

WELCOME BACK TO SCHOOL!

The HRA team is excited to be back in the schools with both students and staff!

"Health Resource Advocates" assist school districts with their COVID19 mitigation efforts as well as providing general Health Education to students and staff.

HRA's serve as a great resource to both staff and parents in regards to all healthy lifestyle choices, disease prevention, and health education questions or concerns.

The intent of these positions is to help keep students and staff, healthy, safe and in school!



Kelly Girard, BSN, RN
(989) 590 - 0071

Health Resource Advocate - Alpena County/Hillman Schools

In June 2022, Kelly started a new role as a Health Resource Advocate (HRA) based in Alpena County. She obtained her bachelor's degree in nursing from Ferris State College (now university). Since that time, she has worked at the hospital (currently MyMichigan Health) for many years. She held a variety of staff and leadership positions during her tenure there, including ER/ICU and as a CDI (Clinical Documentation Improvement specialist). She has also recently worked for Medilodge Greenview as DON and Alpena as a Unit Manager. She has been active with children over the years as a girl scout leader, nurse for camp for kids with cancer and with numerous sports her daughters have been involved in. As an HRA, Kelly will be a resource to answer any communicable disease questions for both school staff and parents. Her hopes are to offer assistance with testing and education in the school system when needed. Please feel free to reach out to her with any questions!



Bri Hartley, MPH
(989) 906 - 1623

Health Resource Advocate - Cheboygan County

In June 2022, Bri started her new role as a Health Resource Advocate (HRA) based in Cheboygan County. Bri was born and raised in Gaylord, MI. She graduated from Central Michigan University with her Master's of Public Health. While obtaining her Bachelor's, Bri went to Ghana, Africa, on two separate occasions, to provide health education and assist with medical care in numerous medical clinics. During her Master's program she assisted the COVID connections team at CMU, managing the students in isolation/quarantine. As an HRA, Bri will be available as a resource to answer any and all COVID-19 questions for parents and staff, as well as support testing efforts within the school system. Please reach out to her with any questions!



**Kelly Romel, RHIA, CMA,
MFR (989) 590 - 0326**

Health Resource Advocate - Presque Isle County/Atlanta Schools

In February 2022, Kelly started her new role as a Health Resource Advocate (HRA) based in Presque Isle County. She obtained her Bachelor's in Health Information Management from Ferris State University in 2012. She's also a Certified Medical Assistant and a Medical First Responder. She has a great deal of experience working in a variety of health care settings. Since this past August, she's worked as a COVID19 Contact Tracer with District 4 Health Department. With that position, she gained a great deal of knowledge working with our communities, educating on current COVID19 guidelines. As an HRA, Kelly will be available to answer any COVID 19 questions for both school staff and parents. She also hopes to offer assistance with testing efforts in the school systems. Please feel free to reach out to her with any questions!

BACK TO SCHOOL ROUTINES

As the school year begins, it is important to remember the ways a daily schedule can benefit children. Many studies have shown how impactful a bedtime and dinnertime routine can be. Children are able to anchor their days with these expected interactions with their families. Children also tend to feel more confident and secure when their daily activities are predictable and familiar. Below is an example schedule.

BEFORE SCHOOL

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Make bed							
Get dressed							
Eat breakfast							
Dishes in dishwasher/sink							
Brush teeth							

AFTER SCHOOL

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Have a snack							
Complete homework							
Complete chores							
Play outside							

BEFORE BED

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Shower/take a bath							
Read 15 minutes							
Brush teeth							
Get clothes ready for school tomorrow							
Get backpack ready for tomorrow							
Go to bed to get 8 hours of sleep							



DHD4 SCHOOL NEWSLETTER

COVID-19 Update

As of May 11th, 2023 the COVID-19 Public Health Emergency officially ended. With that being said, COVID-19 guidelines are as followed:

- If you test positive for, or suspect, COVID-19 illness stay home for at least five days and isolate from others in your home. Isolation should last five full days, recommended to be followed by five full days of masking.
- If you are exposed to COVID-19, monitor your signs and symptoms for up to ten days after being exposed. If you develop symptoms isolate immediately and get tested.

If you have any questions or concerns, please feel free to reach out to your HRA.

OK2Say

Ok2Say is a student safety program which allows students to confidentially report tips of potential harm or criminal activities directed at students, school employees or the school. It also includes the reporting of bullying, student who is depressed or thinking of self harm. Help can only be offered if someone is made aware of the situation.

In the majority of violent incidents that occur in our schools, someone other than the perpetrator of violence knows of a threat before it's carried out but fails to report it. Often, students choose to keep quiet because they fear retaliation, rejection, or stigmatization by their peers. The result is a culture of silence in which students suffer harm that could have been prevented if another had chosen to speak out.

How do I contact OK2SAY?

If this is an emergency, dial 9-1-1

1. Call: 8-555-OK2SAY (855-565-2729)
2. Text: 652729 (OK2SAY)
3. Email: OK2SAY@mi.gov.
4. Download App: iPhone / Android.

**GOOD LUCK TO ALL
FALL ATHLETES!**



Stop the Silence. Help End the Violence.