



the movement to make healthy easy

Tips for Involving Parents in School Health and Wellness

- 1) Invite a parent representative to serve on the School Health Council
 - a. Work through pre-existing parents groups such as the PTA or PTO.
- 2) Share school wellness policies, goals and activities with parents:
 - a. Utilize pre-existing communication channels such as school newsletters, back to school night, concerts, special events, etc.
- 3) Ask for volunteers to help plan and organize special events, such as:
 - Apple Crunch, Go for the Greens and Move it Outside
- 4) Ask for volunteers to help organize before and after school activities such as:
 - nrgWalks (www.nrgbalance.org)
 - Family Fitness (<http://extension.psu.edu/familyfitness/>)
 - Catch Kids Club (<http://www.catchinfo.org/>)
 - nrg for a Healthy Me
- 5) Work with parent organizations to help seek financial support to fund equipment and incentives for school health efforts. For example, parent organizations have raised money to purchase:
 - Salad bars for the Cafeteria and/or healthy vending machines
 - Healthy snacks for special events and activities
 - Pedometers and heart rate monitors to use in Physical Education classes
- 6) Offer ideas on how parents can support school nutrition standards through:
 - Fundraisers
 - o Creative Financing and Fun Fundraising
California Dept. of Public Health Services, California Project Lean
<http://www.co.monterey.ca.us/health/communityhealth/Steps/pdfs/fundraiser.pdf>
 - o Make Sure Your School's Fundraising Efforts to Support Healthy Eating!
Minnesota Dept. of Children, Families and Learning, Food and Nutrition Service - 2002
<https://fns.state.mn.us/StrategicPlan/PDF/Toolkit/FundraiserFlyer.pdf>
 - o Smart Fundraising for Healthy Schools
Mississippi Department of Education, Office of Healthy Schools
http://www.healthyschoolsms.org/ohs_main/initiatives/documents/FundraisingAlternatives.pdf

- Classroom Parties
 - Healthy Classroom Choices
Wisconsin Milk Marketing *Board*
<http://wisdairy.com/SchoolResources/SchoolFoodservice/Newsletter/HealthyClassroom.pdf>
 - Classroom Party Ideas
San Bernardino Department of Public Health, Nutrition Program and California's Children's 5 A Day-Power Play! Campaign
http://www.bigspring.k12.pa.us/file_view.php?id=10005&PHPSESSID=771425f45289312a4a47ba0024386532
 - Healthy Ideas for Classroom Snacks and Parties
National Alliance for Nutrition and Activity
<http://www.cde.state.co.us/cdenutritran/download/pdf/WPHealthyIdeasforClassroomSnacksandParties.pdf>

- After School Snacks: nrgBalance After School Program Guide
www.nrgbalance.org and click on nrgBalance for after-school programs

- 7) Offer parent education and information related to healthy eating and physical activity for youth and families
 - Utilize the downloadable nrgBalance 12345! resources (i.e., school newsletter inserts and fact sheets)
 - Send 12345! fact sheets home with report cards
 - Include 12345! articles in the school newsletter
 - Print 12345! tips on the back of monthly school menus