

**ACTIVITY: Reaching Parents**

Summarize information from *District Demographics* as well as *Reaching Parents* activity sheet.

Review *Engaging Parents Section* toolkit for ideas on strategies for reaching parents. What message might appeal to your parents?

What avenues might you use to reach parents?

How might you overcome anticipated barriers?

**Prioritize the top 5 things you can do to reach and retain parents:**

1.	
2.	
3.	
4.	
5.	

# District Demographics

## SAMPLE [Name] Unified School District

### School District Demographics

African-American: 0.8%  
American Indian or Alaska Native: 0.4%  
Asian: 0.0%  
Filipino: 0.4%  
Hispanic or Latino: 54.0%  
Pacific Islander: 0.0%  
White: 43.2%  
Multiple or No Response: 1.2%

### Eligibility for Free and Reduced Price Lunch

53.7%

### English Language Learners

23.1%

### Enrollment

509

### District Obesity Rates

County: [Name]  
5<sup>th</sup> Grade: 38.3%  
7<sup>th</sup> Grade: 39.2%  
9<sup>th</sup> Grade: N/A

### Graduation Rates

County: [Name]  
88.5%

### California State Obesity Rates

38% (From: [http://publichealthadvocacy.org/research/patchworkdocs/OFT%20brief\\_final.pdf](http://publichealthadvocacy.org/research/patchworkdocs/OFT%20brief_final.pdf))  
Babey SH, Wolstein J, Diamant AL, Bloom A, Goldstein H. A Patchwork of Progress: Changes in Overweight and Obesity Among California 5th-, 7th-, and 9th-Graders, 2005- 2010. UCLA Center for Health Policy Research and California Center for Public Health Advocacy, 2011.



# ASSESSING YOUR SCHOOL DISTRICT

## How Are Parents Currently Involved in Your School District?

The Local School Wellness Policy (LSWP) is a district policy that should be implemented at each school within the district. It may be in different stages of implementation at different schools. Before you begin working with parents, it may be a good idea to assess what is happening at your district regarding parent involvement in LSWP.

The following checklist will provide you with a baseline for assessing current parent involvement in your school district.

1. Does your school district have a School Wellness Committee\*?

Yes  No

2. If yes, how often does it meet?

***I don't know.***

3. If there is a School Wellness Committee, are there parents on it (parents should be a part of this committee)?

Yes  No

4. Has the LSWP been communicated to parents throughout the district?

Yes  No  Unsure

a) If yes, how has it been communicated?

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b) If the policy has been communicated, was it done so in multiple languages and with consideration for low-literacy parents?

Yes  No  Unsure

If yes, list languages:

***I have seen a copy of it, but it's only in English.***

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\* Some schools may refer to their School Wellness Committee as the School Health Council, Coordinated School Health Council, or a Wellness Council. These perform the same function as the School Wellness Committee referred to here.

# ASSESSING YOUR SCHOOL DISTRICT

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5. Where are parents currently involved in your school/school district (this information may be school-specific)?

- PTO/PTA
- Parent center
- After school groups
- In-class volunteers
- Parent booster club
- Advisory boards
- parent coffee club*
- \_\_\_\_\_
- \_\_\_\_\_

The information gathered from this brief survey will assist you in planning your parent outreach and activities. Having this information will allow you to find out where and how to reach parents currently involved at the school district, let you know if you need to assist the district in communicating the LSWP to parents, and whether any efforts have been made to reach low-literacy or non-English speaking parents.

## Assessing Your Schools' Nutrition and Physical Activity Environment

Each school within your district may be implementing the LSWP in different stages. You may be working with parents at the district level and/or at the school level. Regardless, parents are more likely to be compelled to become involved if they know what is happening at their child's school.

You may want to complete a brief survey of the school before you meet with your parents or have your parents complete a brief school survey with you to assess the nutrition and physical activity environment in some of your district's schools. The survey will provide you with information that may help identify areas within your school(s) that need work.

Please see **Appendix A** for a sample Campus Survey.