

## Next Steps

### Audio Descriptive Text

Title: Chapter 4. Take Action; Next Steps. Image of a Active Child icon. Collage of resources, including the guide, idea sheets, PowerPoint presentation slide, and checklists. Report cover of *Parents for Healthy Schools: A Guide for Getting Parents Involved from K-12*. Collage of *Ideas for Parents* sheets; Report cover of *School Health Index: A Self-Assessment and Planning Guide*. Report cover of *Promoting Parent Engagement in School Health: A Facilitator's Guide for Staff Development*. Image of idea sheets. Collage of all resources previously mentioned in video. Image of Active Child icon. Screenshot of CDC Parents for Healthy Schools website.

### Video Summary

- States, districts, schools, and groups that work with parents can help parents by employing many of the strategies and ideas provided in the resources for *Parents for Healthy Schools*.
- Using these resources, schools, and parents can work together to prioritize a list of school health activities and events.

### Audio Script

States, districts, schools, and groups that work with parents can help parents by employing many of the strategies and ideas provided in the resources for *Parents for Healthy Schools*.

What are some next steps that states or districts can take?

- Collaborate with state and/or district chapters and organizations (such as the PTA and PTO, Action for Healthy Kids, Alliance for a Healthier Generation, and SHAPE America) to determine how to:
  - Train groups that work with parents on how to use these resources.
  - Share the *Ideas for Parents* documents directly with parents.
- Use the *Ideas for Parents* documents to provide technical assistance to districts and/or schools; and
- Encourage schools to use *the School Health Index*, and specifically, review the results for the section on parent engagement.

What are some next steps schools or school groups can take?

- Use the *School Health Index*, and specifically, review the results for the section on parent engagement.
- Use the *Promoting Parent Engagement in School Health: A Facilitator's Guide for Staff Development* to develop a plan for parent engagement.
- Use *the Parents for Healthy Schools: A Guide for Getting Parents Involved from K-12* to identify how to deliver the PowerPoint presentation and *Ideas for Parents* to parents and track the ways parents are engaged and impacting the school health environment.

- Deliver the PowerPoint presentation to parents through PTO or PTA meetings, school wellness committee, or other groups such as National Network of Partnership Schools.
- Give parents the *Ideas for Parents* to share ways they can become involved in making changes in the school health environment; and
- Look for signs of change and collect parent feedback using the *Check-In Questions* and the evaluation form for the PowerPoint presentation.

Using these resources, schools and parents can work together to prioritize a list of school health activities and events.

Additional actions anyone can do include the following:

- Share the resources for *Parents for Healthy Schools* through e-mail and social media;
- Share this course with people you know; and
- Look for additional information and opportunities to learn from CDC by visiting the *Parents for Healthy Schools* website.

You should now understand:

- How to use the resources developed for *Parents for Healthy Schools*;
- How to use the parent engagement framework to involve parents in creating healthy school environments; as well as
- How to motivate and educate parents to 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.

Now, let's do an activity to highlight some possible next steps you can take to implement the *Parents for Healthy Schools* resources.