

Dear Parents/Guardians,

We hope this email finds you well. As we move forward during this difficult time, the Pocono Mountain School District would like to assure you that the district School Nurses are here to support our students and families.

As the Pocono Mountain School District moves to an online Educational Learning Platform, please know the School Nurses are available to communicate with you through email and/or Google Classroom ONLY. We are able to provide you with resources to ensure the wellbeing of your child. Please contact the appropriate nurse below with questions relevant to school nursing services.

School Nurses can be reached via the following email addresses and please see their Google Classrooms for additional health resources:

POCONO MOUNTAIN EAST HIGH SCHOOL (Google Classroom code: rn4zfid )

Ms. Patti Dempsey [pdempsey@pmsd.org](mailto:pdempsey@pmsd.org)

Ms. Elizabeth Green [egreen@pmsd.org](mailto:egreen@pmsd.org)

POCONO MOUNTAIN WEST HIGH SCHOOL (Google Classroom code: zv7ttc7 )

Ms. Alicia Shelkin [ashelkin@pmsd.org](mailto:ashelkin@pmsd.org)

Ms. Diane Walsh [dwalsh@pmsd.org](mailto:dwalsh@pmsd.org)

POCONO MOUNTAIN EAST JUNIOR HIGH SCHOOL (Google Classroom code: wxehb7g )

Ms. Marie Curmaci [mcurmaci@pmsd.org](mailto:mcurmaci@pmsd.org)

POCONO MOUNTAIN WEST JUNIOR HIGH SCHOOL/ACADEMY (Google Classroom code: ifdicxu )

Ms. Debra Jurnak [djurnak@pmsd.org](mailto:djurnak@pmsd.org)

CLEAR RUN ELEMENTARY CENTER (Google Classroom code: ybcmuec )

Ms. Hiroko Folio [hfolio@pmsd.org](mailto:hfolio@pmsd.org)

CLEAR RUN INTERMEDIATE SCHOOL (Google Classroom code: tmf47b3 )

Ms. Storm Talluto [stalluto@pmsd.org](mailto:stalluto@pmsd.org)

SWIFTWATER ELEMENTARY CENTER (Google Classroom code: 4oexaod )

Ms. Kathy Celli [kcelli@pmsd.org](mailto:kcelli@pmsd.org)

Ms. Dolly Santana [dsantana@pmsd.org](mailto:dsantana@pmsd.org)

SWIFTWATER INTERMEDIATE SCHOOL (Google Classroom code: rz2hi37 )

Ms. Michelle Peechatka [mpeechatka@pmsd.org](mailto:mpeechatka@pmsd.org)

TOBYHANNA ELEMENTARY CENTER (Google Classroom code: adkyp2r )

Ms. Kathleen Heil [kheil@pmsd.org](mailto:kheil@pmsd.org)

DISTRICT DENTAL HYGIENIST (Google Classroom code: 6plbgk7 )

Ms. Daisha Medvetz [dmedvetz@pmsd.org](mailto:dmedvetz@pmsd.org)

Should any student or family need any support during this time, please do not hesitate to reach out to a school nurse. If they cannot answer your question, they will help you find the person or resource to assist you. We are in this together! Stay calm, stay home, stay safe & wash your hands!

Sincerely,

Pocono Mountain School District Nurses

## **Resources**

### **Mental Health/Crisis:**

Should you have an immediate concern for someone's safety please call 9-1-1.

- **Suicide Prevention Line:** 1-800-273-TALK (8255)
- **24/7 Mental Health Crisis Hotline** Carbon, Monroe, Pike Counties: 570-992-0879
- **New Perspectives Toll Free:** 1-800-849-1868
- **National Crisis Text Line:** 741741

**Safe2Say Reporting:** 1-844-723-2729 or visit [HERE](#)

Safe2Say Something is a youth violence prevention program run by the Pennsylvania Office of the Attorney General. The program teaches youth and adults how to recognize the warning signs and signals, especially within social media, from individuals who may be a threat to themselves or others and to “say something” BEFORE it is too late.

**Pennsylvania 2-1-1 Northeast** - Visit here <http://www.helpline-nepa.info/info/index.htm>

PA 2-1-1 is a free, confidential, non-emergency, comprehensive information and referral service that connects Northeast PA residents with the health and human services they need.

For more information/resources regarding the following:

Health/Dental; Disaster Services/COVID-19 Response; Rental Payment Assistance; Housing/Shelter/Housing Search Assistance; Electric Service Payment Assistance; Utility Assistance; Food/Meals/Food Pantry; Employment/Income/Financial Assistance; Mental Health; Crisis Services/Helplines/Warmline; Clothing/Household Items; Substance Abuse/Disorders; Family Services; Transportation; Veteran/Military; Disability Services; Legal Assistance; Community/Services/Events.

## **Health Resources:**

- **COVID-19 (corona virus) information:**
  - **Pennsylvania Department of Health:** <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>
  - **Center for Disease Control:** <https://www.cdc.gov/coronavirus/2019-ncov/index.html>