AFHK School Health Index

Common Challenges and Actions to Advance Your Score!
Common Challenges

• 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](https://www.cdc.gov) (CDC)
  - Resource: [Apps and Websites for Improving Parent-Teacher Communication](https://www.commonsensemedia.org) (Common Sense)

» **Discover ways to leverage family-school partnerships to continue the learning at home.**
  - Resource: [Building Family-School Partnerships through Nutrition Education](https://www.actionforhealthykids.org) (Action for Healthy Kids)
  - Resource: [Building Family-School Partnerships through Physical Activity](https://www.actionforhealthykids.org) (Action for Healthy Kids)
  - Resource: [Building Family-School Partnerships through Social Emotional Learning](https://www.actionforhealthykids.org) (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](https://www.actionforhealthykids.org) (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

• Digital Tools and Resources
• Healthy Kids Blog
• Events and Learning Opportunities

... and more!

Visit actionforhealthykids.org or email us at contactus@actionforhealthykids.org!
We are here to support you!
Reach out to contactus@actionforhealthykids.org for support!