

# Welcome!

The session will begin shortly.

While we're waiting, take action with one (or more) of the steps below!

**Assess Your School: Take our 3-minute School Health Survey**

[www.actionforhealthykids.org/school-health-survey/](http://www.actionforhealthykids.org/school-health-survey/)

**Stay Informed: Sign up for our Newsletters**

<https://www.actionforhealthykids.org/news-sign-up/>

**Get Involved: Find upcoming learning sessions and events**

<https://www.actionforhealthykids.org/events/>



May 5<sup>th</sup>, 2021

# Building Family-School Partnerships for Kid's Health

**ACTION** FOR  
HEALTHY  
KIDS 

# Learning Objectives

After today's session, participants will...

- » Understand the basics of effective family-school partnerships and the role they play as educators, parents/caregivers, community members or a combination of those roles
- » Hear examples of effective family-school partnerships and reflect on what elements are already in place in the school
- » Reflect on challenges that may be in the way of an effective family-school partnership in their school and the opportunity that COVID-19 and the return to school could provide to build or strengthen family-school collaboration

# Logistics

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A few notes to make sure you have a smooth user experience!

- » Listen in with your telephone or computer speakers
- » Video and sound check – unmuting and pausing video.
- » Breaks are scheduled, but step away as needed.
- » Ask questions
- » Stay engaged and participate

*All materials and session recording will be shared in follow up within 1 week.*

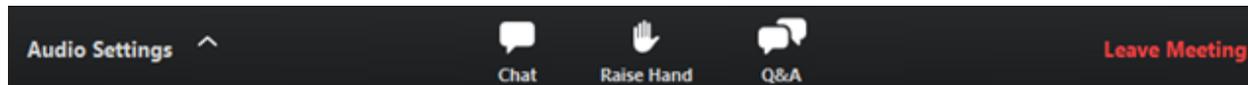
# Chat vs Q&A

## » Chat

- Use this space for introductions and to respond to prompts/ice breakers from the facilitator.
- During the session, we'll also share resources via the chat box.

## » Q&A

- Use this space to ask questions regarding the content, with technology issues, etc.

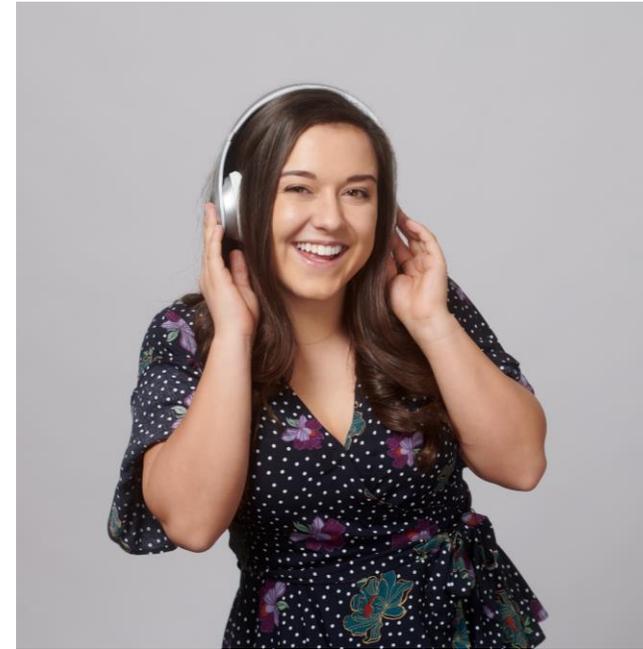


# Meet the AFHK Team



Sean Wade

Director of Family School Partnerships  
Action for Healthy Kids



Ali Armacost

Program & Field Coordinator  
Action for Healthy Kids

# Who is in the room?

- a. Parent/Caregiver
- b. School Staff Member
- c. School Volunteer
- d. District Staff Member
- e. Other



# Agenda

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- AFHK Overview
- Importance of Family-School Partnerships
- Power of Connection
- Deep Dive: Family School Partnerships
- Wrap Up and Next Steps



# Action for Healthy Kids Overview

Who We Are, What We Do, and How We Work

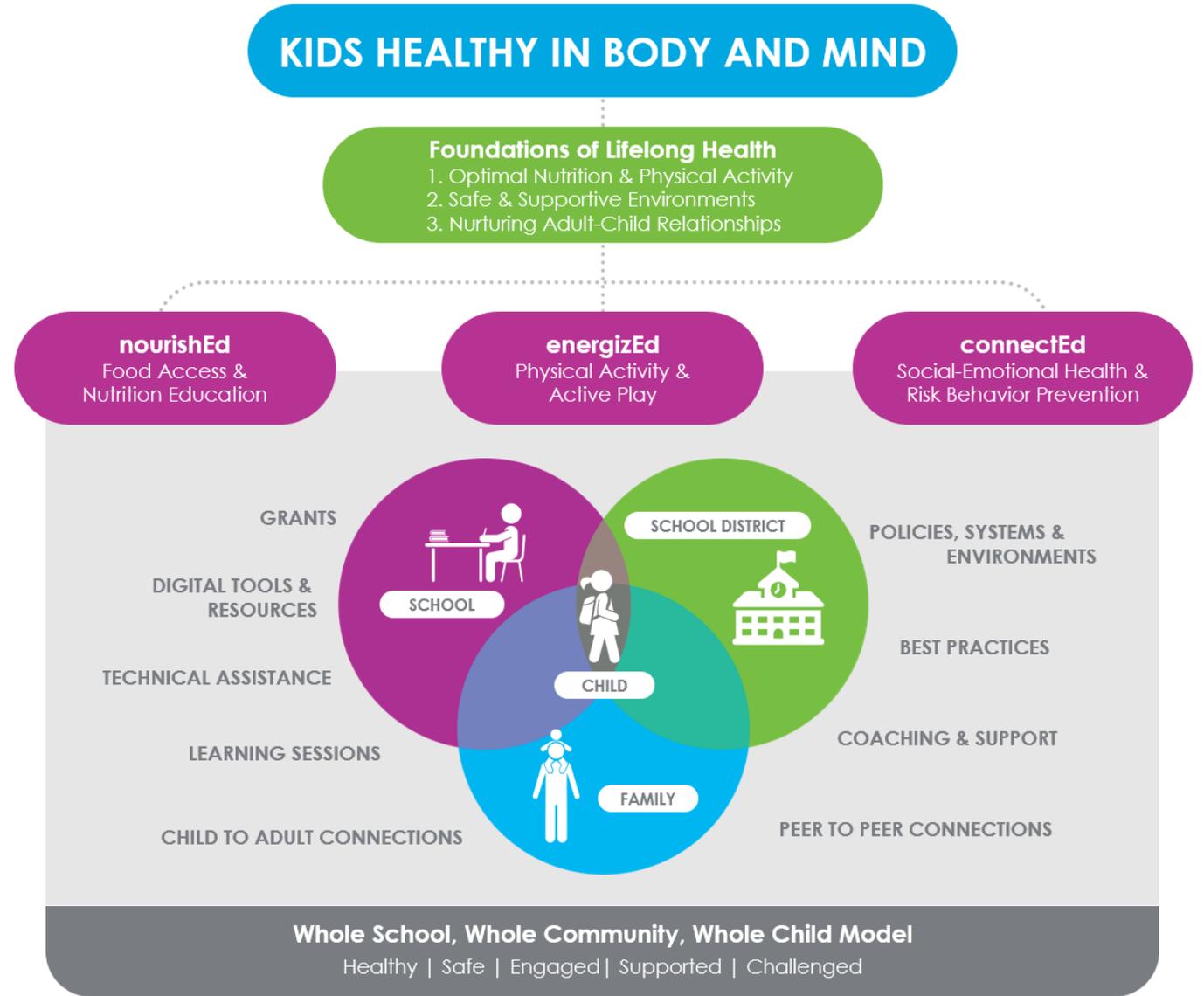
# Who We Are

Action for Healthy Kids is a national nonprofit organization committed to the belief that healthy kids create a better world. We pursue this vision by mobilizing family-school partnerships to address the child health crisis and prepare kids to be healthy in body and mind.



# What We Do

We collaborate with families, schools and school districts to support three key areas of child health.



# How We Work



Whole School, Whole Community, Whole Child Model (WSCC)



Family-School Partnerships



Collective Impact

Healthy Kids. Better World.

# The Power of Parents and Caregivers

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**“School efforts to promote health among students have been shown to be more successful when parents are involved.”**

Centers for Disease Control and Prevention, *Parent Engagement: Strategies for Involving Parents in School Health*



# Power of Connection

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Maslow's Hierarchy shows that beyond our basic needs, a sense of belonging and connection with others is important for survival [1](#)



Connection with others creates space to:

- Discuss feelings and emotions
- Navigate challenges
- Learn from one another

# Creating Space

To build strong, nurturing relationships, we must first create space.



- Dedicate a regular time and place
- Model discussions around healthy communication
- Pair conversations with activities
- Encourage but don't push



“No meaningful family engagement can be established until relationships of trust and respect are established between home and school.”

“A focus on relationship building is especially important in circumstances where there has been a history of mistrust between families and school or district staff, or where negative past experiences or feelings of intimidation hamper the building of partnerships between staff and parents.”

# Family-School Partnerships

What They Are, How We Build Them and Strategies to Strengthen Them

# Tell Us What You Think!

What makes an effective Family-School Partnership?





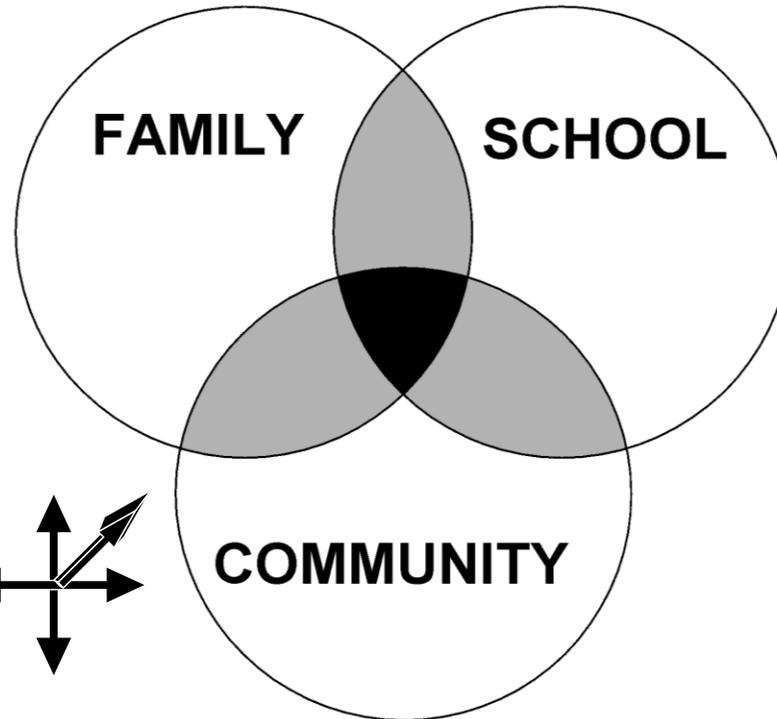
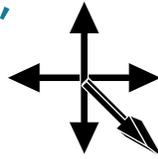
Effective family-school partnerships bring together district leaders, school staff and families to identify challenges to family engagement and specific child health needs, then develop, implement and evaluate effective and equitable solutions as a team.

# Overlapping Spheres of Influence of Family, School, and Community on Children's Learning

## *Theoretical Model*

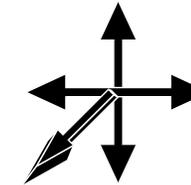
### Force B

Experience,  
Philosophy,  
Practices  
of Family



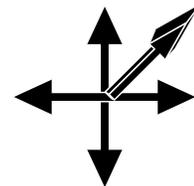
### Force C

Experience,  
Philosophy,  
Practices  
of School



### Force D

Experience,  
Philosophy,  
Practices  
of Community

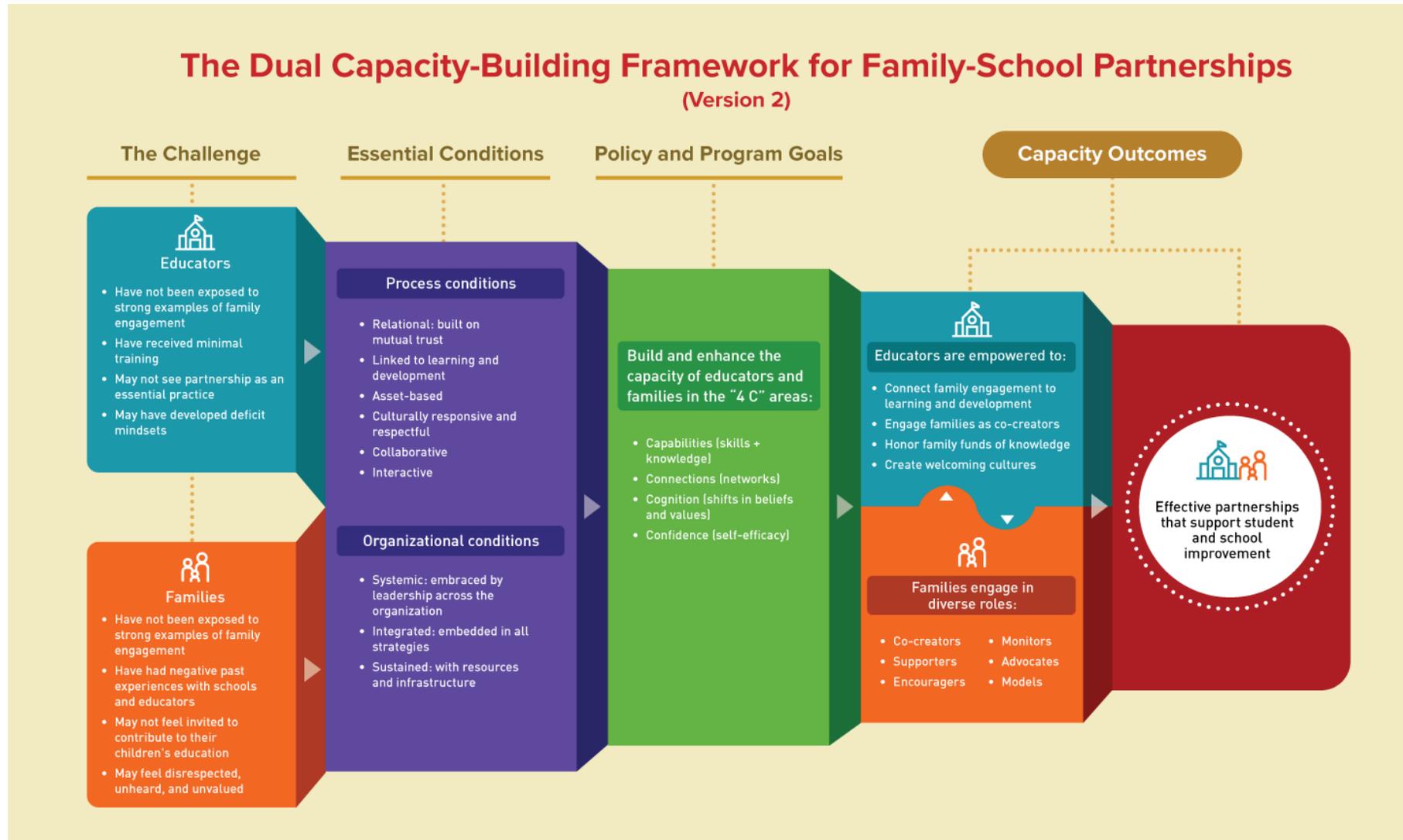


### Force A

Time/Age/Grade Level



# Dual Capacity-Building Framework (Mapp, 2019)



# Essential Elements of Family-School Partnerships

## » **Inclusive Culture**

- An inclusive culture honors the lived experience of all families in the school community

## » **Trusting Relationships**

- Trusting relationships enable families and schools to partner about the education and health outcomes for kids

## » **Capacity-Building Opportunities**

- Capacity building opportunities for staff and families promote shared leadership about educational and health outcomes for kids

## » **Dedication of Resources**

- Necessary resources are committed to integrate and elevate family-school partnership practices throughout the school

*These 4 Essential Elements were developed by the Office of Family, School and Community Partnerships at the Colorado Department of Education. Learn more here:*  
[http://www.cde.state.co.us/uip/p-12\\_fscp\\_framework](http://www.cde.state.co.us/uip/p-12_fscp_framework)

# Create an Inclusive Culture

**An inclusive culture honors the lived experience of families in the school community.**

- » Acknowledge challenges and shared struggle – everyone is doing a TON right now!
- » Create opportunities for all parents to get involved – be proactive and provide translation (let parents identify the languages needed)
- » For parents: share the best ways to reach you and other parents – don't assume the school knows!

Success Story: Stafford County Public Schools, in Virginia

Reflection:

How does your school learn about families' lived experiences?

# Build Trusting Relationships

**Trusting relationships enable families and schools to partner about the education and health outcomes for kids.**

- » It all starts with relationships and trust
- » Get to know your families and the strengths they bring
- » Meet parents where they are
- » Start with common ground and stay open – it takes time

Success Story: Fayetteville, NC and AFHK Connector Frances Brunson

Reflection:

What do trusting relationships look like in you district/school?

# Design Capacity-Building Opportunities

**Capacity building opportunities for staff and families promote shared leadership about educational and health outcomes for kids.**

- » Listen to feedback and act on it!
- » Contribute feedback when and how the school asks for it – even if it's not perfect
- » Acknowledge parents as partners and experts

Success Story: Denver Public Schools Health & Wellness Southwest Parent Advisory Committee

Reflection:

How does your school utilize the strengths of families in programs?

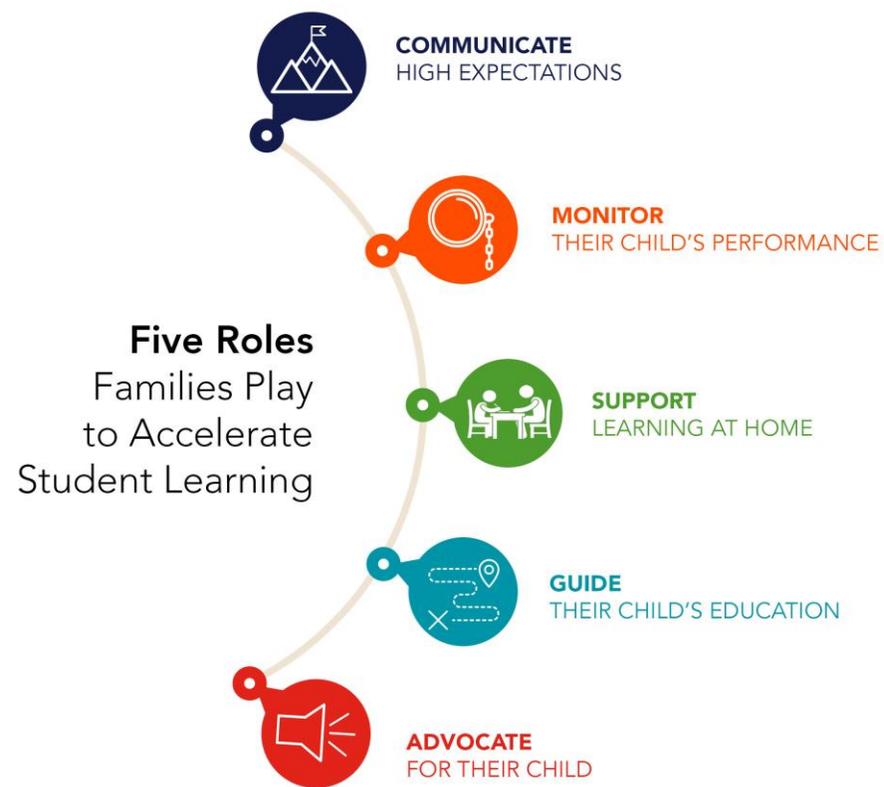
# Dedicate Necessary Resources

**Schools commit necessary resources to integrate and elevate family-school partnership practices throughout the school.**

- » Share school and district policies, goals and plans related to student health
- » Encourage school staff to try new FSP initiatives that support family engagement at home and outside of school

Success Story: Nicholson Technical Academy in Chicago, IL

Reflection: How do you implement evidence-based practices to sustain family-school partnerships that support kids' health?

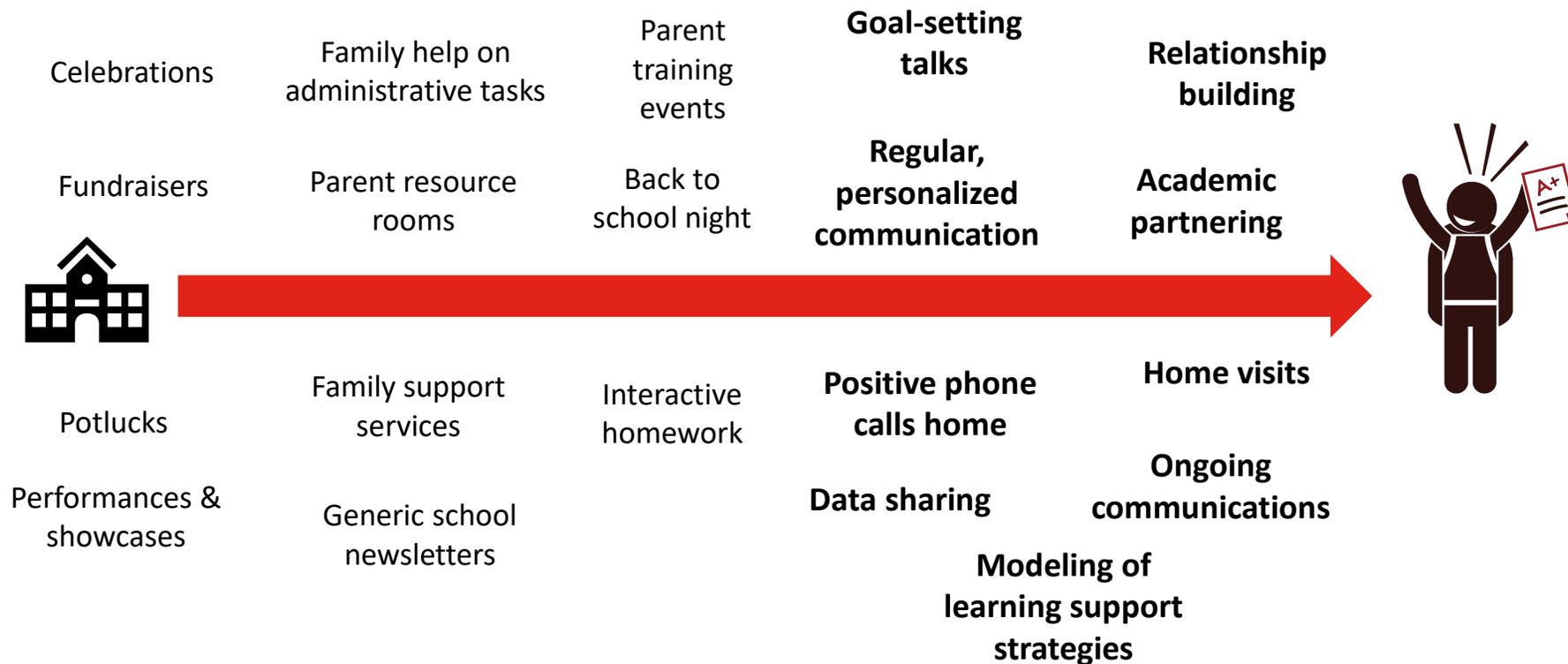


# Five Roles

Families Play to Accelerate Student Learning

# Where to Start: Family-School Partnerships

## CONTINUUM OF IMPACT



# Reflect

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## Are you ready?

- What do these core beliefs look like in practice at your school?
- How can you support these beliefs in your role?
- What is one thing you're going to do in the next 30 days?

All parents have dreams for their children and want the best for them.

All parents have the capacity to support their children's learning.

Parents and school staff should be equal partners.

The responsibility for building partnerships between school and home rests primarily with school staff, especially school leaders.

*These core beliefs are from the Office of Family, School and Community Partnerships at the Colorado Department of Education. Learn more here:*  
<http://www.cde.state.co.us/uip/familyengagement>



Questions?

# Additional Family-School Partnership Resources

- » [AFHK's Family-School Partnerships](#)
- » [AFHK's Collaboration Guide](#)
- » [CDE Family School Community Partnership Framework](#)
- » [National Standards for Family-School Partnerships](#)
- » [Dual Capacity-Building Framework](#)
- » [Changing How We Talk About Family Engagement – Toolkit](#)
- » [Carnegie Foundation Challenge Paper](#)



# Connect with Us!

Join in conversation discover fun activities and healthy recipes, learn of ways to get involved and take action!



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[@act4healthykids](#)



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# Questions?

Connect with us:

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[swade@actionforhealthykids.org](mailto:swade@actionforhealthykids.org)

Our programs team is available to answer your questions, connect you with resources or put you in touch with another member of our team!



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

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**Thank You!**