

Elma School District Preschool Field Trip

Raising awareness of the importance of Well Child Check-Ups



(ELMA, WA) – Summit Pacific Wellness Center hosted the Elma School District Preschool Field trip on Friday, January 26th, 2024.

Elma preschool students and their caregivers participated in a field trip to Summit Pacific Wellness Center for a fun and interactive workshop designed to educate preschoolers and their families about the importance of well-child checkups while alleviating fears or anxieties associated with doctor visits. Through engaging activities and demonstrations, children and their families learned about the significance of regular health checkups in maintaining overall well-being and preventing illnesses.

During the workshop, a team consisting of Jessica Jurasin, a Pediatric Nurse Practitioner, and Athena Hughes, a Medical Assistant, conducted mock checkups. A student volunteer was chosen to role-play as the patient, and their vital signs were taken using specialized pediatric equipment. Athena engaged the "patient" with questions, simulating the interaction during checkups. The Nurse Practitioner, Jessica Jurasin, explained that more in-depth questioning is conducted during actual appointments, alongside comprehensive screenings for hearing and vision.

Participants were treated to healthy, nutritious snacks prepared by Chefs Brandon and Kortney from the Café at Summit. Using fruit only, students could re-create a kid's happy meal, which included a burger and fries.

The Elma School District has shared positive feedback from those who attended the event, expressing satisfaction with the valuable information and engaging activities. Furthermore, they have expressed interest in hosting additional field trips tailored to various age groups. This positive response demonstrates the impact and success of our well-child workshop, and we look forward to expanding its reach to benefit even more students in the Elma School District.

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Summit Pacific is a vibrant and expanding nonprofit public hospital district serving east Grays Harbor County, Washington. Founded in 1982, Summit Pacific now operates three locations: a critical access hospital, primary care clinics, an urgent care clinic, and a range of ancillary and specialty services. Summit Pacific's vision is "Through Summit Care, we will build the healthiest community in the Nation." To learn more about Summit Pacific, visit www.summitpacificmedicalcenter.org.