PARENTAL SUPPORT, LEARNING AT HOME

COMMUNICATING WITH PARENTS

PARENT VOLUNTEER OPPORTUNITIES

PARENTS ENGAGED IN DECISION-MAKING

COLLABORATING WITH COMMUNITY & INFLUENCING POLICY

- Parent education programs are provided to help parents establish healthy home environments.
- Educational materials and home-based nutrition, physical activity and wellness activities are provided.
- Effective school-tohome and home-toschool communications (e.g. phone calls and newsletters) are set up on healthy school programs and student progress.
- Wellness is included as a standing agenda item for school-parent meetings.
- Translation/ interpretation provided as needed.

- Parents are recruited and organized to support healthy schools initiatives.
- Parent liaisons mobilize parent volunteers.
- Parents help with everyday wellness activities (e.g. prepare and serve a morning fruit snack), wellness events (e.g. family soccer tournament), and lead wellness classes (e.g. parent zumba class).
- Parents developed as healthy school program leaders; involved in school decisions.
- Active PTA and/or school-site health team offers parents ongoing leadership and participation opportunities.
- Parent action groups may form to advocate for school wellness reform/ improvements.
- Community resources are identified and integrated to strengthen school programs, family practices and student health and education.
- Collaborative relationship between parents, school, community and students takes wellness beyond the school walls.
- Parents are engaged with school board and active in district level policy development.

Example: The school is launching a new "snack attack" initiative to encourage students to bring healthy snacks into the classroom. Takehome materials are given to students to share with parents - these materials include healthy snack recipes as well as educational materials on the benefits of good nutrition for student learning, behavior and school performance.

Example: The school announces its new "snack attack" initiative to parents at a PTA meeting, through an email announcement and through its quarterly newsletter. Regular updates and opportunities for two-way dialogue about the program are provided to parents.

Example: The school actively seeks parent involvement in the new "snack attack" initiative. Parents organize to prepare and serve one healthy snack per week to model healthy snacking. Healthy snack recipes are sent home to parents.

Example: The school develops a school-site health team to develop and oversee programs such as the "snack attack" initiative. Parent representatives serve on the committee and help lead the program. The parent representatives communicate committee activity to all families and the school administration.

Example: The school-site health team develops community partnerships in support of the "snack attack" initiative. This includes the sponsorship of a school garden by a local grocery store. Several parents become members of the district wellness committee. They present research findings to the school board for policy adoption.