



**ACTION** FOR  
HEALTHY  
KIDS 

AFHK School Health Index

# Common Challenges and Actions to Advance Your Score!

# Common Challenges

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- Challenges with communication with families
- Lack of family engagement in school decision making
- Lack of opportunities to engage families in learning at home



# Actions to Advance Your Score

» **Maintain regular, two-way communication with families that meet varying needs.**

- Resource: [Parents for Healthy Schools](#) (CDC)
- Resource: [Apps and Websites for Improving Parent-Teacher Communication](#) (Common Sense)

» **Discover ways to leverage family-school partnerships to continue the learning at home.**

- Resource: [Building Family-School Partnerships through Nutrition Education](#) (Action for Healthy Kids)
- Resource: [Building Family-School Partnerships through Physical Activity](#) (Action for Healthy Kids)
- Resource: [Building Family-School Partnerships through Social Emotional Learning](#) (Action for Healthy Kids)

» Partner with local community organizations, businesses, or local hospitals to engage students and their families in health promotion activities.

» Use AFHK's resource library to find activities you're interested in sharing with community partners and build out the vision together

- Resource: [AFHK Resource Library](#) (Action for Healthy Kids)





Start small & celebrate success along the way!

# Next Steps

- » If you haven't already, gather or build your team.
  - Resource: <https://www.actionforhealthykids.org/step-1/>
- » Complete the School Health Index in the Action for Healthy Kids School Portal with your school health team.
  - Resource: <https://www.actionforhealthykids.org/school-health-index/>
- » Use your results to develop an action plan. Identify strengths to build off and focus in on your areas of opportunity.
  - Resource: <https://www.actionforhealthykids.org/step-3/>



# Resources and Support

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- Digital Tools and Resources
  - Healthy Kids Blog
  - Events and Learning Opportunities
- ... and more!

Visit [actionforhealthykids.org](http://actionforhealthykids.org) or email us at [contactus@actionforhealthykids.org](mailto:contactus@actionforhealthykids.org)!







We are here to support you!

Reach out to [contactus@actionforhealthykids.org](mailto:contactus@actionforhealthykids.org) for support!