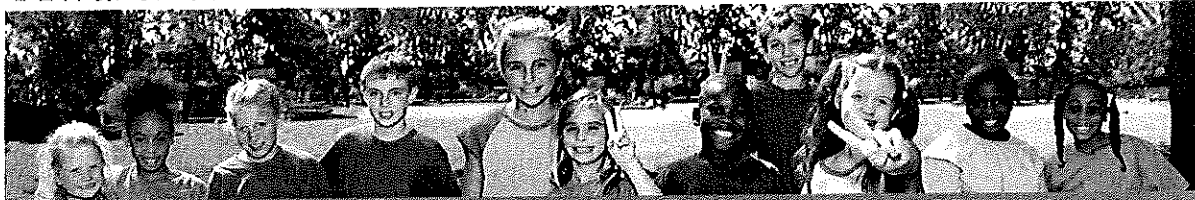


School-Based Health Center Awareness Month



February 2009

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	<p>Project of the Week:</p> <p>Create a poster for the theme: "Save Lives, Change Lives." This may represent our Annual School-Based Health Center Awareness Day logo and be posted throughout the capitol in Lansing.</p> <p><i>5 points per poster</i></p>	<p>Do you have parent-teacher conferences this month? Make a schedule to become available to provide tours of your school-based health center or pass out informational materials.</p> <p><i>10 points for informational materials</i> <i>5 points per tour</i></p>	<p>Make a school announcement for "Heart Disease Awareness Month." Go to www.americanheart.org to provide up-to-date facts to discuss what is pertinent to your audience.</p> <p><i>5 points</i></p>	<p>Make a healthy recipe available in your clinic to distribute. Collect enough options and make a cookbook!</p> <p><i>5 points per recipe</i></p>	<p>Today is National Wear Red Day. Support the fight against women's heart disease and have students and faculty in your school wear red! Don't forget to take a picture!</p> <p><i>10 points</i></p>	7
8	<p>Project of the Week:</p> <p>Plan for a "Policy" Visit by inviting a Representative from your local, state, or federal government.</p> <p><i>50 points</i></p>	<p>Brainstorm a list of adolescent issues that could be addressed through the legislature. For example, you may want to investigate nutritional guidelines in your district or find ways to increase physical activity.</p> <p><i>15 points</i></p>	<p>Research local newspapers and internet articles for content that is related to teen health or school-based health center issues. Add any issues that you feel are true within your community to the brainstorm list.</p> <p><i>15 points</i></p>	<p>Draft a letter or post card to your local government Representative stating your concern on one of your brainstormed adolescent issues. To find a template you may want to use visit: www.imaternal.org/CSHC/CSHC%20Resources_Links/Advocacy%20Tool%20Kit.PDF</p> <p><i>20 points</i></p>	<p>Make a phone call to your local State Representative or Senator to let them know the importance of supporting school-based and school-linked health centers. Don't forget to document your call! To locate contact information, go to: http://advocacy.scha-mi.org</p> <p><i>20 points</i></p>	14
15	<p>Project of the Week:</p> <p>Create a videotape encouraging others to support and visit your school-based health center.</p> <p><i>100 points</i></p>	<p>Create a fundraiser to support a local or national cause, such as the American Cancer Society. Perhaps if adults would like to wear jeans, they may contribute to your fund. Don't forget to get the "okay" from your principal!</p> <p><i>30 points</i></p>	<p>Hold an after school exercise forum. Challenge adults to join you as well! Dare someone to a wall sit, basketball game, jump rope contest, or a run! Invite the local media!</p> <p><i>50 points</i></p>	<p>Decorate a bulletin board in your SBHC or school demonstrating the services offered in your center, highlighting the activities you are doing for this month, or for an awareness campaign!</p> <p><i>20 points</i></p>	<p>This month is Children's Dental Health Month. Make an announcement or administer an activity in your elementary school from the American Dental Association website: www.ada.org/public/education/teachers/ideas.asp#coloring</p> <p><i>5 points</i> <i>50 points for activity</i></p>	21
22	<p>Project of the Week:</p> <p>Enter our Essay and Poetry Contest. Address one of the following topics in essay or poetry form: a) What your SBHC means to you OR b) Child or Adolescent Issues you have faced in your life</p> <p><i>10 points per entry</i></p>	<p>This week is National Eating Disorders Awareness Week: Help raise the awareness by offering informational pamphlets or make announcements. To find more information, visit the resources section on: www.nationaleatingdisorders.org.</p> <p><i>10 points for informational materials</i> <i>5 points for announcement</i></p>	<p>Draft a newspaper article to send to your school or local newspaper about School-Based Health Center Awareness Month highlighting the various activities you have completed!</p> <p><i>30 points</i></p>	<p>Write a thank-you note to your local school board, superintendent, principal, or staff member at your local school-based health center for their continued support.</p> <p><i>5 points per letter</i></p>	<p>Package your materials and send them in to:</p> <p>School-Community Health Alliance c/o Keri Bennett 2525 Jolly Road, Suite 260 Okemos, MI 48864</p>	28