



Support Your Children's Health At School



Be a voice for healthy change at your children's school.

More students get involved in creating a healthier school when parent volunteers encourage and support those healthy changes.

Join your school's health advisory council or the PTA.

Parent members play a key role in creating a healthy school environment.

Join your children at school to experience school breakfast or lunch firsthand.

Talk with your children about how to make healthier, more nutritious choices at school.

Stay informed about your school's wellness practices.

School wellness policies are required by law. Be certain your school has one — and if not, ask your children's principal how you can help put it into practice.



Get other parents on board.

Share your enthusiasm for healthy changes at your school with other parents. Start a movement!



REMEMBER: MANY HANDS MAKE LIGHT WORK.

Organize walking clubs, improve playground facilities or paint the cafeteria. Sponsor wellness-themed fundraisers, help tend the school garden or lead a walk- or bike-to-school day. There are lots of ways to help your school get healthier!

Join and promote Fuel Up to Play 60 at your school.



Enroll in the program, log in to your Dashboard and link to your children's school.

Connect with your school's Program Advisor. If your school doesn't have one, offer to help support one or more adults willing to take on that role.



Attend Fuel Up to Play 60 activities at your school.

Make sure you and your children participate in family-food-and-fitness fairs, healthy tailgate parties, walk-a-thons and other Fuel Up to Play 60 events. Bring your whole family along for the fun!



Work with community members and get them involved in the program.

Share the goals and strategies of Fuel Up to Play 60 with community organizations and businesses. Seek out volunteers or resources to support the program's goals.



Help students plan and implement Healthy Eating and Physical Activity Plays.

Find time to meet with students before, during or after school to keep them on track.



Support your children as they take the lead for a healthier school.

Encourage them to become Fuel Up to Play 60 Ambassadors and to apply to attend the annual Student Ambassador Summit as School or State Ambassadors.