

# School Health Guidelines: School Connection

## Guideline 7: Family and Community

February 2016

### Guideline 7: Where to Start

Parents and community members contribute to the academic success of students and are key stakeholders in healthy eating and physical activity policies and practices in schools. Schools, families and community members are three sectors of society that influence the growth and development of students, to nurture them into healthy and productive adults.

Studies show that family/student involvement with healthy eating and physical activity initiatives at school have great success than those that focus only on the child. Positive relationships with families are invaluable.

Community partners provide multiple resources for healthy eating and physical activity. Public health, clinics, hospitals, park and rec programs, faith-based organizations and service organizations are some examples.

### Ideas to Try at School:

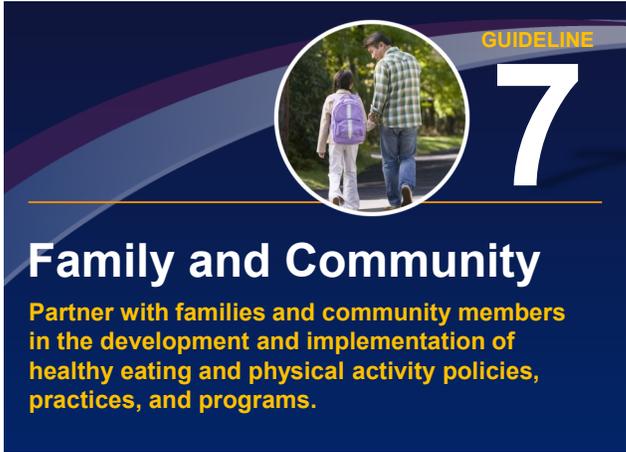
- Reach out to families/community groups with a monthly newsletter
- Invite stakeholders to be on Wellness Committee
- Establish partnerships with community programs
- Seek feedback from families

## Healthy Kids Learn Better.

### Resources/links:

[School Wellness Dept. of Ed:](https://www.educateiowa.gov/pk-12/nutrition-programs/school-wellness) <https://www.educateiowa.gov/pk-12/nutrition-programs/school-wellness>

[Iowa Department of Public Health:](http://www.idph.state.ia.us/) <http://www.idph.state.ia.us/>



**GUIDELINE 7**

## Family and Community

Partner with families and community members in the development and implementation of healthy eating and physical activity policies, practices, and programs.



### School Health Guidelines

1. Policies and Practices
2. School Environments
3. Nutrition Services
4. Physical Education and Physical Activity
5. Health Education
6. School Health Services
7. Family and Community
8. School Employee Wellness
9. Professional Development

*Don't worry that children never listen to you; worry that they are always watching you.*

*~ Robert Fulghum*

### Questions? Need more information?

Melissa Walker: [melissa.walker@iowa.gov](mailto:melissa.walker@iowa.gov) and 515.281.5327

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# School Health Guidelines: Home Connection

## Guideline 7: Family and Community

February 2016

### Working Together

Parents and community members contribute to the academic success of students and are key stakeholders in healthy eating and physical activity policies and practices in schools. Schools, families and community members are three sectors of society that influence the growth and development of students, to nurture them into healthy and productive adults.

Studies show that family/student involvement with healthy eating and physical activity initiatives at school have great success than those that focus only on the child. Positive relationships with families are invaluable.

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### Ideas to Try at Home:

- Access community resources such as YMCA, public health, or service groups
- Take time to read newsletters from school to stay connected with what's happening at school
- Connect with school to work on removing barriers that limit student and family access to community resources

**Healthy Kids Learn Better.**

### Resources/links:

[School Wellness](https://www.educateiowa.gov/pk-12/nutrition-programs/school-wellness): <https://www.educateiowa.gov/pk-12/nutrition-programs/school-wellness>

[Iowa Department of Public Health](http://www.idph.state.ia.us/): <http://www.idph.state.ia.us/>



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