



# Illinois Coalition for School Health Centers

*A project of the Illinois Maternal and Child Health Coalition*

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## **High School Students:**

### **Tell us about your school health center and you could win money!**

Your voice matters! The Illinois Coalition for School Health Centers is holding the contest *Students' Key to Success: School Health Centers* and wants to know how you feel about your school health center. Follow the guidelines and answer the questions below, and you could win money and the chance to be honored at Youth Advocacy Day in Springfield!

**First place- \$75**

**Second Place- \$50**

**Third Place- \$25**

**Choose ONE question from the four below!** Please be as creative as you would like. Feel free to write a poem or a script. If you choose to use a traditional format, they must be at least two paragraphs long. You may handwrite or type submissions. Please include your name, age, grade and school at the top, right-hand corner of the page. You can view the backside of this page to view some examples. **RETURN THEM TO YOUR SCHOOL HEALTH CENTER BY FRIDAY, JANUARY 11<sup>th</sup>!**

**1.) Describe a good experience you had at your school health center.**

- a. Describe your visit and why you went?
- b. What did you learn during your time there?
- c. What was the positive impact on your life?

**2.) What if there was a school contest to recruit ten new students to use the school health center?**

- a. How would you encourage other students to use the school health center?
- b. What are some ways you would advertise the school health center around the school?

**3.) Imagine how your school would be different without a school health center.**

- a. Where would students go for health care and advice if your school health center closed down?
- b. How do the adults in the school health center treat you differently from adults in other health clinics? Where do you feel more comfortable?
- c. Would it be hard to get to another health clinic? Are there many where you live?

**4.) How do school health centers address important health issues for students your age?**

- a. What is an important teen health issue?

- b. Describe a specific instance in which your school health center addressed it.

### **Examples of Student Writing**

Every community and school needs a clinic, because it helps children feel safe and protected. The clinic staff are eager to help with any problem anyone might be dealing with. A clinic is fast unlike big health protective agencies like hospitals. The clinic keeps and makes sure all your medical documents are up to date. It's a small private facility that provides health care for patients or clients in a community or school, unlike patients in a hospital.

The clinic staff are like your parents when you are not at home, you will feel secure and safe. There is no crowdedness unlike hospital and waiting periods at a clinic takes 2-3 minutes before you are checked. You don't have to miss hours for school or jobs, you will still get to your destination. The clinic's staff's focus are on anyone who comes into a clinic and it's clean, they have the right people at the right place wanting to help you.

#### **-Student from Uplift Community School**

When I describe the school health center to people, I think about the first time I learned about the school health center. At first I didn't get it. Where would they put a health center in a school? How did it work? But it's just a doctor's office. It's just more comfortable. You can walk in, read health information, and be in a teen-friendly atmosphere.

At my old school, I was really stressed out. I was getting sick with migraines and cramps. I would sit in the nurses office for days. To be able to come to the school health center here, there is no waiting. For a check-up, I could wait 2 months for an appt. The emergency room I could wait up for 5 hours, and it's expensive. But I'm not sick now! Here, I can just walk in and they can look at me right away.

#### **- Student from Amundsen High School**