



SEPTEMBER 2025

Health Services Newsletter

SEPTEMBER HEALTH AWARENESS:



Suicide Prevention Week 9/8-9/14;

Substance Abuse and Mental Health

10th leading cause of death in VA

Services Administration (SAMHSA)

VA Suicide Statistics

Resources

Suicide Hotline is **988**- Text or Call

Screen Time Guidance for Parents:

Food Safety Month; Avoid

Elementary Age

Foodborne Illnesses:

High School Age

- Safely Pack School Lunches
- No perishable food left out longer than 2 hours



Childhood Cancer Awareness Month

Childhood Obesity Month:

CDC Guidance

Healthy Children/AAP Guidance

SCHOOL FORMS & INFO:

TCPS Health Services Website

School Entrance Physical 2025: Must be within 12 months of starting KG

Seizure Action Plan

Diabetic Medical Management Plan

Asthma Action Plan

Food Allergy Action Plan

Anaphylaxis Action Plan

VHSL Sports Physical

UPCOMING EVENTS:

- 9/8 - School Board Meeting 6:30pm
- 9/11 - Patriot's Day
- 9/19 - TCPS, Wear your Gold for Childhood Cancer Awareness
- 9/15-9/30 - VDH Flu Vaccine Clinics to be announced for October 2025, consents sent home & online