



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 health services.

- Have an ongoing conversation with your child to discuss their health concerns. Find out if your child feels safe and supported at school.⁶
- Work with your child's health care provider to coordinate care for health issues with school nurses and other health service staff and to ensure required school forms are completed. Encourage communication between school health services and your child's health care provider.
- Communicate with your child's teachers, counselors, and school nurse about your child's health concerns and how they are coping while at school.
- Volunteer with your child, or get involved at school health events that promote healthy and active lifestyles.⁷
- Join a group such as the PTA, school wellness, or school health advisory council, that addresses the needs of a supportive and healthy school environment.⁷
- Get involved with community organizations that support the health and safety of children.
- Advocate for a full-time registered school nurse for every school.
- Volunteer to help write grants that may help to improve school health services.



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

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4. 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.
5. Local school wellness policy implementation under the Healthy, Hunger-Free Kids Act of 2010. Proposed Rule. *Fed Regist*. 2014;9(38):10693-10706.
6. Centers for Disease Control and Prevention. *School Connectedness: Strategies for Increasing Protective Factors among Youth*. Atlanta: US Dept of Health and Human Services; 2009.
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