

TAKE

ACTION FOR HEALTHY KIDS

# Take Action at School for Healthy, Happy Kids: TIPS FOR PARENT GROUPS

Your parent group plays a critical role in creating a healthy school culture where all children can learn, grow and thrive. The Take Action for Healthy Kids campaign is mobilizing a movement of parents, caregivers and others whose collective actions will reset the course of children's health and well-being in the U.S., especially in communities with the greatest need. Here are some ways your parent group can take action for healthy kids!

## Learn More About Health Priorities

- **At the District Level:** Check the school district's website to locate its wellness policy and see how health, wellness, and safety are being promoted and implemented. Invite your district wellness coordinator to come to a parent group meeting to share district level initiatives and promote best practices.
- **At Your School:** Talk to your school leaders to understand their priorities and how student wellness fits in. Has your school taken a school health inventory? Find out if your school has an existing school health or wellness team or committee. Does it include parents? How can you work together to create a healthy school culture?
- **At Your Parent Group Meeting:** Lead a discussion about your school's health, wellness, and safety practices and priorities. How can your parent group incorporate these ideas?
- **In the Community:** Learn more about your community health and wellness initiatives. Are there community partners that could support your parent group school health and wellness efforts?
- **Get Support:** Check to see if AFHK has a [Parent Ambassador in your area](#) — reach out to start a conversation to take action with their support.
- **Learn how to get started!**

## Make Healthy Initiatives Part of Everyday School Culture

- **Promote Actions:** [Share actions](#) parents and students can take in newsletters, daily reminders, intercom announcements, school assemblies and meetings to inspire student health goals and promote school-wide healthy challenges.

- **Existing Programs:** Do you have a school garden? A walk-to-school program? Physical activity clubs? Find out how they operate and invite leaders to share at your parent group meetings or family education nights.
- **Support New Ideas:** Talk to school staff like the PE teacher, cafeteria manager, and school counselor. What is their vision for their healthy school programming, and how can your parent group be supportive?
- **Research Best Practices:** Visit AFHK [Activity Library](#) to find information and share health related news, trends, and opportunities at each parent group meeting.
- **Healthy Planning:** Incorporate [healthy fundraising](#) and [healthy celebrations](#) in parent group planning.
- **Share Information:** Visit the [AFHK website](#) to locate toolkits, resources and more to share with your parent group, other parents and your school.

## Take Action at Home

- **At Home:** Talk to your own kids about making healthy choices to affect their health and happiness. Incorporate favorite fitness activities, nutritious snacks and meals, and mental breaks to your family routine.
- **Take Action:** Get started with this idea guide of [101 actions](#) for home, school, and more that help kids get happier and healthier.
- **Encourage Participation:** Parents can help reinforce and model healthy behaviors at home. Promote your actions via social media to encourage more parents to get involved.



Every action counts, so help us reach our goal of 1 million actions by 2025!

To access links in document: [actionforhealthykids.org/take-action](https://actionforhealthykids.org/take-action)



Every kid healthy, active and ready to learn

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