWSLETTER



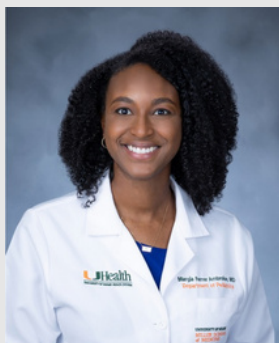
OUR MISSION

As the School Health Initiative, our mission is to provide the best quality of comprehensive health services to students in our community. These health care services include preventative services and acute care services. Our hope is that we can continue to meet the unique needs of the school community to promote a lifelong health living and learning. We advocate for school health by educating our students in different areas of healthcare to ensure the future of healthcare delivery.

CLINIC INFORMATION

GKE/Sabal Palm Elementary School
Clinic is located next to the main office
(305) 668-1018

MEET YOUR PEDIATRICIAN **DR. AMBROISE**



MEET YOUR SCHOOL NURSE **Alice Taylor, LPN**



Dr. Margia Ambroise is the lead Pediatrician in your school clinic! This means you can come to her for your check ups, vaccines, sports physicals, if you're not feeling well or if you just want to talk! In her spare time, she likes to cook and work out. She looks forward to meeting you in your school's clinic!

FREE MEDICAL SERVICES

SCHOOL HEALTH CLINIC

We offer all medical services **FREE** of charge

IMPORTANT!

Before making an appointment, students **MUST** have a consent form filled out by parent/guardian.

Our services include

- Well Child Visits
- Sports Physicals
- Immunizations
- COVID-19 Testing
- First Aid
- Chronic Condition Management
- Mental Health Counseling

And so much more!



in partnership with



To sign up:

1

Scan QR code



2

Select a Language
(English, Spanish, Creole)

3

Complete consent form

RESEARCH PARTICIPATION OPPORTUNITY

Research Study Participants Needed

You may be eligible to participate in a research study offered by our School Health program. You can earn up to \$125.

Scan the QR code to
receive more information



Questions?

Email us at
SchoolHealthResearch@miami.edu



SIGN UP!

CURRENT EVENTS

COME AND GET YOUR COVID BOOSTER/FLU VACCINE!

No appointment needed for the following dates

12/5 (9:00 AM-3:30 PM) @ North Miami Senior High
12/6 (9:00 AM-3:30 PM) @ Booker T. Washington Senior High
12/7 (9:00 AM-3:30 PM) @ North Miami Beach Senior High
12/8 (9:00 AM-3:30 PM) @ North Miami Middle School
12/9 (9:00 AM-3:30 PM) @ Sabal Palm Elementary School

If you are not able to make it during the dates
listed above, please make an appointment at
your school clinic! Our campaign will
continue until 12/22/22.



**All students who
receive a vaccine during
this campaign will be
automatically entered
into a raffle! A prize
winner will be
announced at the end of
each week.**

MORE INFORMATION

Get your Flu Shot!

What is the Flu?

- The flu is a spreadable respiratory (breathing system) illness caused by the influenza virus.
- The flu can cause mild to severe illness.

What are Flu symptoms?

- Fever (feeling feverish/chills)
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headache
- Tiredness
- Vomiting and diarrhea (more common in children than adults)

How does the Flu spread?

- The flu spreads mainly by tiny droplets made when sick people cough, sneeze or talk.
- You can also get sick by touching objects that have the virus on it, and then by touching your own mouth, nose and eyes.

When do you spread the virus?

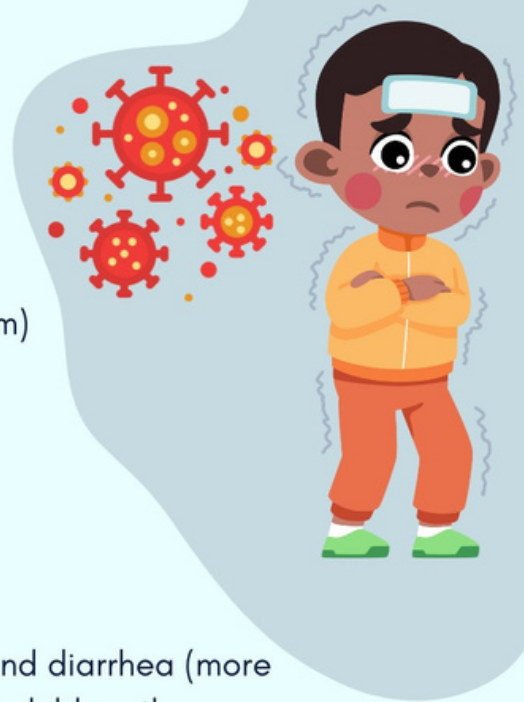
- You may be able to spread flu to others before you know you are sick or sick with symptoms
- People are most contagious in the first 3-4 days after their sickness begins
- Young children might be able to infect others for an even longer time

When do you start having symptoms?

- Symptoms may begin 2 days from being exposed to infection, but can range from 1-4 days.

How can we prevent the Flu?

- Get the Flu vaccine!
- Stay away from people who are sick
- Covering coughs and sneezes
- Frequently washing your hands



COVID-19 FAQs

What is Covid-19?

- Covid- 19 is an infectious disease caused by the SARS-CoV-2 virus.

How does COVID-19 spread?

- The coronavirus is spread through droplets and virus particles released into the air when an infected person breathes, talks, laughs, sings, coughs, or sneezes.

How to reduce the spread of COVID-19?

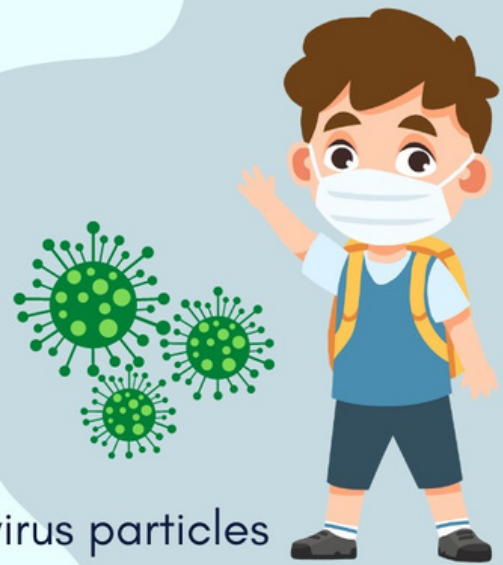
- Handwashing
- Wearing a mask
- Staying up to date with COVID-19 Vaccines and Boosters
- Getting tested for COVID-19 when feeling sick
- Staying home if you suspect or confirmed you have COVID-19

What type of COVID Vaccines are available and what are they made of?

- Pfizer-BioNTech and Moderna COVID-19 vaccines are mRNA Vaccines, which teaches our cells to make proteins to build immunity against COVID.
- Novavax COVID-19 vaccine is a protein subunit vaccine, which are pieces of a protein that help our body build immunity against COVID.
- Johnson & Johnson's Jansen (J&J/Jansen COVID-19 vaccine is a viral vector vaccine, which uses a different version of another virus to teach our cells to build immunity

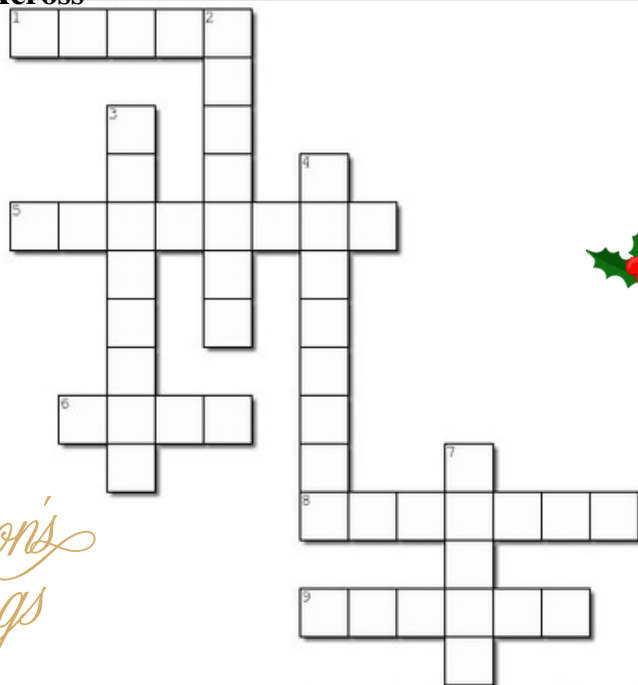
What are Boosters and why do we need them?

- The virus that causes COVID-19 has changed over time.
- The updated (bivalent) boosters are called “bivalent” because they protect against both the original virus that causes COVID-19 and the Omicron variant BA.4 and BA.5.



Our School Health Initiative team wishes you a
great and restful Holiday break!

Across



Season's Greetings

Created using the Crossword Maker on TheTeachersCorner.net

1. You might give or receive these for the holidays in wrapping paper
5. The month of Christmas Holiday
6. Opposite of hot
8. The red nosed reindeer
9. The season of the holidays

Down

2. Something you make out of snow with a carrot nose
2. Time off from school or work.
4. January 1st is known as what holiday?
6. Warm shoes that you wear outside in the winter.

ASK YOUR PEDIATRICIAN



Parents and students, we want to hear your concerns!

Submit any confidential questions/concerns using the QR code OR link below and our pediatrician will answer your question individually.



Link

https://umiami.qualtrics.com/jfe/form/SV_8quzio2XHbPo4V8

FUN FACT



Over 17.5 million jelly donuts are consumed in Israel throughout Hanukkah.

These delicacies symbolize the miracle of the burning oil lamps in the ancient Holy Temple in Jerusalem celebrated during the holiday of Hanukkah.

If you celebrate this holiday make sure you plump each donut with your favorite fruit jam!