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HOUSE RESOLUTION NO. 75
Offered February 4, 2026

Commending Heather Shea Pugh.

Patron—Clark

WHEREAS, Heather Shea Pugh of Windsor High School in Isle of Wight County was selected as the 2025 School Nurse of the Year by the Virginia Association of School Nurses for her visionary leadership in mental health support and cardiac emergency preparedness; and

WHEREAS, inspired by personal experiences with her own mother's mental health struggles, Shea Pugh made it her mission to help children and families identify and address mental health issues at a young age; and

WHEREAS, in 2022, Shea Pugh worked with members of the Virginia Chapter of the American Academy of Pediatrics and REACH crisis services to gain a better understanding of how school nurses and counselors handled mental health across the Commonwealth; and

WHEREAS, Shea Pugh subsequently helped create the Mental Health Toolkit for School Nurses, which provides easy-to-follow guides for school nurses to discuss a range of mental health topics, including anxiety, depression, or suicidality, as well as coping strategies, resources, and guidance on crisis situations; and

WHEREAS, Shea Pugh has presented the Mental Health Toolkit for School Nurses at conferences in Roanoke and Charlottesville and at the National Association of School Nurses Annual Conference in Austin, Texas; and

WHEREAS, in addition to her groundbreaking work on mental health, Shea Pugh formed a dedicated cardiac response team, the members of which are trained to provide immediate support to any Windsor High School student experiencing a cardiac emergency; and

WHEREAS, Shea Pugh's efforts led to Windsor High School receiving the Heart Safe School designation from Project ADAM, a nonprofit organization that raises awareness of the dangers of sudden cardiac arrest; and

WHEREAS, in 2023, Shea Pugh achieved a national certification as a school nurse, demonstrating her passion for youth advocacy and expertise in the field of school health services; now, therefore, be it

RESOLVED by the House of Delegates, That Heather Shea Pugh hereby be commended on the occasion of her selection as the 2025 School Nurse of the Year by the Virginia Association of School Nurses; and, be it

RESOLVED FURTHER, That the Clerk of the House of Delegates prepare a copy of this resolution for presentation to Heather Shea Pugh as an expression of the House of Delegates' admiration for her exceptional contributions to the health and wellness of young people in Isle of Wight County.

INTRODUCED

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