

Bristol's School Readiness Council to distribute children's book

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BRISTOL – A children's book, "Helping you Heal: A book About Nurses," will be soon distributed to local preschool and kindergarten students, play and learn groups and the local libraries next week.

This has been made possible because the efforts of Bristol's School Readiness Council's "Little Read" initiative.

Mary-Alice Petrucelli-Timek, grant manager with the Bristol School Readiness Council, said that the book was written by Sarah C. Wohlrabe and Illustrated by Eric Thomas and will teach children about the role of nurses.



"It teaches kids why nurses are important in a way that they can understand," said Petrucelli-Timek. "Readers will learn things like why nurses take your temperature and why they do blood pressure tests. It's our goal that all children in this age group will read this book."

In addition, parents will be able to watch a video of the book being read on [facebook.com/MakingBristolBetter](https://www.facebook.com/MakingBristolBetter).

Petrucelli-Timek said that this book was chosen in honor of Cathy Plourde, school health services coordinator with the Bristol-Burlington Health District who will be retiring this year after more than 10 years in the role.

"Dr. William Brownstein is sponsoring this 'Little Read' in her honor with his endowment at the Main Street Community Foundation and private funding," said Petrucelli-Timek.

Petrucelli-Timek said that Brownstein is a former co-chair of the Bristol School Readiness Council. Although he has since retired, he still supports their efforts.

A retirement party is planned for Plourde May 10 at 4:30 p.m. at Main Street Pint & Plate at 182 Main St. Those who wish to attend are asked to reach out to the Bristol-Burlington Health District at 860-584-7682.

Petrucelli-Timek said that she is "touched" that Plourde chose this fund, which she established in 2018 to benefit "Imagine Nation, A Museum Early Learning Center" and the "Bristol Childhood Development Center."

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