

A group of children in a classroom, seen from behind, with their arms raised in the air. The background is a chalkboard with some faint writing. The children are wearing bright colors like red and orange.

Rock School Health Like a Boss

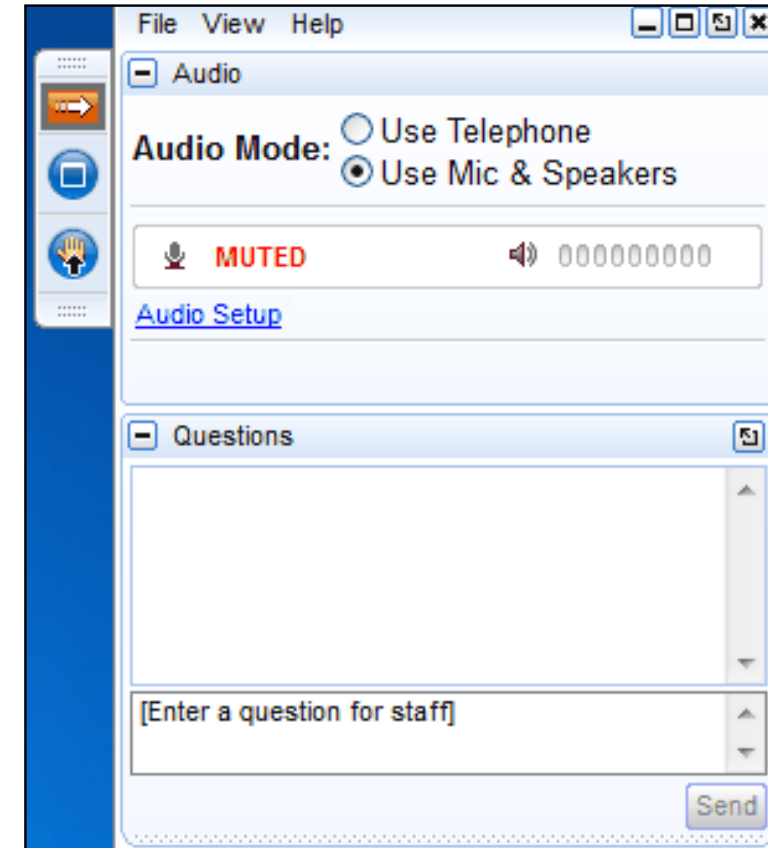
February 15, 2018

Parents  for
Healthy Kids

Action for Healthy Kids • National PTA
Sponsored by ALDI

Logistics

- Telephone or speakers
- Everyone is muted
- Submit a question
- This call is being recorded
- Link to recording and handouts will be sent out following the call



Today's Presenters



Amy Moyer, MPH, RD

Vice President, Field Operations
Action for Healthy Kids



Karen Burnell

Healthy Lifestyle Liaison
Texas PTA

Today's Presenters



John Spatz

Executive Director

Nebraska Association of School Boards



Kelly Langston

Health and Safety Liaison

National PTA

Who Are We?



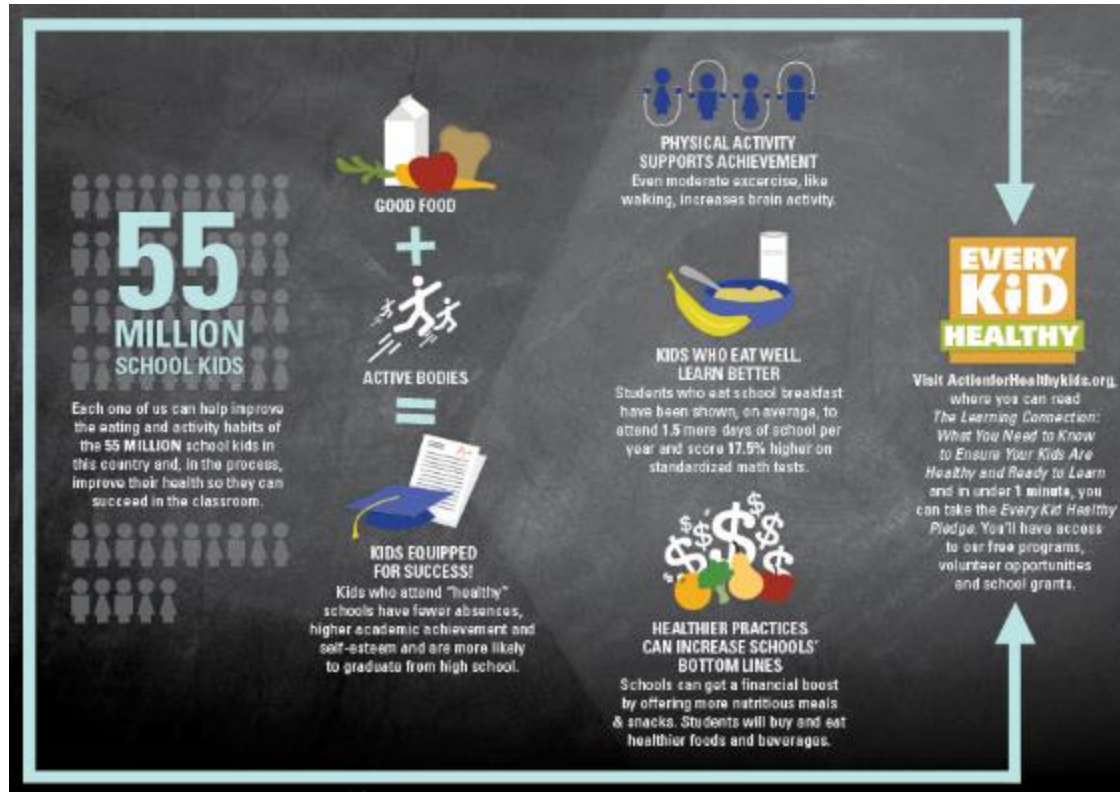
AFHK's vision is a world in which every kid is healthy, active and ready to learn.

Who Are We?



Action for Healthy Kids works to mobilize school professionals, families and communities to take actions that lead to healthy eating, physical activity and healthier schools where kids thrive.

Why Schools?



Healthy Kids Learn Better

Good Food + Active Bodies = Kids Equipped for Success



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Let's take a step back...

In class, students learn about nutrition, healthy eating and the importance of regular physical activity.



Yet, fitness winners are awarded...

A donut party for all winners of the President's Fitness Challenge before school on Friday!



School event calendars are confusing...



Fun Run for Healthy Kids

October 17th

Family Fundraiser at Joe's Junk Food Joint!

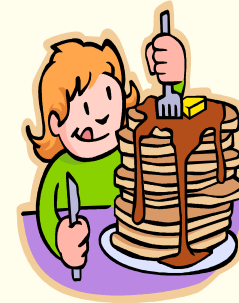
October 25th



Wellness Meeting – November 11th

TV Turn-Off Week – November 17-23

Pancake Party for the
class with the
most participation!



Family events promote...

**School
Carnival**



**Muffins with
Mom**



**Donuts with
Dad**



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Physical activity has declined...

- Recess eliminated to make room for academics or for disciplinary purposes
- Frequency of physical education courses declined



Huh?

How will our children learn to make healthy choices with so many conflicting messages?



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Become a Champion of School Health!

- Parents engaged at school = children with better grades who choose healthier behaviors & have better social skills
- Evidence shows kids who are well nourished, exposed to healthy foods and physically active in school are better prepared to learn



You may be asking yourself...

How do I convince my principal this is important?

How can we get kids eating more fruits and veggies at lunch?

Why do parents **INSIST** on bringing cupcakes?

Does anyone else think a school garden would be great right there?

What do you mean you don't have recess every day?

What Parents Need

- Knowledge, tools, and resources to take action
- Inspiration from others who have been successful
- Opportunity to connect with each other for support



Introducing Parents for Healthy Kids

- Online hub, for parents by parents!
- Learn how to become a champion for school health
- Access free tools and tips to help you create change
- Get inspired by other parent champions
- Connect with parents from across the country
- Learn about local parent trainings
- Apply for a grant to help your school

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www.ParentsforHealthyKids.org



Making the Case for Health Texas PTA

Karen Burnell
Texas PTA Healthy Lifestyles Liaison



Where does PTA fit in?



What can the PTA do?

- There is a still a disconnect with many parents – so what can be done to close the gap?
 - **Healthy Lifestyles Program** – provides education and tools that connect families, schools and community to collectively advocate for and support healthy changes
 - **Healthy Lifestyles Chair** – a dedicated board position who establishes a committee that provides access to training and resources and addresses the needs of health and safety for the whole child
- What can we do about it?
 - **Texas PTA** has a model for adding Healthy Lifestyles as a standing committee - it is bylaws based and available to all PTAs



Impact of Healthy Lifestyles

WHY

- Explains **WHY** there is a need for school wellness initiatives
 - Alarming statistics, legislative mandates

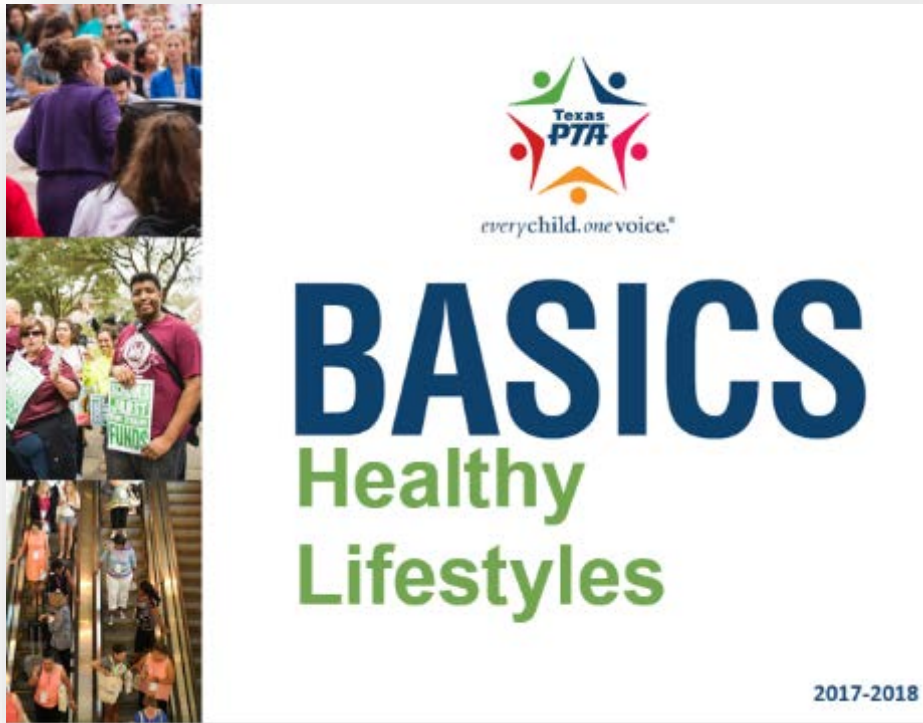
WHAT

- Explains **WHAT** is in place to assist efforts
 - Evidence-based frameworks, local school wellness policies, approved resources

HOW

- Explains **HOW** parents can help
 - Communicate messages, serve on campus wellness teams, be an advocate for health and wellness

What does Texas PTA provide?



- Resource Guide
- Web page
- Grants
- Training
- Workshops
- Exhibitors
- Webinars



Making the case for health

- Healthy Lifestyles *Resource Guide* provides:
 - Duties at a Glance
 - Sample Plan of Work
 - Supporting Legislation
 - Healthy Kids = Productive Learners Resources
 - 5 Effective Strategies
 - Monthly National Observances



It's more than just (healthy) fundraising



Advocacy

- **Examples of strategies to increase advocacy:**
 - Beginner – Encourage parents to familiarize themselves with coordinated school health legislation
 - Intermediate – Seek out parents to serve your district's School Health Advisory Council (SHAC)
 - Advanced - Approach your school wellness team and administration about creating improved campus policies



What is a School Health Advisory Council (SHAC)?

- **H**as to be a majority must be parents
- **E**ach year they must meet a minimum of four times
- **A**dvisory district council with varied representation
- **L**everages support with required annual board report
- **T**exas law requires one for every school district
- **H**ealth recommendations



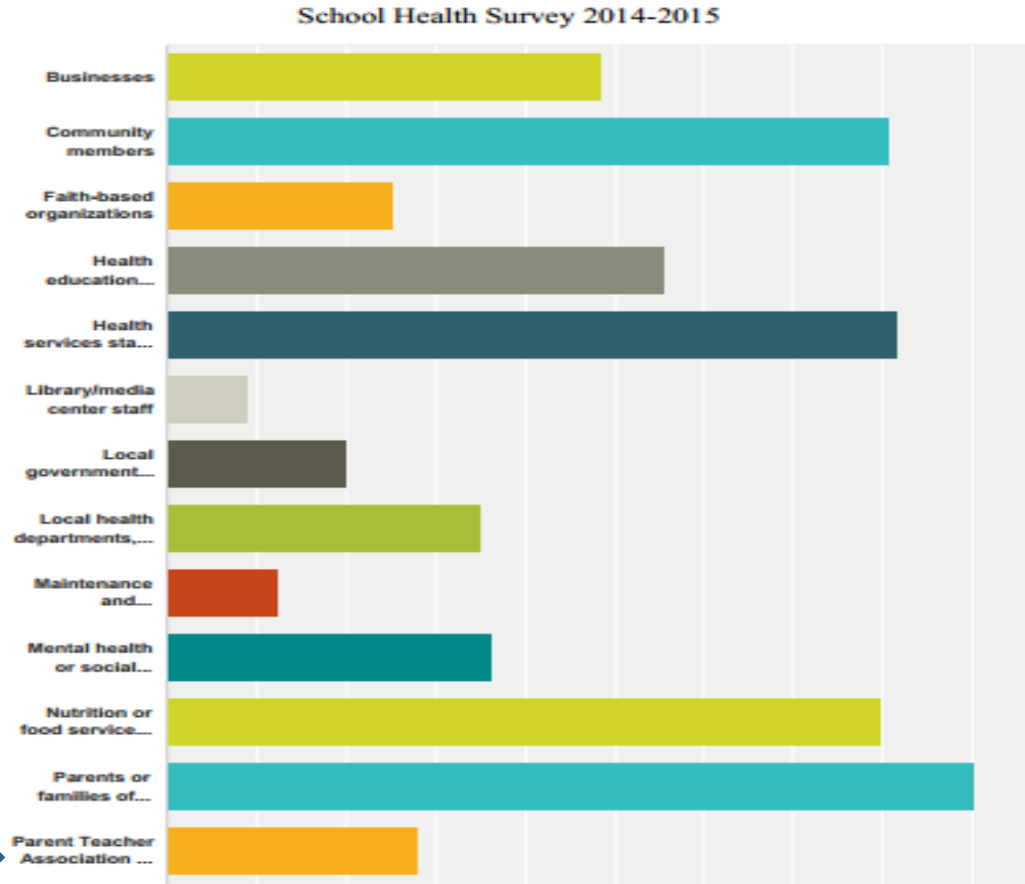
Where do you look for parents?

- Reach out to PTA for SHAC recruitment
 - **Local PTA or PTSA** – school based parent, teacher, and student association
 - Texas local PTAs - 2,642
 - Texas statewide membership – 494,485
 - **Council PTA** – regional parent/teacher association for an area or city
 - Contact healthylifestyles@txpta.org if you're unsure about the PTA Council in your area



We need more PTAs!

- According to the Texas Education Agency, only 28% SHACs have PTA representation.



Texas PTA Advocacy



Texas PTA Advocacy

- State
 - Legislative priorities
 - Tips for contacting your legislator
 - Rally Day
- Local
 - How to conduct forums
 - Information on SHACs
 - Tips in Healthy Lifestyles Resource Guide



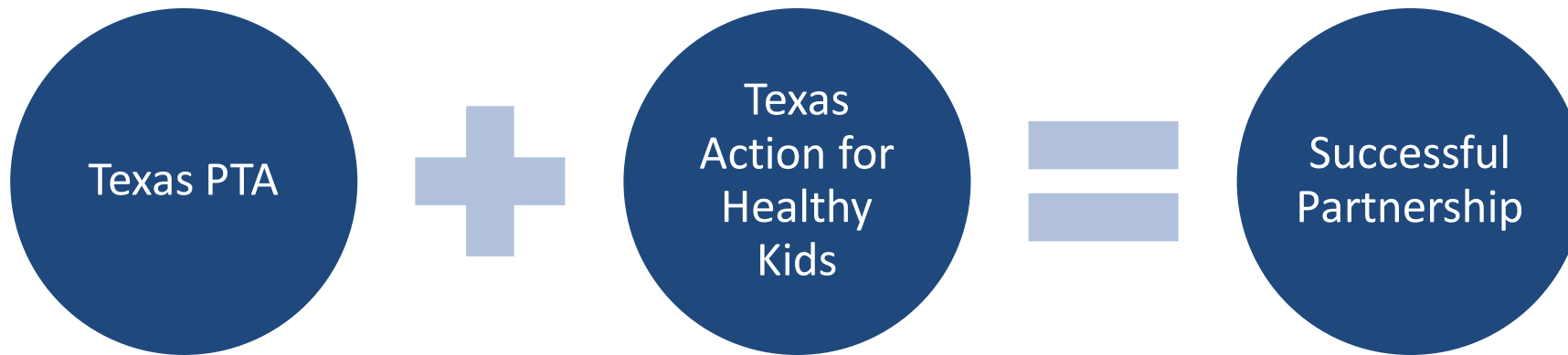
Seek out help from other districts

- Annual Reports
- Meeting Minutes
- Recommendations

Recess
HealthyFundraisers
HealthEducation
HGDS Stipends



Seek out help from organizations



- Joint presentations (conferences, webinars)
- Shared communications (newsletters)
- Parent for Healthy Kids (website)



Thank you!

- For more information, check out:
 - www.txpta.org
 - <https://www.txpta.org/healthy-lifestyles> or QR code





THE SCHOOL BOARD'S ROLE IN STUDENT WELLNESS

JOHN SPATZ, J.D.

EXECUTIVE DIRECTOR, NEBRASKA ASSOCIATION OF SCHOOL BOARDS

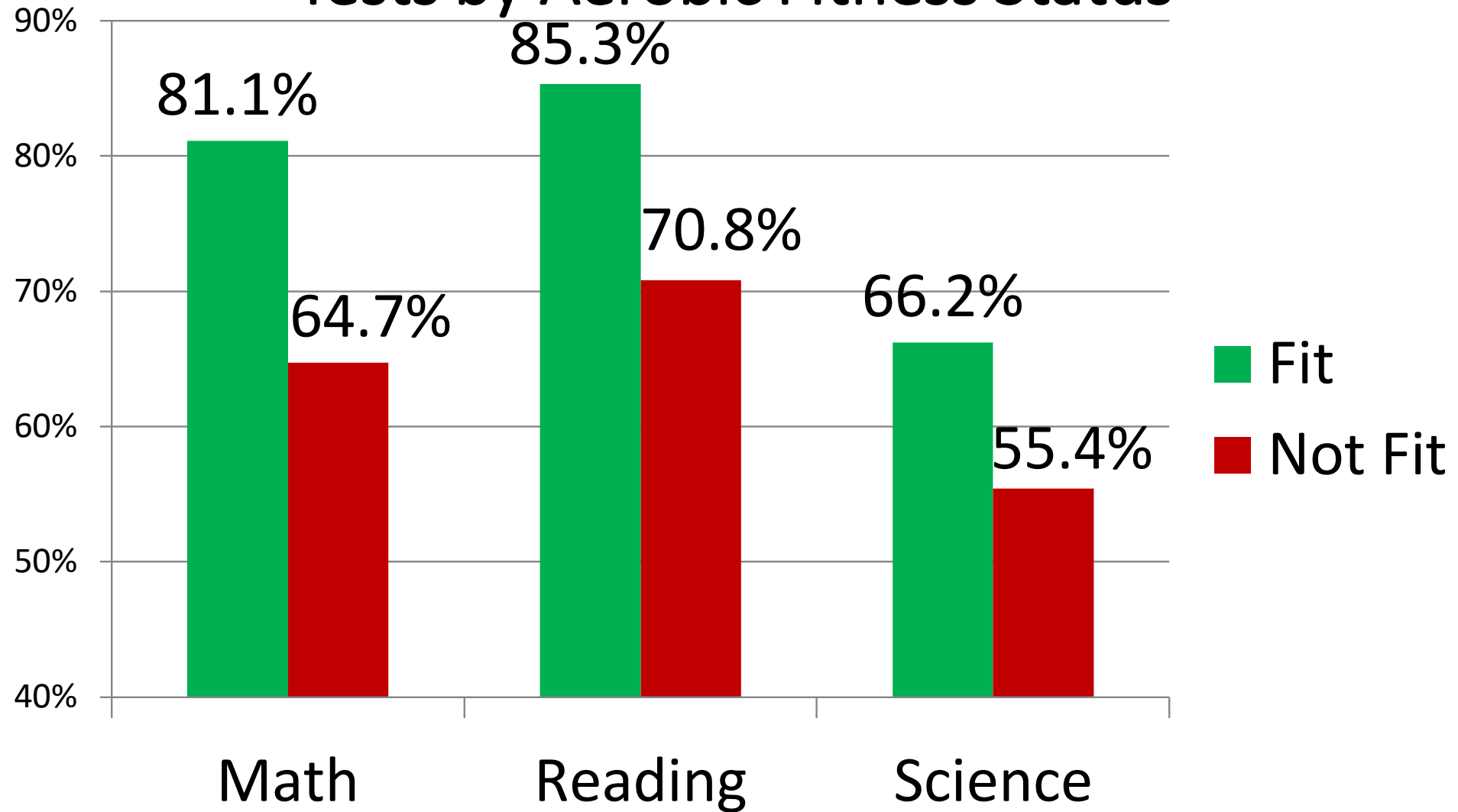
What is the Nebraska Whole Child Project?

- How do we engage policy makers in student wellness?
 - What is the “why”?
 - How to create a health culture in all school buildings – Board, Admin, Teachers
- Nebraska WCP
 - School Boards taking the lead
 - Beginning – physical health
 - DATA!!!

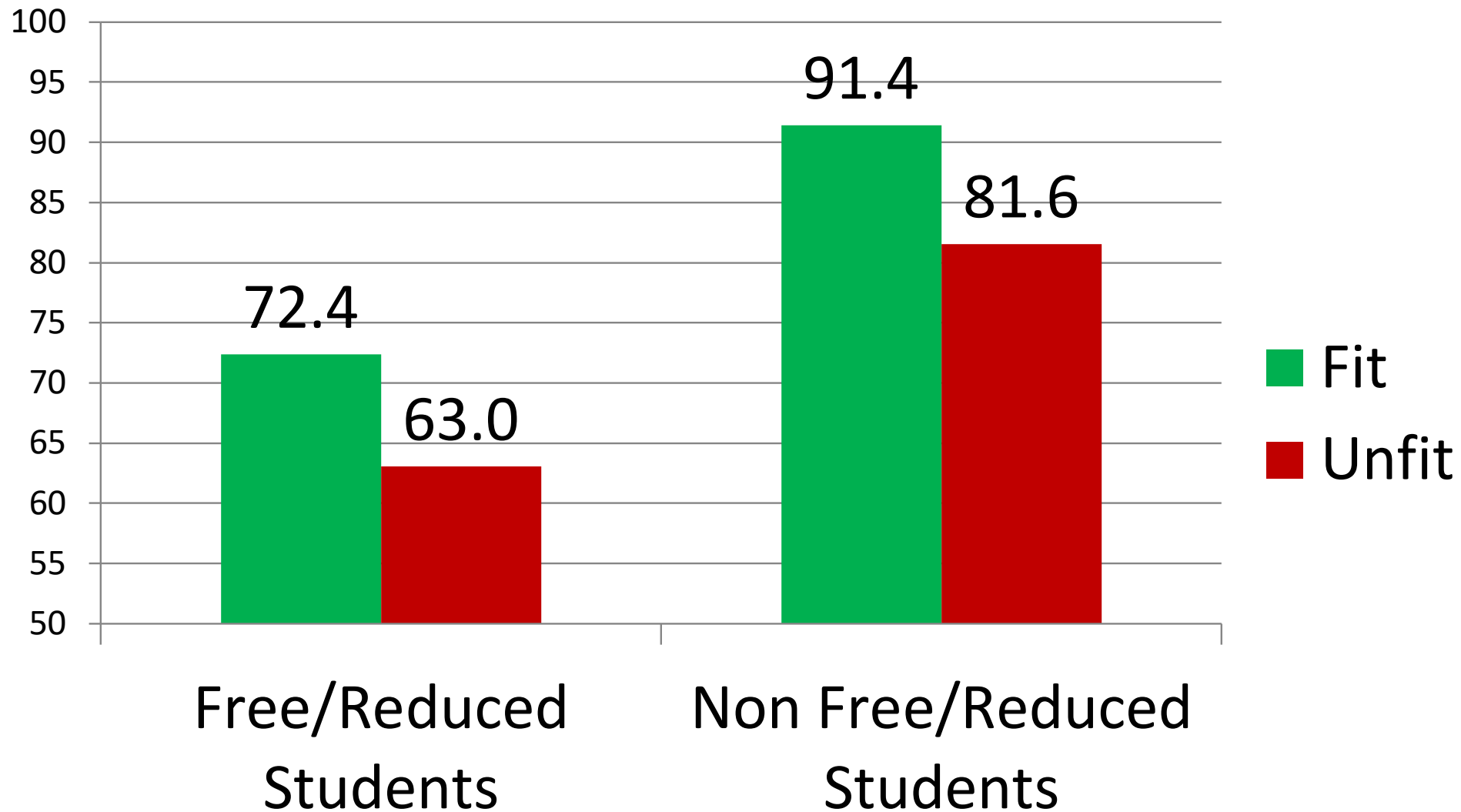


NEBRASKA
WHOLE CHILD
PROJECT
HEART | MIND | BODY

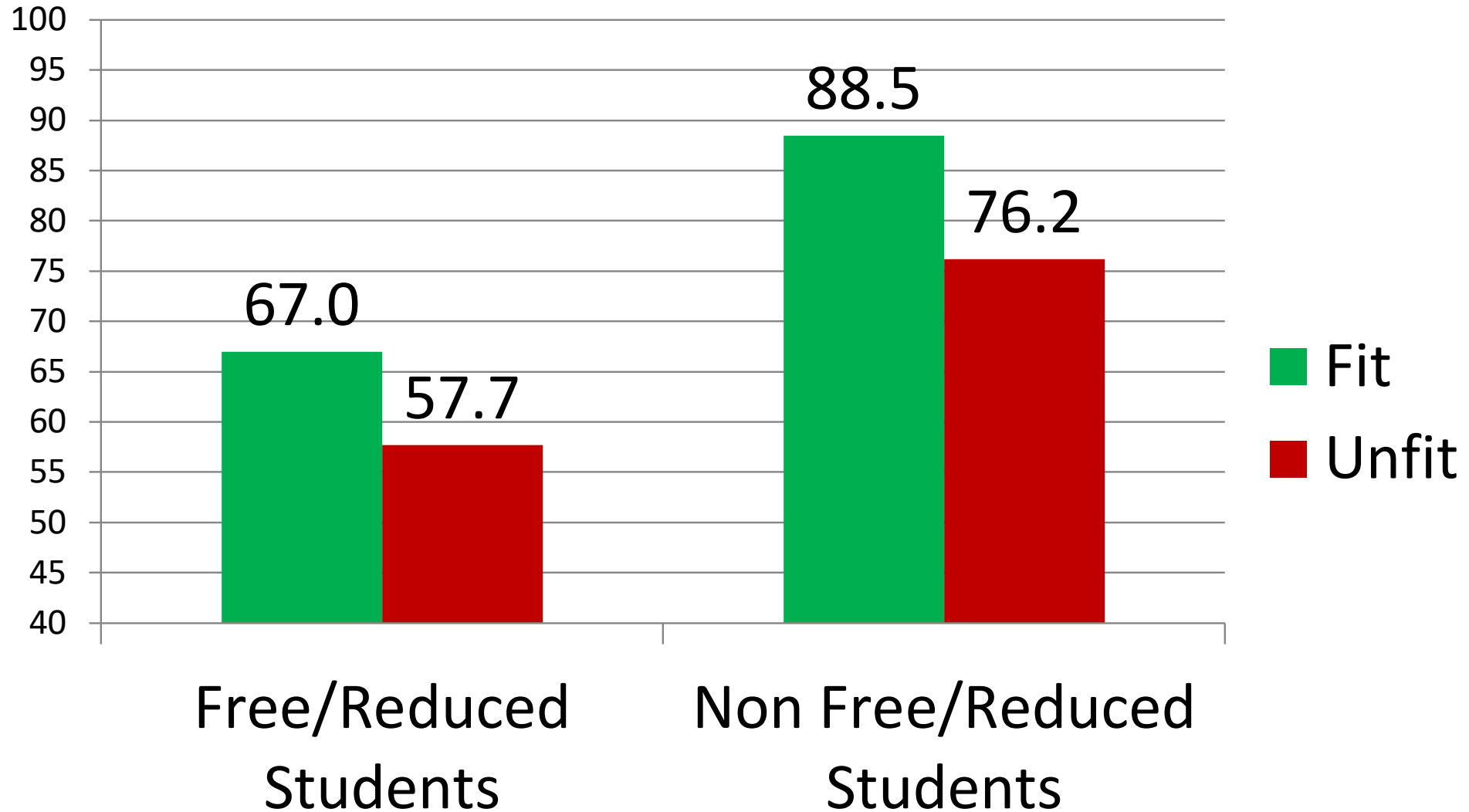
Students Passing Nebraska State Accountability Tests by Aerobic Fitness Status



Percent Students **Passing NeSA Reading** by **Fitness** and Free/Reduced Meals Status



Percent Students **Passing NeSA Math** by **Fitness** and Free/Reduced Meals Status



Nebraska Whole Child Project

- What do we do about Behavioral Health?
- Role of the school board member and the school board?



NEBRASKA
WHOLE CHILD
PROJECT
HEART | MIND | BODY



NEBRASKA
WHOLE CHILD
PROJECT
HEART | MIND | BODY



Resiliency

Nebraska Resiliency Project

Role of the policy maker

- Data – how do we equip school board members with data?
- Strategic Plan – how do we build student health/wellness into school district strategic plans?
 - How can parents/community engage?
- Measures – how do we measure if school districts are making progress?
- Dash board for the school board –
EMPOWERMENT!!



NEBRASKA
WHOLE CHILD
PROJECT
HEART | MIND | BODY

Example of policy for student resilience

PROMOTING STUDENT RESILIENCE

The District will develop methods to create positive student experiences that:

show students they belong as valued members of their class and school such as through cooperative projects, positive attitudes and emotions, helping others and participating in group activities;

reinforce student feelings that they are useful to their classmates and valued by adults by developing positive social relationships, monitoring and controlling one's own behavior, and communicating with parents and teachers to understand difficulties and reinforce appropriate behaviors;

teach the students techniques for reinforcing their efforts to improve on their own success such as showing persistence, trying different methods to master academic skills, discussing why a failure has occurred, considering how to build on their existing strengths; and

provide the students with support of, and evidence for, academic competence such as completion of tasks on time, pre- and post-learning tests, and visual evidence of development of academic skills.

These experiences are intended to lessen the feelings of failure, alienation, uselessness and powerlessness created by adversity and teach methods to create better future outcomes. Teachers will support students in making appropriately assertive efforts to identify reasons for lack of success and address negative emotions undermining those efforts.

The District will create supportive parental relationships by fostering positive teacher/parent communications on a frequent basis through proactive discussions of student progress, assignments, class plans, curriculum focus and student challenges.

The District may consider creating multiyear relationships between individual teachers and groups of students to better follow student growth and progress over an extended time.

The District will monitor related indicators over a period of years including numbers of suspensions, attendance, graduation rates, GPA and standard assessment scores as evidence of successful implementation of this policy. The district will create a baseline of data to assess classroom climate and assist in implementing resilience-building strategies.

The Superintendent, in consultation with the administrative team, will implement this policy.





Kelly Langston
February 15, 2018

National PTA Health and Safety Team



Kelly Langston

Member, National PTA Mission Engagement Committee
Immediate Past President – North Carolina PTA



Heather Parker

Senior Manager, Health and Safety
National PTA

Our History

PTA has a long history of advocating for healthy children and healthy schools.

- Child labor
- School meals
- Vaccinations
- Safe and active routes to school



The Power of PTA

The Strength of Our Structure

- Policy and Funding
 - Federal
 - State
 - District
 - Local
- Membership
 - Relevancy
 - Strength of Our Voice



The Power of Partnerships

The Strength of Our Connections

- Content Experts
- Resources
 - Grants
 - Trainings
 - Materials
- Collective Impact
- Healthier Kids that Learn Better

Thank You

For more information, contact:

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(703) 518-1258

hparker@pta.org

Follow Us for More Resources

 Action for Healthy Kids shared a link.
Posted by Jacqueline Periman (9) · December 14

Spice up your classroom and play the Game On! 12 Days of Fitness Challenge. #SmilesAllAround



12 Days of Fitness
www.actionforhealthykids.org



Stay up to date on success stories, health tips, physical activity games, fun recipes, volunteer opportunities and ideas for action!

Healthy and Fun Snack Ideas



72 Pins



Edit

Healthy Treats for Kids



38 Pins



Edit



School Programs ♦ Tools and Resources ♦ Expert Partners
Volunteer Opportunities ♦ School Grants

ActionforHealthyKids.org

Learn • Act • Transform

ACTION FOR
HEALTHY
KIDS 