

Purpose and Course Objectives

Audio Descriptive Text

Title: Chapter 1. Introduction; Purpose and Course Objectives. List of course objectives.

Video Summary

- The purpose of the *Parents for Healthy Schools* course is to provide resources to motivate and educate parents to be part of creating a healthy school environment.
- The course provides guidance on how to:
 1. Use and share the resources developed for *Parents for Healthy Schools*.
 2. Use the parent engagement framework of connecting, engaging, and sustaining.
 3. Provide ways for parents to help create a healthy school environment.

Audio Script

The purpose of the *Parents for Healthy Schools* course is to provide resources to motivate and educate parents to be part of creating a healthy school environment.

This course will provide guidance on how to:

- Use and share the resources developed for *Parents for Healthy Schools*.
- Use the parent engagement framework of connecting, engaging, and sustaining to involve parents in school health activities.
- Provide ways parents can help
 - Improve the school nutrition environment and services,
 - Increase opportunities for physical education and physical activity in schools, and
 - Support managing chronic health conditions in schools.