

Involving parents and the community in coordinated school health:

- Encourage parents to participate in coordinated school health planning and oversight committees
- Ask community members with special skills to teach certain health units (i.e. dieticians focusing on food choices)
- Open school facilities during non-school hours for physical activity, fitness sessions, as well as family health seminars and social and recreational functions
- Schedule health fairs regularly and invite the public to participate
- Invite parents and community members to be on the school health council
- Update parents on successes relating to school health through monthly newsletter
- Encourage parents and community members to participate in the development of the local school wellness policy and ensure implementation
- Appoint parents to serve on crisis response planning committee
- Sponsor a family fitness night
- Work with local media to inform the community about health problems facing Mississippi children, as well as the need for healthy school environments
- Increase PTA/PTO Membership
- Provide resources that help families on matters that are related to parenting skills, child development, and family relationships
- Train parents to communicate with their child about relationships, safety, tobacco, alcohol, drugs, sexuality, violence and diet



“The education of young people affects everything from the economy to national security. The key is to get involved, whether or not you have children.”