

WWW.SCHS.EDU

In the Know

Student Services
SCHS Employee Welcome
Events
National Immunization Awareness Month
Stay Cool
Game Time
Delicious Dinner
Happy Birthday

Hello Students!

2021 ACADEMIC YEAR!

Every journey may have a little bump or swerve in the road,
just remember, you are awesome and don't give up.

You've got this!

COVID-19 update:

As COVID-19 surges in states across the country, Governor Ralph Northam announced new actions to mitigate the spread of the virus in Virginia. While the Commonwealth's case count per capita and positivity rate remain comparatively low, all five health regions are experiencing increases in new COVID-19 cases, positive tests and hospitalizations.

"We've chosen the path to equality,
don't let them turn us around."

~ Geraldine Ferraro

Creator God,

Too often, we use our intelligence and talents to develop ways to divide and separate rather than unite. Enliven in our hearts a spirit of solidarity that we might see in each other the same human spirit that animates us all. Fill us with your Holy Spirit that we might grow in gratitude for the uniqueness of each other and foster relationships that affirm the fundamental dignity of all. We pray in the name of the God who is the source of all life. Amen.

Call to Action

What one action can I take, or what one commitment can I make today, to promote a spirit of solidarity in the communities to which I belong?



N220



S. Friend, D. Burgis

Student Services Spotlight

Student Spotlight

Congratulations to Forrest Steed for being recognized in the SMC safety huddle for his compassion, generosity and care. Way to go Forrest for going above and beyond and making SCHS proud.





Two NURS 220 students (G.Word & L.Goasa Tunstall)
unwinding after testing.

Campus Nexus

NEW Student Information System!

As previously announced, Southside College of Health Sciences will be moving to a new student information system over the next couple of weeks. Campus Nexus will replace Sonisweb and will allow for students, faculty and staff to have a more user-friendly experience. The system is designed with a portal interface that allow for 24/7 access. Integration of academic, financial aid and student accounting will allow students to have one point of access to review their student record. Beginning in late July, we will begin Campus Nexus training with students and test your access in the computer lab.

Exact days and times for training will be forthcoming in the next few weeks. If you have any questions about Campus Nexus and the integration, please reach out to Ms. Jarvis at susan_jarvis@bshsi.org



K.Bodette, A.Sesay, L.Dirr, C.Ross, A.Pope

Create a Professional Email Address **to Make a Good First Impression**

While your email address may seem insignificant, it is actually the first thing many future employers see and it is a factor that some will take into consideration.

A professional email address also helps ensure that your message reaches the recipient. If your identity is not clear it may get deleted or go to the spam folder.

Avoid Cutesy or Risqué'

You don't want to offend potential employers or come off as unprofessional.

Choose Simple and Straightforward

Try using a combination of first, middle and last name.

Stick to letters only if possible

Numbers and punctuation are harder to remember and can sometimes trip spam filters.



Ms. Courtney Bailey

MSN, RN

Instructor, Nursing

Mrs. Kimberly Quarles

I have been a nurse for 17 years, working in many settings. I am a Charlottesville native and attended UVA for my undergrad, Western Governor's University for my MSN and currently working on my MBA at Aspen University. I am married with three daughters, a son, and a dog. I am a disabled nurse- and still here!

Events

July 04 - Independents Day!

July 17 - Sisters of Humility

July 30 - Last day of summer classes 2021

Upcoming Dates

August 2-4 - Final Exams

Best of luck to all of our students.


August 12 - Summer Commencement

Please join us in congratulating the Summer 2021 nursing graduates. We are proud of all their accomplishments and wish them success in all future endeavors.

August 30 - Fall 2021 semester begins

Please join us for a back to school breakfast. Details to follow.


CELEBRATING THE
*Sisters of Humility
of Mary*



JULY 17TH

Bringing more abundant life to God's people, especially the poor...

The Sisters of the Humility of Mary were founded in 1858. They were **empowered** by their faith to provide education for girls in poor villages of France, before relocating to America. Here they **deepened their impact** by continuing their teaching ministry, caring for those impacted by small pox, and establishing a healthcare ministry. As we honor the sisters' courage and perseverance in caring for the sick, a ministry we continue, let us renew our commitment to provide the compassionate ministry of Jesus.



Mrs. Susan Jarvis, Mrs. Joanne Bogese, Mrs. Meghan Arrington, Mrs. Sandra Archer

Vaccinate **on time.**

Getting vaccines at the
recommended time is the
best way to protect against
serious diseases.



National Immunization
Awareness Month

Preschool and Elementary School Years: Ages 3 through 10

Your child needs additional doses of some vaccines from ages 3 through 6.

You may need a certificate of immunization to enroll your child in school.

Recommended vaccines:

- ☐ **Chickenpox (varicella) vaccine:** At 4 through 6 years
- ☐ **Diphtheria, tetanus, and pertussis (DTaP) vaccine:** At 4 through 6 years
- ☐ **Flu vaccine:** Every year by the end of October, if possible
- ☐ **Measles, mumps, rubella (MMR) vaccine:** At 4 through 6 years
- ☐ **Polio (IPV) vaccine:** At 4 through 6 years



Preteen and Teen Years: Ages 11 through 18

As protection from childhood vaccines wears off, adolescents need additional vaccines to extend protection.

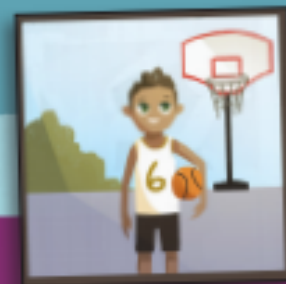
Adolescents need protection from additional infections as well, before the risk of exposure increases.

As your child heads to college, make sure all vaccinations are up to date and he or she has a copy of all immunization records.

If your child travels outside of the United States, [check](#) if he or she needs any additional vaccines.

Recommended vaccines:

- ☐ **Flu vaccine:** Every year by the end of October, if possible
- ☐ **Human papillomavirus (HPV) vaccine:** At 11 through 12 years and a second dose 6–12 months following the first dose
- ☐ **Meningococcal conjugate vaccine:** At 11 through 12 years and at 16 years
- ☐ **Serogroup B meningococcal vaccine:** May be given at 16 through 23 years; if interested, talk to your child's doctor
- ☐ **Tetanus, diphtheria, and pertussis (Tdap) vaccine:** At 11 through 12 years



Into Adulthood

Everyone should get a flu vaccine every year before the end of October, if possible.

Adults need a Td vaccine every ten years.

Healthy adults 50 years and older should get shingles vaccine.

Adults 65 years or older need one dose of pneumococcal conjugate vaccine followed by one dose of pneumococcal polysaccharide vaccine.

Adults younger than 65 years who have certain health conditions like heart disease, diabetes, cancer, or HIV should also get one or both of these vaccines.

Adults may need other vaccines based on health conditions, job, lifestyle, or travel habits.



Your How to Keep Cool During Warm Weather Workouts

KEEP IT COOL DURING **WARM WEATHER WORKOUTS**

With the sun shining bright, it's the perfect time to take your workout outside! Use these tips and tricks to stay cool as you Move More all summer long.



TIME IT RIGHT

- Get outside during the coolest parts of the day, like the morning or evening
- Avoid outdoor activity from 12-3 PM, the hottest part of the day
- Give yourself time to warm up and cool down before each activity



STAY HYDRATED

- Drink water before, during and after activities, even if you don't feel thirsty
- Fuel up with hydrating fruits and veggies, smoothies and infused water
- Carry a water bottle or hydration pack with you for easy hydration



DRESS FOR COMFORT

- Wear lightweight, light-colored clothes made with moisture-wicking fabrics
- Lace up with breathable shoes, lightweight socks and supportive insoles
- Protect yourself with sunglasses, waterproof sunscreen and a hat or visor



MAKE IT FUN WITH WARM-WEATHER ACTIVITIES LIKE:



Swimming



Hiking



Outdoor Yoga

For more ideas on staying active, visit
HEART.ORG/MOVMORE



Healthy For Good™



EAT SMART ADD COLOR MOVE MORE BE WELL

Time It Right

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Stay Hydrated

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Dress for Comfort

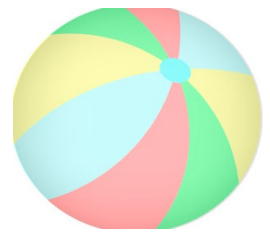
- Wear lightweight, light-colored clothes made with moisture-wicking fabrics
 - Lace up with breathable shoes, lightweight socks and supportive insoles
- Protect yourself with sunglasses, waterproof sunscreen and a hat or visor

Make it fun with warm-weather activities like:

- Swimming
- Hiking
- Outdoor Yoga

For more ideas on staying active, visit heart.org/movmore

Game Time!



SUMMER WORD SEARCH

W	U	D	C	E	U	O	Q	L	C	W	H	P	F	T	D	S	M	J	U
B	T	J	C	K	Z	Q	H	P	V	L	E	Y	R	N	P	R	A	Z	T
T	E	A	R	E	M	M	U	S	I	T	V	D	P	O	Z	E	J	I	M
L	B	K	H	M	E	D	S	M	P	R	V	H	L	K	Q	L	N	I	S
T	E	V	C	B	V	O	N	O	G	P	T	F	K	D	S	K	A	C	S
M	W	F	H	H	Q	K	S	O	V	N	P	D	J	N	V	N	G	E	L
H	Y	G	N	I	P	M	A	C	L	I	K	A	I	O	G	I	Q	C	B
X	R	U	X	W	S	R	N	Y	L	E	U	M	C	O	L	R	B	R	N
S	G	A	F	F	B	H	D	F	R	L	M	R	M	Q	R	P	M	E	W
T	W	F	I	B	U	O	C	P	H	I	B	R	N	I	U	S	G	A	I
L	I	N	S	A	J	T	A	C	A	P	D	T	E	A	W	F	Z	M	E
E	D	E	H	S	L	D	S	R	O	R	D	B	Q	T	E	S	N	R	L
M	M	B	I	E	W	Q	T	O	K	S	K	V	B	K	A	C	L	Z	C
O	H	S	N	B	T	R	L	U	G	W	A	O	A	X	L	W	O	V	I
N	W	B	G	A	P	A	E	C	S	C	P	J	R	P	Q	I	S	Y	S
A	B	F	Y	L	F	L	H	M	A	X	Y	T	B	W	U	J	G	P	P
D	M	G	T	L	M	I	B	T	Y	K	U	S	E	B	Y	C	I	E	O
E	W	T	I	U	S	M	I	W	S	H	A	Y	C	R	Z	T	N	C	P
O	F	J	S	W	D	O	M	S	S	B	C	C	U	P	H	N	A	D	K
R	R	M	W	U	N	X	X	W	Q	V	A	E	E	D	K	L	I	I	B

Barbecue
Baseball
Beach
camping
Fishing



Flip Flops
Ice Cream
Lemonade
Ocean
Park



Pool
Popsicle
Road Trip
sandcastle
sprinklers



Summer
swimming
swimsuit
Vacation
Watermelon

Easy Chicken Pesto Stuffed Peppers

Ingredients

- 4 medium sweet yellow or orange peppers
- 1-1/2 cups shredded rotisserie chicken
 - 1-1/2 cups cooked brown rice
 - 1 cup prepared pesto
- 1/2 cup shredded Havarti cheese
 - Fresh basil leaves, optional

Directions

Cut peppers lengthwise in half; remove stems and seeds. Place peppers on a [baking sheet](#), skin side up. Broil 4 in. from heat until skins blister, about 5 minutes. Reduce oven temperature to 350°.

Meanwhile, in a large bowl, combine chicken, rice and pesto. When cool enough to handle, fill peppers with chicken mixture; return to [baking sheet](#). Bake until heated through, about 5 minutes. Sprinkle with cheese; bake until cheese is melted, 3-5 minutes. If desired, sprinkle with basil.

Nutrition Facts

2 stuffed pepper halves: 521 calories, 31g fat (7g saturated fat), 62mg cholesterol, 865mg sodium, 33g carbohydrate (7g sugars, 5g fiber), 25g protein.



HAPPY BIRTHDAY!

Students

Shatia Friend 07/05
Marcus Poulsen 7/05
Margaret Poulsen 07/05
Kelsey Beazley 07/08
Alexis Moseley 07/12
Grace Lundie 07/14
Rachel Lowry 07/16
Kellsie Root 07/28
Sarah Knight 08/02
Meghan Miles 08/03
Aniya Pope 08/05
Lyndsie Maile 08/07
Kendra Bodette 08/09
Madison Broga 08/10
Jessie Marsh 08/11
Katie Hicks 08/15
Jordan Gauthier 08/16
Lindsay Faucette 08/21
Berkley Ruddick 08/21
Amanda Lipford 08/24
Lindsey Dirr 08/30

Faculty & Staff

Kasey Shea 07/14
Kimberly Yeager 07/17
Jessica Davis 07/27
Ashley Pate 07/30
Jessica Bennett 08/02
Joanne Bogese 08/18
Kristie Carrasco 08/24
Natasha Jones 08/30

Contact Jessica Davis
(Jessica_Davis@bshsi.org) if you
have articles or information to be in-
cluded in the SCHS newsletter. Please
submit articles for the September /
October newsletter by Sept. 17th