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
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 (Spanish):

Medications Information and Forms:
https://www.sandiegounified.org/cms/One.aspx?portalId=27732478&pageId=28606076

Health Information Exchange Consent Form:
Health Information Exchange Consent Form (Spanish):
Immunization Information:
https://www.sandiegounified.org/departments/nursing_and_wellness_program/immunization_requirements
Immunization Requirements (English):
Immunization Requirements (Spanish):
Immunization Clinic Schedule:

Meal Accommodations:

Special Education/Health History Forms:
Health History Eng: https://www.sandiegounified.org/common/pages/DisplayFile.aspx?itemId=31047245

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