



UMRHN

UPPER MIDLANDS RURAL HEALTH NETWORK

August 2018

It's that time of year again!

NOW

- Set goals for the school year.
- Start readjusting back to a regular bedtime and wake-up schedule.
- Backpacks aren't one-size-fits-all. Make sure you have the right fit for your kids.



*Get involved!
Volunteer at the school.*

WHEN SCHOOL STARTS

- Don't skip breakfast; your kids need the energy!
- Avoid homework battles by setting up a routine.
- Build physical activity into after-school plans.

*Get organized!
Create a school station
where you keep all
important school items.*

**Chester County
School District**

*Member
Highlight*

A Great Place To Grow,
Committed to Excellence for ALL Students
With a strong focus on the Profile of the
South Carolina Graduate

Dr. Angela Bain, Superintendent

UMRHN Community Members

Catawba Community Mental Health Center * Chester County Representative * Chester County School District * Chester Healthcare Foundation * Chester Regional Medical Center * Eau Claire Cooperative Health Center * Fairfield County School District * Fairfield Memorial Hospital * Good Samaritan Medical Clinic * J. Marion Sims Foundation * John A. Martin Primary Health Care * Mid-Carolina AHEC * Midlands Technical College * North Central Family Medical Center * SC Department of Health and Environmental Control * SC Office of Rural Health * Springs Memorial Hospital * York Technical College

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