

REGIONAL ALLIANCE FOR HEALTHY SCHOOLS



MARCH 2025

RAHS HOT NEWS

Sports Physicals

As we head into the spring season, it's the perfect time to focus on one of the impactful ways we support student health and safety—sports physicals. These exams are not only required for student-athletes to participate in school sports, but they're also a critical opportunity for us to check in on the overall well-being of the youth we serve.

Sports physicals allow us to assess physical health, identify any underlying conditions, and have meaningful conversations with students and families about nutrition, injury prevention, and mental health—all key to helping youth and adolescents thrive on and off the field.

As trusted partners in our school districts, we encourage you to work closely with school staff and administrators to schedule outreach events that make these and other healthcare services accessible and convenient for students and their families. Thank you for your continued dedication to our mission. Your teamwork and commitment make a lasting difference in the lives of the students we serve.



CONGRATULATIONS!

March was Social Work Month and I'm very pleased to share that one of our own RAHS social workers - Brandie Schulz, LMSW at RAHS-Lincoln High School was nominated for the annual award. Thank you Brandie for all you do for youth in our communities!

HEALTH CENTER UPDATES

RAHS-KEARSLEY HIGH SCHOOL SCHOOL-BASED HEALTH CENTER AWARENESS MONTH CELEBRATION!



RAHS-ARMSTRONG MIDDLE SCHOOL VISION DAY

The RAHS Mobile Unit stopped by Armstrong Middle School for the first time for Vision appointments. It was a huge success! We saw 8 kiddos from 2 schools, 7 of which were fitted for glasses.



UPCOMING EVENTS

APRIL 2025

RAHS-LINCOLN HIGH & RAHS-LINCOLN MIDDLE SCHOOLS VISION DAY **APRIL 3**

The RAHS-Mobile Unit will be onsite at RAHS-Lincoln High and RAHS-Lincoln Middle Schools for vision care. Make sure to get signed consent forms to Sam!

RAHS-BEECHER HIGH SCHOOL VISION DAY **APRIL 10**

The RAHS-Mobile Unit will be onsite at RAHS-Beecher High School for vision care. Make sure to get signed consent forms to Sam!

RAHS-ARMSTRONG MIDDLE SCHOOL DENTAL DAY **APRIL 16**

The RAHS-Mobile Unit will be onsite at RAHS-Armstrong Middle School for dental care. Make sure to get signed consent forms to Sam!

RAHS-YPSILANTI COMMUNITY MIDDLE SCHOOL VISION DAY **APRIL 17**

The RAHS-Mobile Unit will be onsite at RAHS-Ypsilanti Community Middle School for vision care. Make sure to get signed consent forms to Sam!

RAHS-CARMAN-AINSWORTH COMMUNITY HEALTH EXPO **APRIL 17**

The RAHS-Carman-Ainsworth team is partnering with the Carman-Ainsworth School District and will be at the Community Health Expo at Carman Middle School.

RAHS-RICHFIELD PUBLIC SCHOOL ACADEMY VISION DAY **APRIL 24**

The RAHS-Mobile Unit will be onsite at RAHS-Richfield Public School Academy for vision care. Make sure to get consents to Sam!

RAHS-LINCOLN SCHOOLS - BISHOP ELEMENTARY SCIENCE NIGHT **APRIL 25**

The RAHS-Lincoln teams are partnering with the Lincoln Consolidated School District to participate at Bishop Elementary School for their Science Night.

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