



Healthy Kids, Healthy Schools

Posted: 05/07/09 6:54 PM

Parent and Family Involvement



Here are the main themes identified from Visions of the Future!

Creating a Healthy Kids, Healthy Schools Movement with Parents & Families

- Wider involvement
- Building tools and support
- Leveraging the power & magic of intergenerational collaborations



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Posted: 05/07/09 7:00 PM

Note from Thomas Goselin



Yes, I agree!

I believe a number of these actions can be taken by the SHAC but the need for a "Health Champion" (some would say "Health Ranger") to be a paid position and I am not sure that will be possible without fundraising to pay for this position - though it could be broached with the Board. I do know that involving the parents is an essential piece of this puzzle and despite my best efforts, I was unable to bring a parent and student to the Summit itself. I believe we will be able to actively involve folks by establishing SHACs at each individual school and inviting PTO participation. This would provide a natural resource for participants in Regional and School wide SHACs.



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Project Idea Prototype Notes

How might we create a Healthy Kids, Healthy Schools movement with parents?

Two themes:

1. Top down issues -- need policy and strategy

2. Bottom up approach since this is a school by school movement.

The school movement needs to be branded and have sustainability.

HISD School Board needs to include in their strategic plan a mandate that each principal has to implement the School Wellness Policy (SWP) in their school. The principals and teachers need to be held accountable for implementing this.

Schools need to identify a Health Champion at each school.

Each school needs it's own SHAC -- this will be the vehicle to decide how to implement the SWP in that school.

Need to engage the faith-based community. Each church needs to have a wellness ministry and schools can tap into this ministry. This will help to reach parents.

Hook into the infrastructure that is already in place and remove any barriers. Example of parks, YMCAs, ect.

Need to involve parents since they are the most important part. The parents need to understand why being healthy is so important. Students could be given a survey to take home to their parents. Survey data would be compiled by school which would help the school define wellness for that particular school. There would need to be some sort of incentive for parents and students to encourage their completion of the survey. An incentive could be a dinner cooked at one parents' home and have other parents come over to talk about ideas, help them understand the importance of wellness.

Need creative communications -- flyers, a Facebook group for parents from the school, a door-to-door campaign.

Need to take this back to grass roots to make parents care about this.



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