

### How parents can promote a healthy school environment

The school environment cannot change without the involvement of parents. Children need to receive consistent healthy messages at school and at home, in order to understand and integrate them into healthy habits.

#### How schools can help parents:

- Communicate wellness initiatives to parents
- Invite parents to work with school staff to plan and implement school wellness policies
- Include the district wellness policy in student and staff handbooks
- Encourage parents to participate in school lunch or pack healthy lunches
- Provide information about ways to promote healthy lifestyles via newsletters, handouts, presentation and website information
- Serve healthier foods at back-to-school events and school socials
- Inform families about community resources for exercise, such as open gyms and use of school athletic fields
- Create an avenue for parents to voice concerns about the school nutrition and fitness environments and use them to guide decisions

#### What parents can do:

- Join the school's wellness team or start one if it does not exist
- Participate in the school breakfast and lunch programs or pack healthy lunches; send healthy snacks for class celebrations
- Provide a healthy home environment and be a good role model by preparing and eating healthy foods and supporting regular physical activity
- Conduct health related activities at home with your child including crafts, gardening, cooking a family meal, meal planning, grocery shopping, label reading, and physical activities together.