



The Regional Alliance for Healthy Schools at Michigan Medicine

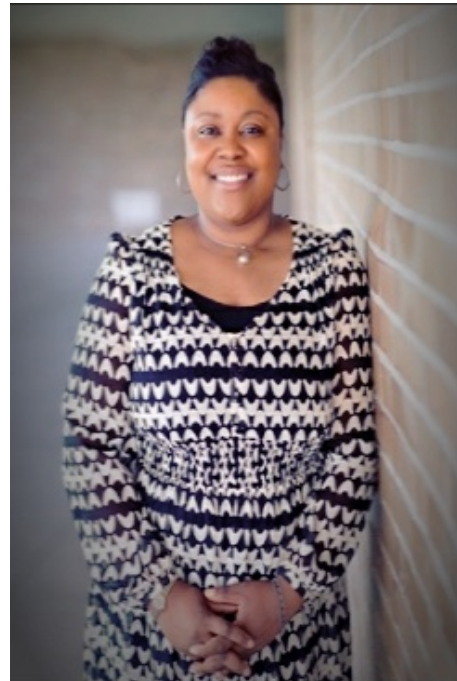
February is [School-Based Health Awareness \(SBHA\) Month](#)! Each of the RAHS Health Centers will be doing something special within their school to celebrate their school staff and administration. SBHA Month is an opportunity to raise awareness about how school-based health centers (SBHCs) bring health care to where students already spend the majority of their time - in school - as they work to achieve health equity among children and adolescents.

Your input into RAHS programs and services is always greatly appreciated. One way to share your thoughts with us is to attend one of our Community Advisory Council (CAC) meetings. Upcoming meetings include February 28 at Kearsley High School and April 23 at Ypsilanti High School. A Carman-Ainsworth High School date will be determined soon. School staff, parents, community members, and youth are encouraged to participate to learn more about RAHS programs and to provide feedback.

To learn more about RAHS, our school-based health centers, and the services we provide, please visit our website at umhs-rahs.org.

In good health,

Angie Spence



Jisha Panicker, BDS, MPH

National Children's Dental Health Month

February is [National Children's Dental Health Month](#). Developing good brushing habits at an early age and scheduling regular dental visits gives children a good start on a lifetime of healthy teeth and gums. Tooth decay is the most common chronic disease in children even though it is preventable. Good oral hygiene practices such as thorough brushing with a fluoride toothpaste can help keep children from getting cavities.

[Read more about preventing tooth decay...](#)

RAHS Mobile Unit

The RAHS Mobile Unit is now operational! It provides both [dental and vision services](#), supporting the RAHS mission to eliminate access barriers to health care. To be referred for services, [contact your RAHS Health Center](#).



National Nutrition Month

March is National Nutrition Month®

In March, the Academy of Nutrition and Dietetics celebrates National Nutrition Month. The campaign for 2019 is aimed at increasing the public's awareness of the importance of good nutrition. Registered dietitian nutritionists (or RDNs) are the most valuable and credible source of timely, scientifically-based food and nutrition information. RDNs at the RAHS Health Centers are available to talk with students about healthy eating habits.

[Read on for nutrition tips...](#)

Dates to Remember

Thursdays [Find vision and dental service dates on our website](#)

Feb 28 CAC Meeting at Kearsley High School

March 25-29 Spring Break for all RAHS school districts -
Please call health centers in advance for availability

April 23 CAC Meeting at Ypsilanti High School

RAHS Job Openings

RAHS currently has openings for three clinical social workers (LMSW), a behavioral health coordinator (BSW), and a Mobile Unit driver. Visit [UM Careers](#) regularly and search for keyword RAHS to see the postings and for more information on all available positions with Michigan Medicine.



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