

CPMA

Welcome to CPMA Virtual Health Office. All who enter here are respected, wanted, and accepted.

Your School Nurse is: Kendra Ramirez, RCSN



Welcome to CPMA Virtual Health office. My name is Kendra Ramirez and I have been the nurse at this great school for the past 3 years. With experience in many different nursing fields for 11 years it aids me to assist you children, keeping them safe and healthy. Assisting students with their Health and Wellness needs is my passion.

Nurse Office Hours: Wednesdays 9:00-1100,

Zoom Link: <https://sandiegounified.zoom.us/j/89157195843>

Meeting ID: 891 5719 5843

Meeting Code: 430393

Additional Contact Information:

Office number: 858-800-5620 leave a message and message will go to email

Email: kramirez1@sandi.net

Google Voice Number: 619-894-6454

Your Health Technician is: Nydia Guerrero



Nydia has been the Health Tech at CPMA for the past 7 years. Not only is she an asset to support the nurse she is very knowledgeable in the health field with training as a medical assistance. Nydia read/ writes and reads Spanish.

Health Technician Office Hours:
Thursdays 0900-1100

Office Hours: Thursdays 0900-1100

Zoom Link to Health Technician

Link: <https://sandiegounified.zoom.us/j/86520151143>

Meeting ID: 865 2015 1143

Additional Contact Information

Email: nguerrero@sandi.net

If nurse or health technician are unavailable during established office hours, please contact:

Cluster Coordinator: Andrea Wolfe

Phone: 619-578-9065

Email: awolfe@sandi.net

Links to Commonly Used Forms:

HIPPA Forms

Authorization for Release of Information (English): <https://www.sandiegounified.org/common/pages/DisplayFile.aspx?itemId=30985591>

Authorization for Release of Information (Spanish):
<https://www.sandiegounified.org/common/pages/DisplayFile.aspx?itemId=30985593>

Medications Information and Forms:

<https://www.sandiegounified.org/cms/One.aspx?portalId=27732478&pageId=28606076>

Health Information Exchange Consent Form:

<https://www.sandiegounified.org/common/pages/DisplayFile.aspx?itemId=30971826>

Health Information Exchange Consent Form (Spanish):

<https://www.sandiegounified.org/common/pages/DisplayFile.aspx?itemId=30971828>

Immunization Information:

https://www.sandiegounified.org/departments/nursing_and_wellness_program/immunization_requirements

Immunization Requirements (English):

<https://www.sandiegounified.org/common/pages/DisplayFile.aspx?itemId=28638783>

Immunization Requirements (Spanish):

<https://www.sandiegounified.org/common/pages/DisplayFile.aspx?itemId=28638781>

Immunization Clinic Schedule:

<http://www.sdiz.org/documents/IZ-clinics/iz9es-latest.pdf>

Meal Accommodations:

Fluid Milk Substitution: <https://www.sandiegounified.org/common/pages/DisplayFile.aspx?itemId=31047239>

Physician Authorization for Meal Accommodation: <https://www.sandiegounified.org/common/pages/DisplayFile.aspx?itemId=31047237>

Special Education/Health History Forms:

Health History Eng: <https://www.sandiegounified.org/common/pages/DisplayFile.aspx?itemId=31047245>

Health History Sp: <https://www.sandiegounified.org/common/pages/DisplayFile.aspx?itemId=31047247>

Health Update Eng: <https://www.sandiegounified.org/common/pages/DisplayFile.aspx?itemId=31047243>

Health Update Sp: <https://www.sandiegounified.org/common/pages/DisplayFile.aspx?itemId=31047241>

Communicable Disease Information:

https://www.sandiegounified.org/departments/nursing_and_wellness_program/communicable_diseases

Insurance Enrollment (Medi-Cal Access):

https://www.sandiegounified.org/departments/nursing_and_wellness_program/insurance_enrollment

Wellness Resources:

San Diego Unified School District Nursing & Wellness Department
Resources on the following topics:

- Nutrition
- Physical Activity
- Health Promotion
- Sleep
- Community Resources

https://www.sandiegounified.org/departments/nursing_and_wellness_program/related_resources

Wellness Centers:

<https://sandiegounified.org/cms/one.aspx?portalId=27732478&pageId=28660818>

School Based Health Centers:

https://www.sandiegounified.org/departments/nursing_and_wellness_program/school-based_health_centers

Meal Pick-Up Sites:

<https://sites.google.com/sandi.net/covid19/resources/food-services>

Clinics and Resources:

Community Clinics:

[La Maestra Community Health Centers](#)

<https://www.fhcsd.org/>

<https://sdfamilycare.org/locations/>

https://www.freeclinics.com/cit/ca-san_diego

<https://medschool.ucsd.edu/som/fmph/education/freeclinic/about/Pages/clinic-sites.aspx>

List of low Income Dental Clinics:

[Low Income Clinics in San Diego](#)

Community Resources:

[Home - 2-1-1 San Diego](#)

[San Diego Youth Services - Building futures for 50 years](#)
[YMCA Youth and Family Services](#)
[San Diego Children's Programs and Services](#)

Sexual Health:

Student Support Services <https://sandiegounified.org/cms/one.aspx?portalId=27732478&pageId=28709364>

[online local clinic mapping tool](#) to find recommended clinics.

[Telehealth](#) Planned Parenthood offering virtual visits

[Center For Community Solutions : Home](#)

Mental Health:

Access and Crisis Line (888)724-7240

Its Up to Us [Up2SD - It's Up to Us San Diego](#)

[Teen Guide to Mental Health and Wellness](#)

Teen Line Online <http://www.teenlineonline.org> (800) 852-8336