

What is Parents for Healthy Schools?

Audio Descriptive Text

Title: Chapter 1. Introduction; What is Parents for Healthy Schools? Image of report cover: Parents for Healthy Schools; A Guide for Getting Parents Involved from K-12. Collage of resources, including the guide, idea sheets, PowerPoint presentation slide, and checklists. Image of Active Child icon. Screenshots of individual resources. Images of logos: CDC; Action for Healthy Kids; FARE-Food Allergy Resources & Education; NASN-National Association of School Nurses; PTA-every child, one voice; President's Council on Sports, Fitness and Nutrition; School-Based Health Alliance, Redefining Health for Kids and Teens; SHAPE America, health, moves, minds; USDA; United States Department of Education.

Video Summary

- *Parents for Healthy Schools* is a set of resources that school groups can use to engage parents.
- School groups that work with parents can use these resources to educate parents, provide practical strategies, and document progress.
- *Parents for Healthy Schools* focuses on the school nutrition environment and services, physical education and physical activity, and managing chronic health conditions in schools.

Audio Script

Parents play an important role in supporting the health and well-being of children and adolescents at home and at school. When parents are engaged in school activities, their children get better grades, choose healthier behaviors, and have better social skills.

Parents for Healthy Schools is a set of resources that school groups can use to engage parents in helping to create healthy school environments for students.

School groups that work with parents can use these resources to:

- Educate parents about the school nutrition environment and services, physical education and physical activity, and managing chronic health conditions in school settings;
- Provide parents with practical strategies and actions to support these areas; and
- Document and share the progress parents are making in promoting healthy school environments.

Parents for Healthy Schools focuses on three important aspects of a healthy school environment:

- School nutrition environment and services
- Physical education and physical activity, and
- Managing chronic health conditions in schools.

This initiative is a collaborative effort between the Centers for Disease Control and Prevention and the Action for Healthy Kids® public-private partnership with conceptual, technical, and editorial assistance from others across CDC and experts from the fields of health and education, including the:

- Food Allergy Research & Education,
- National Association of School Nurses,
- National Parent Teacher Association (PTA),
- President's Council on Fitness, Sports, and Nutrition,
- School-Based Health Alliance,
- SHAPE America,
- United States Department of Agriculture (USDA), and
- United States Department of Education.