

Connecting with Parents

Audio Descriptive Text

Title: Chapter 3. Engaging Parents to Support Healthy School Environments; Connecting with Parents.
Image of Active Child icon.

Video Summary

- Schools need to connect and build positive relationships with parents before they can effectively engage them in school health activities.
- The tone for a positive relationship is set by having clear vision and mission statements.
- School staff can increase parent engagement by demonstrating, through positive connections with parents, how their children's health and education can be enhanced by their involvement in school health activities.

Audio Script

Schools need to **connect** and build positive relationships with parents before they can effectively engage them in school health activities.

The tone for a positive relationship is set by having clear vision and mission statements about the school nutrition environment and services, physical education and physical activity, and managing chronic health conditions that include parent engagement.

Schools and school groups can ask parents how they would like to be involved in school activities, especially those related to their children's health and school's health activities, services, and programs. Parents may have preferences for connecting with the school, based on their children's needs.

Schools can create a welcoming, trusting, and inclusive school environment where parents feel comfortable in participating in school activities for nutrition, physical activity, and chronic health conditions, as well as valued and able to offer their expertise. Professional development can help staff and other groups learn how to engage parents in school activities.

Schools can connect directly with parents by sending communications, like newsletters or e-mails, to parents to promote the school meal programs, healthy fundraisers, healthy celebrations and events, physical education programs, and other opportunities to be physically active.

Providing staff development for how to engage parents in school activities for nutrition, physical activity, and managing chronic health conditions can help staff and other groups learn how to effectively connect with and involve parents in the healthy school environment.

School staff can increase parent engagement by demonstrating, through positive connections with parents, how their children's health and education can be enhanced by their involvement in school health activities.

These activities can positively impact the school environment and can help make it a healthy place for their children to learn.