Reaching Families throughout the Year

Ideas for communicating health messages to parents & caregivers throughout the school year

MONTH	EVENTS	ACTIVITIES	PARENT FOCUS	RESOURCES

August/ September
 	
Establishing healthy habits for the year
	• Start of School Year
	• Kindergarten family meeting
	• Back to School Night
		Write a classroom snack policy & inform parents/caregivers	Y	• Healthy Snack policy lesson Lesson Plan for Writing a Classroom Snack 'Policy' (pdf)
				• Healthy snack lists English | Chinese | Spanish (pdfs)
				• Sample birthday policy letter
				• Sample school policy letter
				• Sample school Snack Policy Brochure
				• Non-food rewards
				  • Alternatives to Food as Reward (pdf)
				  • Say It Without Candy (pdf)

		Establish a healthy celebration policy	Y	
		Review key messages (sleep, healthy snacks, healthy breakfast, physical activity, food access…)	Y	• Tips for the Start of a Healthy Year • SF Food Pantry list: http://freeprintshop.org
	Latino History Month - Culturally appropriate healthy cooking information (Sept.)	Cooking activity/send home recipe	Y	• Recipe database: http://recipefinder.nal.usda.gov • Healthy Latino Recipe Cookbook (E/Sp): http://www.cachampionsforchange.net/en/Resources.php
October Parent/ Teacher Conferences	Parent/Teacher Conferences	Communicate health information	Y	Talking points for Parent/Teacher conferences- Parent/Teacher Conferences
		Discuss individual student concerns	Y	
	Halloween	Candy Free Halloween - e.g. Edible "mask" making activity with tortillas, cut up fruits & veggies	Y	• Non-food *trick-or-treat* Halloween handout English | Chinese | Spanish (pdfs)

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November/ December Healthy classroom celebrations	Winter Holidays	Farmers' market field trip with family chaperones for classroom "Stone Soup" party	Y	Farmers' Market Resources **Farmers' Market Lesson Plans and Activities** • Kindergarten (pdf) • First Grade (pdf) • Second and Third Grade (pdf) • Fourth and Fifth Grade (pdf) **Resources** • Field trip checklist (pdf) • Logistical information about San Francisco's Ferry Building and Civic Center markets (pdf) • Reminders for Students (pdf) • San Francisco Farmers' Markets (pdf)
January New Year's health resolutions	New Year / Lunar New Year	Family healthy eating resolutions	Y	Healthy Chinese Recipe Cookbook: http://www.cachampionsforchange.net/en/resources.php
		Culturally appropriate - Cooking activity/send home recipe	Y	

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February Physical Activity	Physical Activity Awareness Month/ Physical Fitness Testing (Feb.-Mar.)	Encourage families to be physically active (60 min./kids, 30 mins./adults)	Y	Nutrition Newsletter February
	Valentine's Day	Heart Healthy - Valentine's Day Party	Y	Valentine's Day handout and sample parent letter • English | Spanish (pdfs)
	African American History Month	Culturally appropriate - Cooking activity/send home recipe	Y	• Healthy Soul Food Recipe Cookbook: http://www.cachampionsforchange.net/en/Resources.php • Recipe Database: http://recipefinder.nal.usda.gov
March Nutrition Awareness	Nutrition Awareness Month	Encourage parents/caregivers to be Champions for Change - Include more fruits and vegetables in your diet	Y	http://www.cachampionsforchange.net/
	Parent/Teacher Conferences	Communicate key health information.	Y	• Talking points for Parent/Teacher conferences Parent/Teacher Conferences • Healthy Snacks English | Chinese | Spanish
		Discuss individual student concerns		
		Healthy Snack Demonstration		
April Limit Screen Time	TV Turnoff week	Distribute resources to parents	Y	http://tvturnoff.org/
	STAR Testing	The link between healthy eating and academic success Distribute resources to parents	Y	Breakfast & Testing handout (E, S, Ch) English | Chinese | Spanish

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May Make your classroom soda free!	*ReThink Your Drink Week / Soda Free Summer*	Distribute resources to parents	Y	Sugar Savvy Curriculum, Drink Water resources - www.banpac.org
On-Going	SSTs / IEPs	Student health concerns - Communicate & discuss individual student health concerns	Y	Collaborate with your Learning Support Professional.
	Harvest of the Month	Classroom tasting activities, family newsletters (E, S, Ch)	Y	www.harvestofthemonth.com
	Classroom/School Newsletters	Family health - Include health messages or articles on health-related activities	Y	http://www.healthiersf.org/nutrition
	Fundraising	Non-food or healthier food fundraising ideas - Resent to administrator, teachers & parent group	Y	Non-food fundraising idea handout - Non Food Based Fund Raising Ideas
	Resources/Food Access	Family resources- Food, housing, employment, health care, counseling…	Y	Call *211; 211.org*

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