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

Iowa Department of Public Health: http://www.idph.state.ia.us/

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 and 515.281.5327

(Provided by 1305 CDC Grant)
Guideline 7: Family and Community

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.

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 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

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