

# How Healthy is Your School?

While we're waiting to begin the webinar, take a minute to tell us how healthy your school is!

1. Go to <https://www.actionforhealthykids.org/school-health-survey/>.
2. Follow the prompts to complete the survey.
3. Check your email for your results and for resources to help your school continue to do great work.



The Power of Parents

# Health at Home: Transitioning into Summer and Beyond

**ACTION** FOR  
HEALTHY  
KIDS 

# Today's Presenters



Sean Wade

Director of Family and  
Volunteer Engagement  
Action for Healthy Kids



Ashley Green

Program Manager  
Action for Healthy Kids

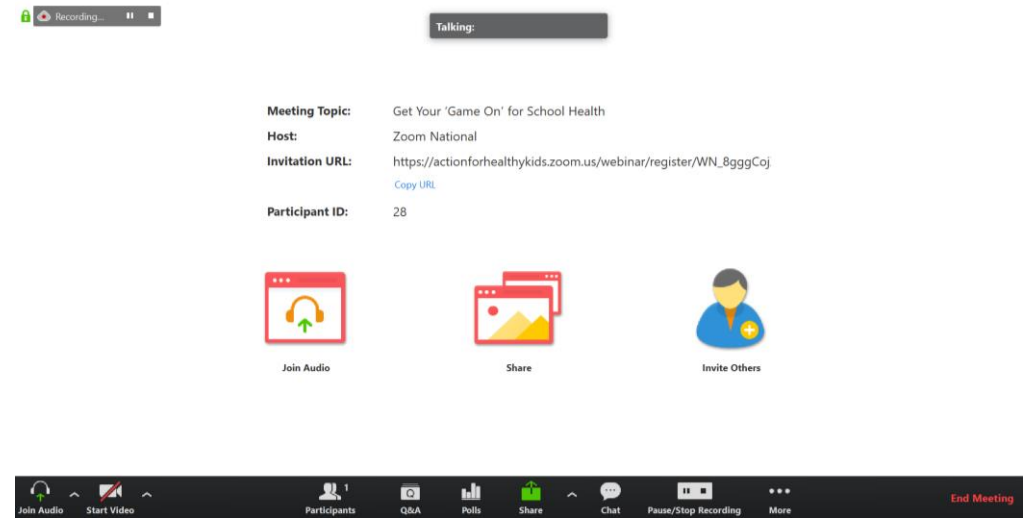


Michelle Mancillas

Parent Ambassador, TX  
Action for Healthy Kids

# Logistics

- » Listen in with your telephone or computer speakers
- » Everyone is muted
- » Submit questions in the question box
- » This call is being recorded
- » Link to recording and handouts will be sent out following the call



# Agenda

- » Action for Healthy Kids Overview
- » Importance of Family-School Partnerships
- » Planning a Whole Child Summer
- » Looking Ahead: Preparing for Return to School
- » Resources for Families
- » Q&A



# Tell Us About Yourself

What is your role?

- a. Parent
- b. School staff
- c. District staff
- d. Community organization member
- e. Other



# We Want to Hear from You!

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Use the chat feature to share your answers to the following question.

Are there any 'silver linings' or pieces of positivity that you've seen this spring during the stay at home orders?



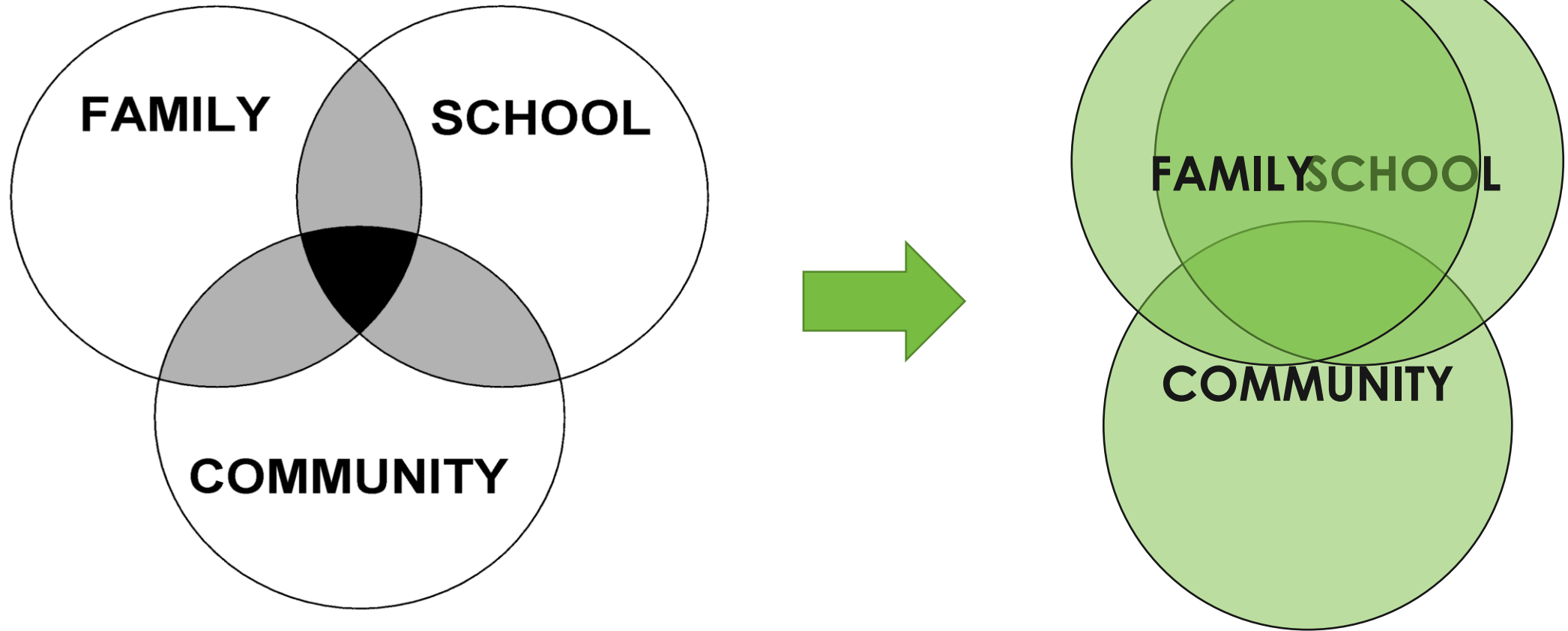
## Who We Are?

Action for Healthy Kids' (AFHK) vision is a world in which every kid is healthy, active and ready to learn. We work to mobilize school professionals, families and communities to take actions that lead to healthier schools where kids thrive.

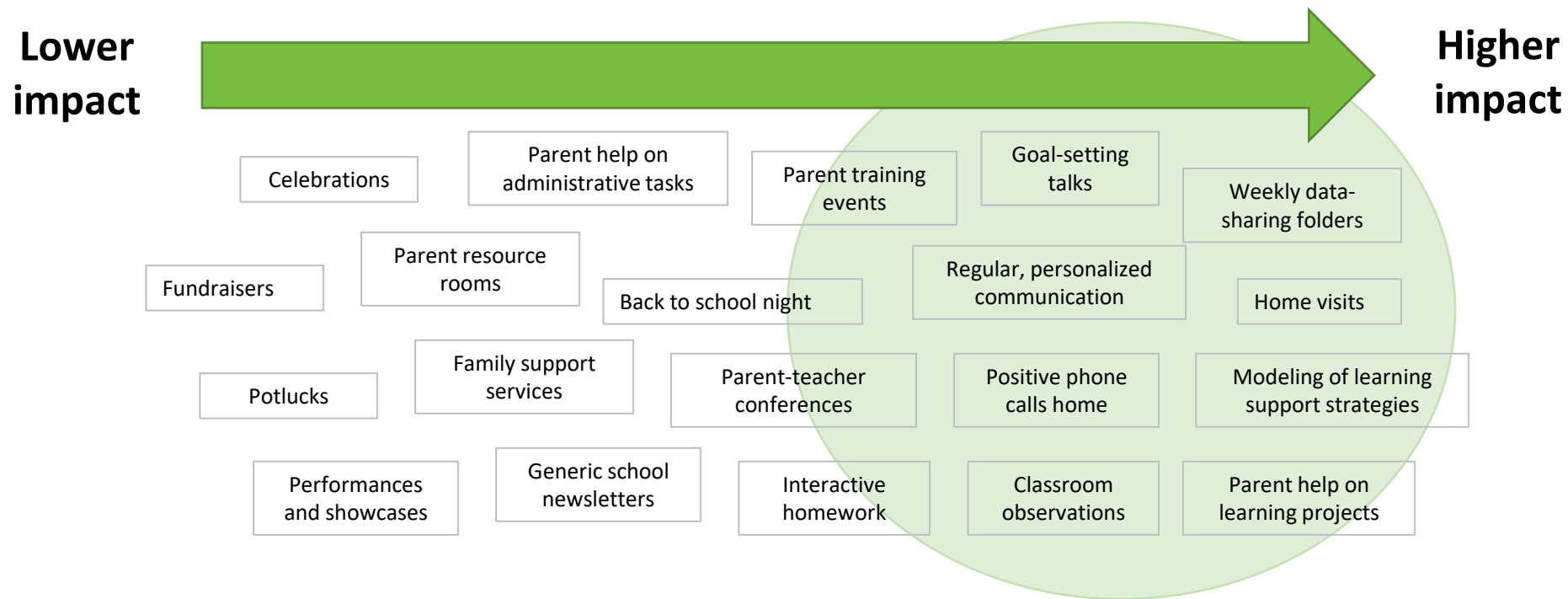


# Importance of Family-School Partnerships

## Overlapping Spheres of Influence



# Importance of Family-School Partnerships



*Flamboyant Foundation defines family engagement as collaboration between families and educators that accelerates student learning.*

# Self-Care at Home

- Give yourself grace that you can't do it all and don't have to – all you can do is the best you can do, with what you have, where you are.
- Pay attention to your feelings of stress and make time to practice self-care.
- Stay connected

# We Want to Hear from You!

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Use the chat feature to share your answers to the following questions.

- In terms of nutrition, physical activity, and social emotional/mental health, how have school closures and distance learning impacted your family?
- What are your biggest concerns about the continuation of distance learning and schools reopening next school year?

# Planning a Whole Child Summer

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- Stretching Your Budget for Healthy Eating
- Supporting Social Emotional Health
- Staying Active



# Stretch Your Budget for Healthy Food

**Meeting basic needs, especially around health, will set your children up for success.**

- » Ask for help when you need it – schools are nutrition hubs
  - [COVID-19: School Closures and Food Access](#)
  
- » Good nutrition fuels our bodies and our brains – directly influencing our feelings and behavior – and can be done on a budget!
  - [Healthy Eating Toolkit](#)
    - [Going the Distance: Making Meals Last Longer](#)
    - [Healthy on a Budget](#)
    - [Feelings of Food](#)

# Stretch Your Budget for Healthy Food

## Keep nutrition and healthy eating at the forefront.

- » Cook and eat together as a family.
  - [Cooking with Kids](#)
  - [Benefits of Eating Meals as a Family](#)
- » Learn something new, try a new recipe or practice a new skill in the kitchen.
  - [Science in the Kitchen](#)
  - [Incorporate Nutrition Education into Your Home Routine](#)
  - [Kitchen Scrap Gardening](#)
  - [Mindful Eating](#)

# Support Social Emotional Health

## Prioritize social emotional health.

- » Invite children to engage in conversations around their feelings – with you, their peers or with themselves through journaling and other reflective and mindful activities.
  - [Talking through Feelings: Family Conversation Starters](#)
  - [Mindfulness, Journaling, Breathing and More](#)
  
- » Integrate conversations around feelings and emotions into activities they enjoy the most – when they feel the most at ease or empowered.
  - [Make Time to Play Today – It Does More than You Think](#)
  - [Creative Expression through Movement](#)
  - [Feeling through Colors](#)



# Support Social Emotional Health

## Structure the Day

- Develop a standard schedule to give kids (and yourself!) some structure
- Create designated spaces for yourself and for kids to work and play
- Practice patience when the schedule inevitably changes

7:00am – 8:00am	<b>Wake up and start the day!</b> Change out of PJ's and get ready for the day. <a href="#">Make breakfast a breeze with these easy tips and tricks</a> for staying healthy and on a schedule.
8:00am – 8:15am	<b>Quiet morning activity.</b> Create space for children to ease into the day with a quiet activity. Get the body moving with some <a href="#">stretching or yoga</a> or start the day with <a href="#">journaling</a> or a <a href="#">reflective art activity</a> .
8:15am – 9:15am	<b>Active Learning Session I</b>
	<b>Take a 5-minute Brain Break!</b>
9:15am – 10:15am	<b>Active Learning Session II</b>
10:15am – 10:30am	<b>Snack.</b> <a href="#">Make snack time at home a healthy one</a> with easy, on the fly recipes.
10:30am – 11:00am	<b>Recess before lunch!</b> Research has shown that recess before lunch has lots of positive effects on children's overall health and wellness. Children aren't rushing to eat so they have more time to play and they've burned off excess energy so they're ready to learn when they go back to learning. Win-win-win!  Create a <a href="#">backward fitness circuit course</a> or pick one of these <a href="#">50 activities</a> out of a hat. Stuck indoors? Try out a <a href="#">sensory play activity</a> or <a href="#">make the most of screen time</a> .
11:00am – 12:00pm	<b>Lunch time.</b> Refuel with a healthy lunch. Use meal times as on way to <a href="#">incorporate nutrition education into your home routine</a> or practice <a href="#">mindful eating</a> as a family.
12:00pm – 1:30pm	<b>Active Learning Session III</b>
	<b>Take a 5-minute Brain Break!</b>
1:30pm – 2:30pm	<b>Active Learning Session IV</b>
2:30pm – 3:00pm	<b>Play.</b> <a href="#">Unstructured play opens the door</a> for additional exploration, creativity and self-expression. Opt outside if the weather permits or <a href="#">use the imagination to turn household items into fun and games!</a>
3:00pm – 3:30pm	<b>Quiet afternoon activity.</b> Wind down from the day with another quiet or reflective activity. Use this time to talk with children about how they are feeling or join them in a quiet activity they enjoy most.

# Support Social Emotional Health

- » Create a Family Self-Care Plan
  - [Create a Family Self-Care Plan](#)
- » Create an environment where children feel encouraged to share as much or as little as they are ready.
  - [Creative Spaces that Inspire](#)
  - [Calm Down Corner](#)



# Stay Active

## Encourage independent play and find ways to add more movement to the day.

- » Check in with how children are feeling physically throughout the day and pay attention to sedentary patterns.
  - [Game On: Physical Activity at Home](#)
- » Try starting by building 'recess' into your daily routine, and add a couple active brain breaks to break up the day
  - Use a video app on your computer or phone to connect with friends for a 5-minute dance break!
  - [Go Noodle Video Library](#)
  - [CATCH Health at Home – Physical Activity](#)



# Looking Ahead: Preparing for Return to School



# We Want to Hear from You!

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Use the chat feature to share your answers to the following question.

What do you hope school looks like post COVID-19?

# Resources for Families

- » [COVID-19 and At Home Resources \(en español\)](#)
  - School Closures and Food Access
  - Physical Activity, Nutrition and More
  - Transitioning the Learning Environment
  
- » [Healthy Activities to do at Home](#)
- » [Supporting Virtual and At Home Learning \(en español\)](#)
- » Find balance with screen time
  - [Making the Most of Screen Time](#)
- » Bookmark and check back – [Game On Activity Library](#)
  - New resources added weekly!

# Questions?

## Contact Info:

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**Every kid healthy, active and ready to learn**

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