

School Health Guidelines: Home Connection

Guideline 2: School Environment

September 2015

Working Together

Schools work very hard to ensure students have safe environments in which to learn. This includes looking at physical things such as bleachers, playground equipment, sidewalks, shade coverings, water access, cafeteria spaces, buses, and weather-related decisions.

Parents/families and schools partner in the efforts to keep students safe so they can learn and grow. When parents/families teach kids how to be safe and role-model those healthy behaviors at home, students are able to then use those skills at school. When home and school work together, there is greater success to keep kids healthy, well and safe.

Ideas to Try at Home:

- Reinforce table manners to keep kids safe during meal times
- Use non-food rewards to celebrate successes
- Teach safety skills and rules that apply to your home and neighborhood
- If the school facilities are open to the public, use them! Play on the equipment, attend open gym, take a walk at the track or kick a soccer ball.

Healthy Kids Learn Better.

Resources/links:

[School Health Guidelines Executive Summary \(short\)](http://www.cdc.gov/healthyouth/npao/pdf/PAN_Guidelines_Executive_Summary.pdf): http://www.cdc.gov/healthyouth/npao/pdf/PAN_Guidelines_Executive_Summary.pdf

[Healthy Snacks A to Z](https://www.educateiowa.gov/sites/files/ed/documents/1314_np_tn_SnacksAtoZ.pdf): https://www.educateiowa.gov/sites/files/ed/documents/1314_np_tn_SnacksAtoZ.pdf



School Environments
Establish school environments that support healthy eating and physical activity.



School Health Guidelines

1. Policies and Practices
2. School Environments
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4. Physical Education and Physical Activity
5. Health Education
6. School Health Services
7. Family and Community
8. School Employee Wellness
9. Professional Development

It's not what you DO for your children, but what you have taught them to do for themselves that will make them successful human beings. ~ unknown

Questions? Need more information?

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{Provided by 1305 CDC Grant}