

Resources Included in Parents for Healthy Schools

Audio Descriptive Text

Title: Chapter 1. Introduction; Resources Included in 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. Screenshots of individual resources.

Video Summary

- Resources can be used to engage parents in helping schools create healthy school environments.
- Resources include:
 1. *Parents for Healthy Schools: A Guide for Getting Parents Involved from K–12*
 2. *Parents for Healthy Schools: Making a Difference in Your Child’s School PowerPoint Presentation*
 3. *Ideas for Parents*
 4. *Check-In Questions*
 5. *Parent Engagement: Strategies for Involving Parents in School Health*
 6. *Promoting Parent Engagement in School Health: A Facilitator’s Guide for Staff Development*

Audio Script

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

Parents for Healthy Schools: A Guide for Getting Parents Involved from K–12 provides an overview of a healthy school environment, an overview of the framework for engaging parents in school health, and suggestions for how to use accompanying resources. Use the guide to think through the process for delivering the PowerPoint presentation and *Ideas for Parents*.

Parents for Healthy Schools: Making a Difference in Your Child’s School PowerPoint Presentation makes the case for a healthy school environment, explains what needs to be changed, and shows how parents can help take action. This PowerPoint presentation educates parents about why addressing health in school is important and about some challenges schools face related to nutrition, physical education and physical activity, and managing chronic health conditions. The PowerPoint presentation also educates parents about how they can help schools improve the school nutrition environment and services, increase opportunities for students to be physically active, and provide services for students who have chronic health conditions. Deliver the PowerPoint presentation to parents through PTO/PTA meetings, school wellness committees, or other groups, such as the National Network of Partnership Schools and collect feedback using the evaluation form.

Ideas for Parents are short informational sheets about the school nutrition environment and services, physical education and physical activity, and managing chronic health conditions. *Ideas for Parents* are designed specifically for parents and give them a quick overview of the health topic, key questions they should ask their children's school, and ideas for actions they can take to support that topic. Give parents *Ideas for Parents* to share suggestions on how they can become involved in making changes.

Check-In Questions track progress in engaging parents based on the actions in the PowerPoint presentation and *Ideas for Parents*. Look for signs of change and collect parent feedback using the *Check-In Questions*.

Parent Engagement: Strategies for Involving Parents in School Health defines and describes engagement between parents and school staff and identifies specific strategies for parent engagement in school health.

Promoting Parent Engagement in School Health: A Facilitator's Guide for Staff Development can help schools develop a plan for parent engagement. This plan should include opportunities for parents to help create a supportive environment for nutrition, physical education and physical activity, and managing chronic health conditions.

Every school or district will be at a different point in the work of parent engagement in school health. These resources were developed so that your school or district can begin or strengthen the effort at any stage to motivate parents to become involved in creating a healthy school environment.