

Guideline 7: Family and Community

Audio Descriptive Text

Title: Chapter 3. The School Health Guidelines to Promote Healthy Eating and Physical Activity; Guideline 7: Family and Community. Image of report cover, School Health Guidelines to Promote Healthy Eating and Physical Activity. Image of Active Child icon.

Video Summary

- Guideline 7: Partner with families and community members in the development and implementation of healthy eating and physical activity policies, practices, and programs.
- Schools can encourage and facilitate communication among schools, families, and community members.
- Schools should invite families and community members to participate on planning and implementing school health policies and practices.

Audio Script

Guideline 7: Partner with families and community members in the development and implementation of healthy eating and physical activity policies, practices, and programs.

Schools, families, and community members influence the growth and development of children and adolescents, and they share responsibility for nurturing them into becoming healthy and productive adults.

Schools can encourage and facilitate communication among schools, families, and community members. Schools should communicate frequently with parents about healthy eating and physical activity initiatives and policies introduced at the school.

In addition to maintaining open communication, schools should invite families and community members to participate on school health councils and teams, and ask for their input on planning and implementing school health policies and practices.

Community members can help expand the healthy eating and physical activity opportunities available to students. Community partners may be able to offer health promotion activities and events, purchase equipment, or advise on health education curricula.