

Health Services Newsletter

September 2026

tcpsva.org



National Immunization Month: Adolescent Vaccines

Essential Vaccines for Middle and High Schoolers - **VA Mandated for Public School**

- Tdap (Tetanus, Diphtheria, Pertussis): A booster is required at age 11–12 to protect against whooping cough and tetanus.
- Meningococcal (MenACWY): Protects against severe bacterial meningitis. VA requires a dose at age 11–12 and a booster dose at age 16.
- HPV (Human Papillomavirus): Protects against cancers caused by HPV infection. Recommended for preteens aged 11–12 (a 2-dose series given 6–12 months apart). Required for school attendance; parents may opt out
- Resource: [CDC Adolescent Immunization Schedules](#)

National Suicide Prevention Month

Mental health is just as essential as physical health. September is dedicated to removing stigma surrounding mental health issues and connecting students and families to life-saving support.

- Key Statistics: Suicide remains the second leading cause of death among individuals aged 10 to 24.
- Signs to Watch For: Expressing feelings of hopelessness, severe mood swings, withdrawing from friends or activities, or sudden changes in academic performance.
- Resources:
 - 988 Suicide & Crisis Lifeline: Call or text 988 (available 24/7, free, and confidential).
 - Crisis Text Line: Text HOME to 741741 to connect with a crisis counselor.

National Childhood Obesity Awareness Month

Establishing healthy habits early in life builds a foundation for long-term health and academic success.

- Key Statistics: Approximately 19.7% (14.7 million) of U.S. children and adolescents aged 2 to 19 live with obesity.
- Actionable Tips for Families:
 - 60 Minutes of Movement: Encourage at least 1 hour of daily physical activity.
 - Balanced Meals: Fill half the plate with colorful fruits and vegetables, and opt for whole grains and lean proteins.
 - Limit Screen Time: Set boundaries on screen time to encourage active play.
- Resources:
 - [Healthyweightandgrowth](#)
 - [Realfood.gov](#)

National Concussion Awareness Day (September 18, 2026)

- Recognizing Symptoms: Dizziness, headache, nausea, confusion, sensitivity to light/noise, or changes in sleep patterns following a bump or blow to the head.
- Safety Protocols:
 - Always enforce helmet safety during sports, cycling, and skateboarding.
 - Follow the "When in doubt, sit them out" rule for student-athletes suspected of having a concussion.
- Resources:
 - [CDC HEADS UP Concussion Initiative](#)

