



Ideas for Parents

You can be involved in your child's school by **attending** meetings, workshops, or training events offered by the school; **communicating** with school staff and other parents; **volunteering** for school events or in your child's classroom; **reinforcing** healthy messages and practices your child learns at school; **helping** make decisions about health in the school; and **being part** of community activities supported by the school. Here are some specific ideas for how you can support your child's school in providing student fitness assessments.

- Join the school or district committee (e.g., wellness committee) that sets the policies for health and wellness, and work to include language about student fitness assessments.^{1,4}
- Ask your child's physical education teacher if he or she receives professional development on fitness assessment and fitness education.
- Ask the physical education teacher (or school) for your child's fitness assessment results and for them to explain the results to you.
- Ask the physical education teacher for exercises and physical activities you can do at home with your child to keep up or improve fitness levels.
- E-mail or discuss the importance of student fitness assessments in physical education programs with other parents.



Check out additional resources for parents related to the school nutrition environment and services, physical education and physical activity, and managing chronic health conditions at <http://www.cdc.gov/healthyschools/P4HS.htm>.

REFERENCES

1. Centers for Disease Control and Prevention. School health guidelines to promote healthy eating and physical activity. *MMWR Morb Mortal Wkly Rep.* 2011;60(RR05):1-76.
2. Institute of Medicine. *Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth.* Washington, DC: Institute of Medicine of the National Academies; 2007.
3. Institute of Medicine. *Fitness Measures and Health Outcomes in Youth.* Washington, DC: The National Academies Press; 2012.
4. Centers for Disease Control and Prevention. *Parent Engagement: Strategies for Involving Parents in School Health.* Atlanta: US Dept of Health and Human Services; 2012.

