

Helping students, teachers, administrators, and parents understand what your new SBHC offers and how it can help them is vital to your success. This first year is your best opportunity to get these important relationships off to a good start. Here are some ideas to try:

### Get Connected

- **Eat lunch in the teacher's lounge:** Even school faculty can benefit from learning about your work.
- **Set up a monthly meeting with the principal:** Keeping a regular line of communication with the principal will help you both understand the challenges you're facing and how you can help each other.
- **Attend PTA, school board, and staff meetings:** The more involved you get in the school, the more support you'll get back. Let them know about your good work!
- **Send SBHC materials home with school enrollment materials:** Help students and parents become familiar with you as early as possible.
- **Do something nice for every employee at the school:** Whether it's the superintendent, a teacher, or a receptionist, every person can be a valuable supporter.

### Reach Out to Students

- **Hang posters around campus:** Let students know who you are, where you are, and what you offer.
- **Start a youth advisory board:** Students at your school are a valuable resource. Giving them a voice helps you reach more students more effectively.
- **Host an immunization clinic at the start of the school year:** Get people in the door and enthusiastic about coming back.
- **Offer something fun to engage students:** A good way to get students in the door is something unrelated to health. Play music during lunch and become the lunchtime DJ for your school, or put on an after-school class on breakdancing or hip-hop dancing.

### Invest in Your Success

- **Come to our annual statewide conference on school health:** Hear about the latest school health topics, connect with other SBHC professionals from around the state, and discover new ways to make your clinic a success.
- **Join the California School-Based Health Alliance and take advantage of our helpful resources, toolkits, and case studies:** We have resources and grant opportunities to help you with any challenges you might face. You can explore what's available at our website: [www.schoolhealthcenters.org](http://www.schoolhealthcenters.org).
- **Take a minute to breathe:** This is stressful work, but remember that you're helping change students' lives!

Let us know how it's going: Email [mreynolds@schoolhealthcenters.org](mailto:mreynolds@schoolhealthcenters.org) or call Marcel Reynolds at 510-268-1031. We love seeing photos and hearing stories of challenges and success!