



Creating Healthy Schools

Family Involvement

Our school district cares about the health and well-being of students and the importance of partnering with their families to support their health in the school setting. Our school is required to have school wellness policies. We believe in the importance of involving families. We involve families in the writing and implementing of school wellness policies and also need your help to carry out these policies. Families play an important role in creating School Wellness Policies and how they are used. By being active in School Wellness Policies your family can help improve the health of your children and all the children attending our school.

Why is family involvement important?

What you do, influences what your child does. Families play an important role in creating healthier schools by helping to develop and support school wellness policies. School wellness policies give families more opportunities to promote success in the classroom, as well as the health and wellness of your own children and all children attending the school. Ideas on how you and your family can get involved are shown on the right panel and on the back.

How can I get more involved?

There are several ways you and your family can become active with school wellness. Below are a few examples:

School Policy

- Go to Parent Teacher Organization (PTO) meetings and learn about how to promote nutrition and physical activity programs at your child's school.
- Go online to the school website to see what policies are in place at your school.
- Talk to other families about the wellness policies and how you all can get involved with them.
- Ask your child's teacher about the best practices for foods served during classroom celebrations and work to follow those guidelines.
- Talk with the principal, food service director, associated student body director, or teachers to find out how they keep track of these best practices.
- Support healthy food items at fundraising events.

Physical Activity

- Take part in physical activity programs at your child's school before and after the school day.
- If it is safe for your child to walk to school, start a Walking School Bus. A Walking School Bus is a group of children and parents who decide to walk together to school.
 - Start walking/running/biking clubs or other physical activity groups.
 - Make sure to set a time to be physically active as a family.



Other Resources:

- Children's Mercy Hospital produces a quarterly newsletter on child health and safety news. Information on the free newsletter can be found at:
https://www.childrensmercy.org/Patients_and_Families/Your_Childs_Health/Health_and_Safety_Resources/
- The Centers for Disease Control and Prevention promotes ideas on strategies for involving parents in school health. This handbook can be found at:
https://www.cdc.gov/healthyyouth/protective/pdf/parentengagement_parents.pdf
- The National PTA created a Healthy Lifestyles program to encourage health in the school and the home. Information can be found at:
<https://www.pta.org/home/programs/Healthy-Lifestyles>
- California Project LEAN is a public health program designed to address nutrition and physical activity in school. They have created a resource for how parents can be involved in their local school wellness. Information can be found at: <http://www.californiaprojectlean.org/doc.asp?id=169&parentid=20>
- Action for Healthy Kids works with parents across the nation to promote the improvement of school wellness. Resources can be found at: <http://www.actionforhealthykids.org/what-we-do/parents-for-healthy-kids>
- A Walking School Bus is a group of children who walk together to school with one or more adults instead of riding the bus. More information can be found at:
<http://www.walkingschoolbus.org/>

Nutrition Education

- Ask your child about nutrition handouts offered by the classroom teacher. If needed, ask for these handouts in other languages.
- Take part in nutrition education sessions that are held at your child's school.
- Understand what your child is learning and reinforce those healthy habits.
- Lead a simple, fun, nutrition related activity. If you cannot be there, provide the supplies for it.
- Keep healthy foods in your household; try to eat healthy meals as a family.

School/Classroom Food Environment

- Bring only healthy food items at sporting events, birthdays, and other classroom celebrations. Ask the school foodservice to help you bring healthy foods to these events.
- Ask your child what foods are served in their classroom for birthdays and other celebrations.
- Celebrate birthdays by donating a book to the school library or by bringing non-food goodies such as pencils, stickers or bookmarks.



I'm interested in learning more!

Who do I contact?

Principal: _____

PTO President: _____

School Wellness Coordinator: _____

District Wellness Coordinator: _____

