Support Your Children’s Health At School

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.

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

Get other parents on board.

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

Stay informed about your school’s wellness practices.

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

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

Remember: Many hands make light work.

Attend Fuel Up to Play 60 activities at your school.

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

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

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

Get other parents on board.

Share your enthusiasm for healthy changes at your school with other parents.

Start a movement!

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.

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!

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.

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!

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

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

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

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

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