

# REGIONAL ALLIANCE FOR HEALTHY SCHOOLS



SEPTEMBER 2025

## RAHS HOT NEWS

### Back to School

A new school year is the perfect time for families to focus on setting students up for a healthy and successful year.

**1. Stay on Track with Routine Vaccinations** - Routine childhood and adolescent vaccinations protect against serious illnesses like measles, whooping cough, meningitis, and more. These vaccines are essential not only for your child's health but also for keeping classmates and the community safe.

**2. Get Ready for Flu Season** - Flu season typically begins in the fall and can cause serious illness, especially for children and teens. Watch for announcements from your local RAHS health center about flu shot availability.

**3. Schedule a Back-to-School Health Visit** - A back-to-school checkup is a great opportunity to address your child's overall wellness. Our RAHS clinicians can provide sports physicals, manage chronic conditions like asthma, screen for vision and hearing concerns, and offer behavioral health support.

**4. Build Healthy Routines Early** - Starting healthy habits now can help your child adjust smoothly to the school routine. Make sure your student is getting enough sleep, eating balanced meals, and staying active. Encourage handwashing, good hygiene, and open communication about how they're feeling—both physically and emotionally.

RAHS is here to help! RAHS school-based health centers are here to support youth 21 years old and younger—regardless of insurance status or ability to pay. We provide confidential, high-quality care right where students spend much of their day: at school.

To schedule an appointment, contact your local RAHS health center.

# COMMUNITY ADVISORY COMMITTEE

## HELP RECRUIT FAMILIES FOR THE RAHS COMMUNITY ADVISORY COUNCIL

Each RAHS school-based health center has a Community Advisory Council (CAC) made up of parents, guardians, school representatives, and community members who share valuable feedback to guide our work. CAC members help ensure RAHS programs and services meet the needs of youth and families.

We're asking RAHS staff to help recruit families to participate for their CAC. Please let parents and guardians know about this opportunity to have their voices heard, strengthen the connection between school, health, and community, and play an active role in shaping the care we provide.

If families express interest, please connect them with ???? for more details. Together, we can make sure our RAHS Community Advisory Councils reflect the voices of the communities we serve.

# RAHS MOBILE UNIT UPDATE

## RESOURCES AVAILABLE IN YOUR RAHS HEALTH CENTER

The RAHS Mobile Unit is still undergoing maintenance but we hope to be back on the road soon!



UMHS-RAHS.ORG

