

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.



ACTION FOR
HEALTHY
KIDS 

Parents for Healthy Kids:
The Power of Parents

Today's Presenters



Sean Wade

Senior Manager of Volunteer Initiatives
Action for Healthy Kids



Ali Armacost

Program and Field Coordinator
Action for Healthy Kids

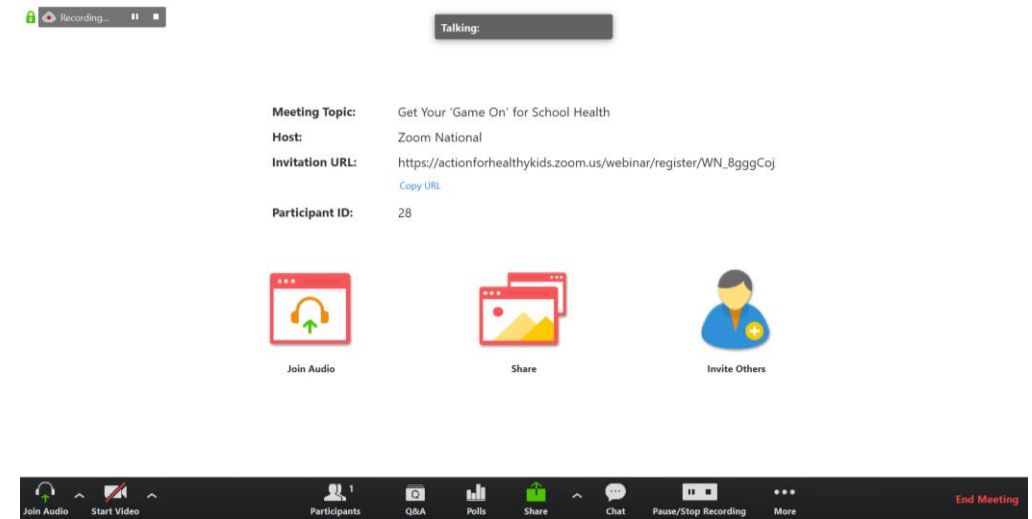
Special Guest Panelist



Danielle Marquez
CA Parent Ambassador
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
- » Parents for Healthy Kids Overview
- » Parent Resources and Opportunities
- » Parents in Action – Danielle Marquez
- » How You Can Take Action
- » Q&A



Who Are We?

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.



The Learning Connection



1 in 3 U.S. children are overweight or obese


Overweight kindergartners had significantly lower math/reading scores than those at a healthy weight.²

Eating school breakfast positively affects student attendance, which leads to high academic achievement.³

Children who ate school breakfast increased their math grades by **+0.3 points** based on a 4.0 scale.³

Participation in breakfast programs is associated with:

- Increased grades and test scores
- Reduced absenteeism
- Improved cognitive function
- Memory and attention improvement!¹




High quality diets (and increases in micronutrients¹) improve cognition and the ability to perform well during short-term memory tests.⁵

Children with **increased cholesterol intake** had **poor performance** on short-term memory and cognition testing.⁶




Physical activity is **positively associated** with students' **cognitive functioning**¹ which includes ability to pay attention, memory, and IQ test scores.



Participation in PE class is associated with **better grades, test scores, and classroom behavior.**¹

A 20-minute walk demonstrates a brain that is activated and primed to learn.⁴



after 20 minutes of sitting quietly after 20 minutes of walking

Tell Us About Yourself

What is your role?

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



- a) Help with taste tests or cooking classes
- b) Volunteer at recess or before and after school programming
- c) Help in school gardens
- d) Fundraise or organize a healthy donation drive
- e) Engage other parents around health and wellness
- f) Other

Parent & Family Engagement

How are you currently (or in the past) involved in school health?

Parents for Healthy Kids

Vision All parents and caregivers understand their power to lead, influence, and implement changes to the school health culture and use that power to take action in partnership with schools to create a school environment where all students are healthy, active and ready to learn.



Parents for Healthy Kids

Program Goals

- » PFHK programs will:
 - Increase parent engagement in school health
 - Increase parent involvement in school leadership roles
 - Increase the number of schools with parents engaged
 - Increase the number of parents in the AFHK network
- » And, ultimately, make sure kids are healthy, happy, and ready for high school and beyond



Parents for Healthy Kids

Program Snapshot

- » Communication Tools for Parents
 - Website, parent newsletter, and resources to bring awareness to school health issues among parents and families
- » Parent Ambassadors & Events
 - Experienced parent volunteers training and engaging parents in their communities
- » Parent Grants
 - Project-based and led by parents to bring resources to school health
 - Include family engagement



Parents Make The Difference

Benefits for Students

Higher academic achievement, better attendance, better social skills, better eating habits, increased physical activity, less emotional distress

Benefits for Parents

Better parenting skills, more confidence in parenting and decision-making skills

Benefits for Teachers and Principals

More respect from families, higher morale and job satisfaction



Parents in Action

“The point of education is to prepare young people to educate themselves throughout their lives.” -- Robert Maynard Hutchins

The 2018-19 school year was our first year with Parent Ambassadors. During this pilot year, 7 Parent Ambassadors across three states (CA, FL, TX) engaged over 400 parents and hosted 24 workshops and events. Those parents submitted grant applications, created school gardens, improved recess and school lunch options, learned more about how to start school health projects, and generally began to build healthier school cultures for their kids



Achieving Health

"Individually, we are one drop. Together, we are an ocean." – Ryunosuke Satoro



**Hawthorne
School
District**



ACTION FOR HEALTHY KIDS

Building a Community of Health

"If you want to go fast, go alone. If you want to go far, go together."
– African Proverb

- ▶ Collaborating with maintenance staff, after school program, parents and admins.
- ▶ Increased participation in the all school gardens; yoga, stories, activities
- ▶ Planted, harvested and tasted produce as part of our garden to fork program.
- ▶ Emphasized living science in addition to nutrition and wellness.



Navigating

"Effectively, change is almost impossible without industry-wide collaboration, cooperation, and consensus."
– Simon Mainwaring



SCHEDULING



BUY IN



SUPPORT



RESOURCES

Moving forward

“We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths.” Walt Disney

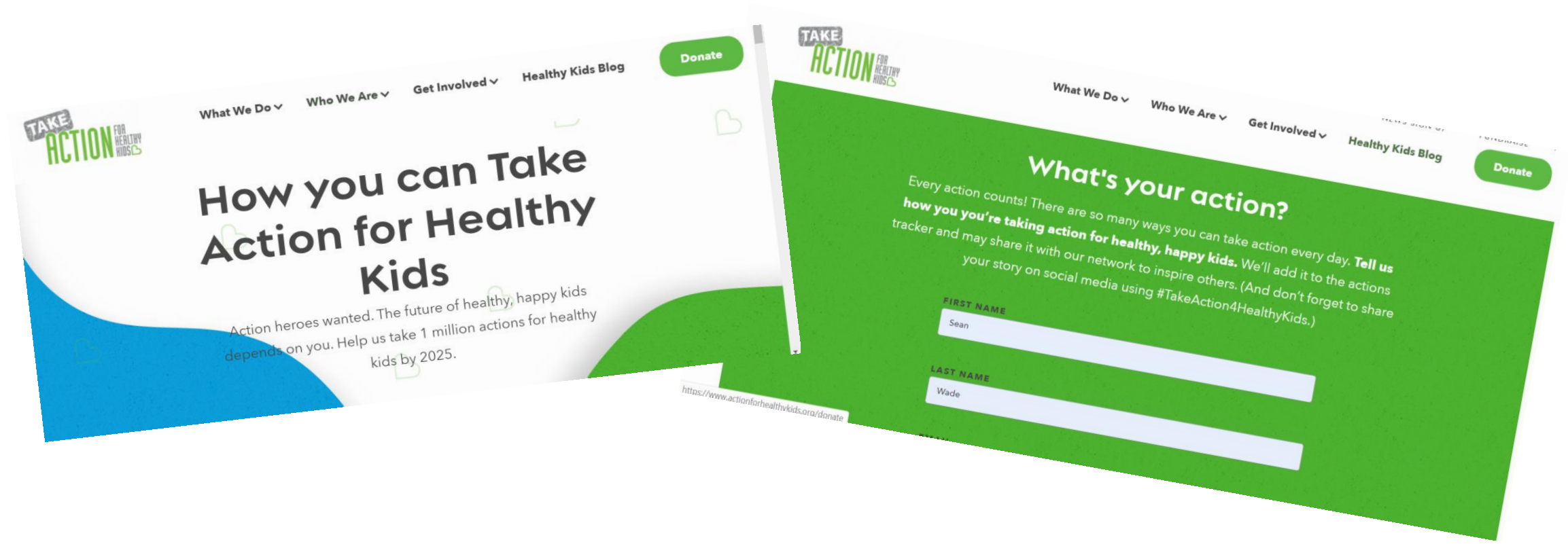
Expand	Expand Jefferson's gardens, garden to fork program and host Every Kid Healthy family event
Create	Create a learning garden for Bud Carson's 4 special needs classes for severe to moderate capabilities.
Enhance	Enhance York's play ground - paint, purchase equipment
Strengthen	Strengthen partnerships with HPD, schools, parents and community members



What Can Parents DO?



Take Action



What Can You DO?

- » Every Kid Healthy Week
 - April 20-24, 2020
 - Host a family-friendly event during the spring
- » Apply for a Parent Grant
 - Applications open in February
- » Sign up for our PFHK newsletter & take advantage of our online resources



At Active Schools, we believe that every kid has a right to at least 60 minutes of physical activity before, during, and after school each day – and every school has the responsibility to provide it.

Our goal is to make it easier for schools to provide an active school environment.

We work on two fronts:

- Supporting schools in their current reality – giving schools access to resources such as programs, training and grants
- Creating a better reality – helping parents, educators and decision-makers prioritize physical learning to improve students' academic and social-emotional outcomes and inspire lifelong healthy habits



Physical activity and play are essential elements for child development, overall health and a well-rounded education.

www.activeschoolsus.org

- a) Talk with your principal or parent organization about school health issues
- b) Host an Every Kid Healthy Week event
- c) Apply for a PFHK grant this spring
- d) Try a healthy recipe from our Nutrition Toolkit
- e) Join the Take Action campaign and learn more about what you can do
- f) Create or join a School Health Team

How Will You Take Action?

What action will you commit to taking to help make sure kids have happy, healthy futures?

Questions?

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Every kid healthy, active and ready to learn

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