PROMOTING PARENT ENGAGEMENT IN SCHOOL HEALTH

A Facilitator's Guide for Staff Development

National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention
Division of Adolescent and School Health

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Introduction

The purpose of the staff development program, *Promoting Parent Engagement in School Health*, is to provide teachers and other school staff with an introduction to parent engagement and guidance on how to engage parents in school health activities. Parent engagement in schools is defined as parents and school staff working together to support and improve the learning, development, and health of children and adolescents. Parent engagement in schools can promote positive health and academic behaviors among children and adolescents. Research shows that parent engagement in schools is closely linked to better student behavior, higher academic achievement, and enhanced social skills. Parent engagement also makes it more likely that children and adolescents will avoid unhealthy behaviors, such as sexual risk behaviors, and tobacco, alcohol, and other drug use.

Strategies to increase parent engagement in school health can be implemented by many people throughout the school district. In *Promoting Parent Engagement in School Health: A Facilitator's Guide for Staff Development,* "school staff" refers to administrative, instructional, and other school personnel that can include teachers; coaches; school food service staff; school nurses; health assistants; instructional assistants; secretaries; maintenance staff; counselors; before- and after-school staff; paraeducators; physical education specialists; special education staff; school resource officers; and school and school district program coordinators, directors, and administrators. The Facilitator's Guide provides interactive activities and opportunities for participants to reflect on and apply their own knowledge and experiences related to parent engagement. The training can be tailored to meet the needs and interests of school staff. This training can also be used to support and inform health-related actions and activities in a school's existing program for parent engagement.

For the purposes of this document, the word "parent" is used to refer to the adult primary caregiver(s) of a child's basic needs (e.g., feeding, safety). This includes biological parents; other biological relatives such as grandparents, aunts, uncles, or siblings; and non-biological parents such as adoptive, foster, or stepparents. Parents guide the child's upbringing, which includes the interaction processes between parent and child that contribute to the child's emotional and social development.

This Facilitator's Guide provides the step-by-step procedures, activities, handout materials, resources, and PowerPoint® presentation (with facilitator narrative and notes) needed to implement this staff development program. In addition, an e-mail template to use in promoting the availability of this program to school staff — and inviting them to participate — is included.

Importance of Staff Development to Improve Parent Engagement in School Health

Staff development is critical to helping school staff strengthen their abilities to involve parents. This program is designed to help school staff —

- Generate enthusiasm and interest in improving parent engagement in school health;
- Understand the essential aspects of parent engagement, including how to positively connect with parents, engage parents in meaningful school health activities, and address challenges of sustaining parents in school health activities;
- Share information with other staff members not attending the program; and
- Initiate steps to implement a parent engagement action plan.

Overview of the Facilitator's Guide for Staff Development

This section of the guide includes the learning objectives, program agenda, list of materials needed, suggestions for use, and procedures for implementing the staff development program.

Learning Objectives

Following this program, participants will be able to —

1. Identify parent engagement activities in their school.
2. Understand the importance of adolescent and school health.
3. Define parent engagement in schools and understand why it is important.
4. Describe the association between parent engagement in schools and student social, academic, and health outcomes.
5. Identify the essential aspects of parent engagement in schools.
6. Identify strategies and actions schools and districts can implement to increase parent engagement in school health.
7. Identify resources for assessing and promoting parent engagement in school health.
8. Develop an action plan for parent engagement in school health for their school or school district. (optional)

Program Agenda

The program includes an introduction to Parent Engagement in School Health in a PowerPoint® presentation, a warm-up exercise, three activities, a take-home exercise, and one optional action planning activity with worksheets (2 – 3½ hours in total presentation time). The facilitator notes in the PowerPoint® presentation align with the information presented in this guide.

Staff Development Program Agenda	Estimated Time (minutes)
Introduction	5
Warm-up Exercise. Pulse Check on Parent Engagement in Your School	10
PowerPoint® Presentation	20
Activity #1. Connect with Parents	20 – 25
Activity #2. Engage Parents	30 – 35
Activity #3. Sustain Parent Engagement	25 – 30
Activity #4. (optional) Action Planning for Parent Engagement in School Health	75
Take-home Exercise. Parent Engagement: Things to Consider and Do!	—
Wrap-up of the Staff Development Program	10
Total Time	2 – 3½ hours

Note: If you have less than 2 hours to implement this program, you will have to make some choices about which activities to conduct or how to conduct them. For example, if you only have an hour or less, you might have to schedule two to three meetings to complete this program. Another option is to modify Activity #2 (Engage Parents) and Activity #3 (Sustain Parent Engagement) by assigning groups of participants to start on different sections of the handouts to reduce the time they spend on completing them.

Materials Needed

The staff development program agenda requires the use of PowerPoint® slides and other materials. The facilitator will need to assemble the following materials prior to implementing the program. Where noted, some materials will need to be printed and copied for participants.

Materials Needed	Copy — One per participant
Promoting Parent Engagement in School Health PowerPoint® presentation slides and note pages (available at www.cdc.gov/healthyyouth/adolescenthealth/pdf/parentengagement_slides.ppt)	
Promoting Parent Engagement in School Health PowerPoint® presentation slides in handout format (3 per page) (available at www.cdc.gov/healthyyouth/adolescenthealth/pdf/parentengagement_slides.ppt)	✔
Parent Engagement: Strategies for Involving Parents in School Health (available at www.cdc.gov/healthyyouth/adolescenthealth/pdf/parent_engagement_strategies.pdf)	✔
Fact Sheets (as applicable for the attendees): • *Promoting Parent Engagement: Improving Student Health and Academic Achievement/Information for School Districts and School Administrators* (available at www.cdc.gov/healthyyouth/adolescenthealth/pdf/parentengagement_administrators.pdf) • *Promoting Parent Engagement: Improving Student Health and Academic Achievement/Information for Teachers and Other School Staff* (available at www.cdc.gov/healthyyouth/adolescenthealth/pdf/parentengagement_teachers.pdf) • *Ways to Engage in Your Child's School to Support Student Health and Learning/Information for Parents and Families* (available at www.cdc.gov/healthyyouth/adolescenthealth/pdf/parentengagement_parents.pdf)	✔
Warm-up exercise. Pulse Check on Parent Engagement in Your School (Handout A, p. 24); optional: whiteboard, blackboard, chart, or easel with paper; marker or chalk	✔
Activity #1. Connect with Parents (Handout B, pp. 25 – 26)	✔
Activity #2. Engage Parents (Handout C, pp. 27 – 32)	✔
Activity #3. Sustain Parent Engagement (Handout D, pp. 33 – 39)	✔
Activity #4 (optional). Action Planning for Parent Engagement for School Health, Parent Engagement in School Health — Action Plan Forms (Handout E, pp. 40 – 42); chart or easel paper (at least 12 pieces — 1 per group for each activity — to post on wall or easel); tape (to hang paper); markers	✔
Take-home exercise. Parent Engagement: Things to Consider and Do! (Handout F, p. 43)	✔
Parent Engagement Resources (Handout G, pp. 44 – 45)	✔
Feedback Form for Staff Development Presentation: Promoting Parent Engagement in School Health (Handout H, p. 46)	✔

Suggestions for Use

Individual instructional and support staff members or school teams can participate in a variety of staff development opportunities. Some suggestions are provided below:

1. Make the program available to school staff from a single school, from several schools in one district, or from multiple districts.
   - For an individual school or school district, the staff development program might be offered during a faculty meeting, in an after-school program, or as a separate workshop.
   - At the district level, the staff development program can be offered as a workshop for school teams representing a variety of occupations or services (e.g., food service personnel, coaches, after-school care, teachers, principals, secretaries, and nurses).
   - For multiple school districts, the staff development program can be offered as a regional training.
2. Offer staff continuing education units as an incentive for participating in the program during non-work hours.
3. Provide the program to parents, community partners, the school board, or others interested in strengthening parent engagement.

Program Procedures

1. **Introduction and welcome**

   - Distribute *Promoting Parent Engagement in School Health* PowerPoint® Presentation Handouts.
   - Introduce yourself and welcome participants to the *Promoting Parent Engagement in School Health* staff development program (slide #1).

2. **Set the stage**

   - Distribute Pulse Check on Parent Engagement in Your School (Handout A, p. 24), one to each participant, or write the questions on Handout A on the whiteboard, blackboard, or chart or easel with paper (slide #1).
   - Ask all participants to complete the handout or write responses on a scrap piece of paper individually.
   - Ask participants to share a few of the responses they listed.
   - Summarize for participants that in this program they will have the opportunity to learn more about and discuss what school staff can do to involve parents in school health.
   - Share the objectives of the presentation on *Promoting Parent Engagement in School Health* (slide #2).

3. **Present the *Promoting Parent Engagement in School Health* PowerPoint® Presentation slides, conduct activities (#1 – #4), and explain the take-home exercise**

   - Use the PowerPoint® slides (#3 – #14) to review the health status of adolescents; importance of addressing health in school; definition of parent engagement; importance of engaging parents in school health; association between parent engagement and student social, academic, and health outcomes; what motivates parents to be engaged; and the essential aspects of parent engagement. (Note: These slides address objectives 2 through 5 stated on p. 7.)
   - Discuss the first essential aspect of parent engagement — *CONNECT* (slides #15 – #17).
     - Explain what is needed for parents and the school to be connected.
     - Distribute handout for Activity #1. (See p. 15 for detailed Activity #1 instructions. Use Handout B, pp. 25 – 26.)*
     - Ask participants to complete Handout B. (Use instruction slide #17.)
     - Ask participants to share some of the responses they noted on the handout.
     - Summarize the importance of making a positive connection with parents so they feel welcomed in the school.
   - Discuss the second essential aspect of parent engagement — *ENGAGE* (slides #18 – #20).
     - Explain how schools can engage parents in school health activities.
     - Distribute handout for Activity #2. (See p. 16 for detailed Activity #2 instructions. Use Handout C, pp. 27 – 32.)*
     - Ask participants to complete Handout C. (Use instruction slide #20.)
     - Ask participants to share some of the responses they noted on the handout.
     - Summarize the importance of providing a variety of activities and frequent opportunities to fully engage parents.
   - Discuss the third essential aspect of parent engagement — *SUSTAIN* (slides #21 – #23).
     - Explain how schools and parents can work together to sustain parent engagement.
     - Distribute handout for Activity #3. (See p. 17 for detailed Activity #3 instructions. Use Handout D, pp. 33 – 39.)*
     - Ask participants to complete Handout D. (Use instruction slide #23.)

- Ask participants to share some of the responses they noted on the handout.
- Summarize the need to work with parents to sustain parent engagement by addressing the common challenges to getting and keeping parents engaged.

- Discuss and complete action planning for parent engagement (slides #24 – #29).
  - Action Planning for Parent Engagement (Activity #4) is an optional activity that might require a few sessions to conduct. Participants should have completed Activities #1 – #3 prior to addressing Activity #4. See pp. 18 – 20 for detailed Activity #4 (optional) instructions.
  - Introduce Action Planning for Parent Engagement (slides #24 – #25).*
  - Participants should work in teams.
  - Share with the participants the questions they should consider as they begin to develop their Action Plans (slide #26).
  - Distribute Parent Engagement in School Health — Action Plan Forms (Handout E, pp. 40 – 42, slide #27).
  - Ask participants to complete Action Plans for parent engagement (slide #28).
  - Share with the participants the questions they should consider as they move the action plan forward (slide #29).
  - Ask participants to share their Action Plans for parent engagement. The Action Plans might not be complete; therefore, teams should reconvene for follow-up sessions to share and discuss their Action Plan and next steps.

- Explain the take-home exercise (slide #30).
  - Distribute handout for take-home exercise. (See p. 21 for detailed take-home exercise instructions. Use Handout F, p. 43.)
  - Review the questions on the handout.
  - Encourage participants to complete this exercise.
  - Note: It is not necessary to complete this take-home exercise if participants will be completing optional Activity #4, Action Planning for Parent Engagement in School Health, during this training.

4. Wrap-up for staff development program

- Complete final steps in your Parent Engagement staff development program. (See p. 22 for detailed Wrap-up instructions.)
- Distribute the Parent Engagement Resources list (Handout G, pp. 44 – 45; slide #31).
- Ask participants if they have additional questions (slide #32).
- Ask participants to complete and submit the Presentation Feedback Form (Handout H, p. 46).
- Thank all of the participants for their thoughtfulness and active participation in the staff development program (slide #33).

***Note:** The PowerPoint® presentation slides are identified by numbers in this Facilitator's Guide. Therefore, if you delete a slide, add a slide, or change the order of any of the slides, the slide numbers referenced in this Facilitator's Guide will no longer be correct.

If you choose not to do one or any of Activities #1 – #4, we recommend you hide (rather than delete) the corresponding activity slide(s) in the PowerPoint® presentation. To hide a slide in PowerPoint®, you need to be in the slide sorter view, then right click on the slide that you want to hide and select "hide slide."

Exercises and Activities

Warm-up Exercise: Pulse Check on Parent Engagement in Your School

Objective

Following this activity, the participants will be able to —

- Identify parent engagement activities in their school. (Objective 1)

Estimated Time

10 minutes

Preparation

- Copy Pulse Check on Parent Engagement in Your School (Handout A; p. 24), one for each participant.
- Another option is to write the questions on a white board or easel and have scrap pieces of paper available for participants to write down their responses.

Procedures

1. Note that the warm-up exercise corresponds to PowerPoint® slide #1 (in notes for facilitator).
2. Ask participants to think about school practices that might encourage parent engagement.
3. Ask participants to take 5 minutes to answer the questions on the Pulse Check on Parent Engagement in Your School handout or on the white board (or flipchart paper or blackboard).
4. After the 5 minutes, take another 5 minutes for participants to share some of the examples they have listed (limit one to two per participant).
5. Summarize by noting there are several practices that schools can implement to increase parent engagement in school health. Specifically, there are practices that can make parents feel welcomed, engage parents in school health activities, and help parents remain engaged. These practices might include —
    - Schools visibly posting a statement about parent engagement or providing a safe and welcoming school environment; and
    - Teachers inviting parents to be involved, listening to parents' requests, and looking for reasonable ways to meet these requests.

Many of us are knowledgeable about some of the strategies to promote parent engagement and the actions we can take to promote it, but we do not practice them regularly. Today's training program will provide you with some ideas that can help to improve parent engagement in your school.

Activity #1: Connect with Parents

Objectives

Following this activity, the participants will be able to —

- Identify the essential aspects of parent engagement in schools. (Objective 5)
- Identify strategies and actions schools and districts can implement to increase parent engagement in school health. (Objective 6)

Estimated Time

20 – 25 minutes

Preparation

- Copy Connect with Parents (Handout B, pp. 25 – 26), one for each participant.

Procedures

1. Note that Activity #1 corresponds to PowerPoint® slides #15 – #17.
2. Tell participants that they have 15 minutes to complete the Connect with Parents handout. This should be done individually or in a small group.
3. Explain to participants (instructions listed on slide #17) that they will need to —
   - Circle "yes" or "no" to the questions on the handout.
   - Then, put a star (*) by two of the questions to which they responded "no" that they would like their school to address to improve the school's connection with parents.
   - Think about and note actions that their school might do to address the starred questions and write them down on the handout.
4. After the 15 minutes, take 5 – 10 minutes to debrief by asking a few of the participants to share the questions they starred and what actions they would take to address them.
5. Summarize by noting there are several ways to connect with parents. These include —
   - Creating a vision for parent engagement.
   - Preparing school staff to work with parents.
   - Assessing and improving the school's strategies for involving parents.
   - Assessing what parents and families need so they can become more involved in school health.
   - Developing a well-planned program for parent engagement.
6. Thank all of the participants for their thoughtfulness and active participation in the activity.

Activity #2: Engage Parents

Objectives

Following this activity, the participants will be able to —

- Identify the essential aspects of parent engagement in schools. (Objective 5)
- Identify strategies and actions schools and districts can implement to increase parent engagement in school health. (Objective 6)

Estimated Time

30 – 35 minutes

Preparation

- Copy Engage Parents (Handout C, pp. 27 – 32), one for each participant.

Procedures

1. Note that Activity #2 corresponds to PowerPoint® slides #18 – #20.
2. Tell participants that they have 25 minutes to complete the Engage Parents handout. This should be done individually or in a small group.
3. Explain to participants (instructions listed on slide #20) that they will need to —
   - Put an "X" by the ideas (under each of the six types of involvement) they think their school (or classroom) could implement.
   - Put a star (*) by the ideas they think are most feasible to implement at their school.
4. After the 25 minutes, take 5 – 10 minutes to debrief by asking a few of the participants to share ideas their school could implement to engage parents in school health activities.
5. Summarize by noting that researchers have identified six ways to engage parents:
   - Provide parenting support.
   - Communicate with parents.
   - Provide a variety of volunteer opportunities.
   - Support learning at home.
   - Encourage parents to be part of decision making at school.
   - Collaborate with the community.
6. Thank all of the participants for their thoughtfulness and active participation in the activity.

Activity #3: Sustain Parent Engagement

Objectives

Following this activity, the participants will be able to —

- Identify the essential aspects of parent engagement in schools. (Objective 5)
- Identify strategies and actions schools and districts can implement to increase parent engagement in school health. (Objective 6)

Estimated Time

25 – 30 minutes

Preparation

- Copy Sustain Parent Engagement (Handout D, pp. 33 – 39), one for each participant.

Procedures

1. Note that Activity #3 corresponds to PowerPoint® slides #21 – #23.
2. Tell participants that they have 20 minutes to complete the Sustain Parent Engagement handout. This should be done individually or in a small group.
3. Explain to participants (instructions listed on slide #23) that they will need to —
   - Select one or two of the six listed challenges to parent engagement that are most relevant to their school.
   - Put an "X" by solutions they think their school or classroom should implement to address the challenge(s).
   - Put a star (*) by the solutions they think would be the most feasible to implement at their school or in their classroom.
4. After the 20 minutes, take 5 – 10 minutes to debrief by asking a few participants to share a parent engagement challenge in their school and some possible solutions to address it.
5. Summarize by noting that schools and parents can work together to identify and solve the main challenges of parent engagement in their school. For example, school staff and parents can identify meaningful ways to engage busy parents, solve conflicts in scheduling and transportation, and overcome language and cultural barriers. Also, highlight the importance of appointing a dedicated team or committee that oversees parent engagement and works with parents to tailor school events and activities to address the challenges.
6. Thank all of the participants for their thoughtfulness and active participation in the activity.

Activity #4 (optional): Action Planning for Parent Engagement in School Health

This optional activity is designed to plan specific actions to increase parent engagement and builds on Activities #1 – #3. It can be incorporated as a separate staff development session (about 75 minutes). This action plan for collectively engaging parents and school staff in school health can be integrated into the school's existing program for parent engagement.

Objective

Following this activity, the participants will be able to —

- Develop an action plan for parent engagement in school health for their school or school district. (Objective 8)

Estimated Time

75 minutes

Preparation

- If scheduling this activity on a separate day from previous activities, send an e-mail to participants reminding them to bring their completed Handouts B – D (from Activities #1 – #3) for this action planning activity.
- Copy Parent Engagement in School Health Action Plan Forms (Handout E, pp. 40 – 42), one for each participant.
- Print out and copy the fact sheets (one for each participant). Select the appropriate fact sheet(s) for participants depending on the composition of the group (i.e., school district and school administrators, teachers and other school staff, or parents and families).
  - *Promoting Parent Engagement: Improving Student Health and Academic Achievement/Information for School Districts and School Administrators* (available at www.cdc.gov/healthyyouth/adolescenthealth/pdf/parentengagement_administrators.pdf)
  - *Promoting Parent Engagement: Improving Student Health and Academic Achievement/Information for Teachers and Other School Staff* (available at www.cdc.gov/healthyyouth/adolescenthealth/pdf/parentengagement_teachers.pdf)
  - *Ways to Engage in Your Child's School to Support Student Health and Learning/Information for Parents and Families* (available at www.cdc.gov/healthyyouth/adolescenthealth/pdf/parentengagement_parents.pdf)
- Consider how to organize participants into groups. It is recommended that groups consist of people from the same school (school teams) or district. Depending on the size of the group, more than one group per school or district may be required.

Suggestions for grouping participants:

- Assign each participant a number from 1 – 8 (or more, depending on the size of the group). Have all participants with the same number form a group. The advantage of this method is that it allows for group contributions from a variety of school staff, schools, or districts.
- Organize participants into job-alike groups (teachers, administrators, after-school staff, etc.). The advantage of this method is that it groups together participants with the same job experience.

Procedures

1. Note that Activity #4 corresponds to PowerPoint® slides #24 – #29.

2. Distribute the Parent Engagement in School Health Action Plan Forms (Handout E, pp. 40 – 42). Also, distribute the appropriate fact sheets for *Promoting Parent Engagement: Improving Student Health and Academic Achievement* to each participant. Tell participants to refer to Handouts B – D (completed in earlier activities) as they develop their action plan.

3. Organize participants into groups. Ask each group to assign a Group Facilitator, Recorder (note taker), Timer, and Reporter. (Note: the Group Facilitator and Reporter might be the same person.)

4. On the basis of activities #1 – #3 (Handouts B – D), ask the groups to take about 5 minutes to select one of the essential aspects of parent engagement (connect, engage, or sustain) they would like to address or improve at their school or district. (Group Facilitators can lead this discussion.) Depending on the essential aspect each group selects, participants may need to narrow their focus. For example, if they select "engage," they should then choose one of the six types of involvement listed on Handout C. If they select "sustain," they should choose one of the six challenges listed on Handout D.

5. Tell facilitators and groups they have 40 minutes to work on their action plans for parent engagement.

6. Ask participants to consider the following questions as they think about which action plan strategies they might address (also noted on slide #26):

   - What is your school or district presently doing to promote parent engagement (from Activities #1, #2, or #3)? What is missing?
   - Which new strategy, action, activity, or policy change would be the most feasible and appropriate for your school or district to use that you are not doing now?
   - What strategies have other schools or local school districts in your area implemented? How might you go about finding out what strategies other schools or school districts are successfully implementing?
   - What strategies might also be relevant or useful to achieving your school improvement plan(s)?

7. Explain to participants (also noted on slides #27 – #28) that they will need to —

   - Identify a specific action, activity, or policy change their school or district could take to promote parent engagement. This should be an action, activity, or policy that is NOT presently implemented in their school or district.
   - Identify specific steps that need to be taken to implement the action.
   - Identify the partners who would be involved in the change. (For example, who needs to be involved in planning and implementing the activity or policy, and whom do you recommend to assume leadership for the action? Administrators, students, parents, community members, etc., could be included.)
   - Identify people who will be responsible for each step.
   - Specify an approximate timeline for when each step will be initiated and completed.
   - Discuss how the process and progress will be monitored, or how the impact of the activity or policy will be measured.

8. After 40 minutes, take 30 minutes to discuss the groups' action plans.

   - Have groups share ideas, comments, omissions, feasibility of implementation, and additions regarding other teams' plans.

- Discuss next steps. Ask participants to consider the following questions (also noted on slide #29):
  - How will your team obtain feedback on your Action Plan ideas from other members of your school and district staff, parents, and students?
  - What resources and buy-in are needed to move the Action Plan forward?
  - What professional expertise is needed to help move the Action Plan forward?
  - Who will serve as the team lead for coordinating, refining, implementing, and monitoring the implementation of the Action Plan?
  - How can your Action Plan be incorporated into the school's existing program for parent engagement?
- Remind participants that some actions are small changes that can be done in the short term with relative ease; others might be part of much broader, longer-term goals that require administrative or budget changes. Individual schools and school districts should determine which actions are most feasible and appropriate, based on the needs of the school and available resources. Implementation will require a team effort that will likely involve school administrators, teachers, other staff, students, parents, and community stakeholders. It is important to secure buy-in from these groups and to teach them about the value of parent engagement in improving students' health and education outcomes. Also important is evaluating efforts to increase parent engagement — to help determine which actions have the greatest impact.

9. Summarize: The strategies and actions presented provide suggestions for how schools can connect with parents, engage parents in school health activities, and sustain parent engagement in school health activities. Parents, schools, and communities need to work together to create an environment that facilitates the healthy development of children and adolescents. These actions can help to promote parent engagement that can positively impact students' academic achievement as well as their health.
10. Thank all of the participants for their thoughtfulness and active participation in the activity.

Note: Those who have not completed their action plans should be given additional time or directions that set expectations for completing their plans. These directions should be provided prior to completion of the overall staff development event.

Take-home Exercise: Parent Engagement: Things to Consider and Do!

Objective

Following this activity, the participants will be able to —

- Identify strategies and actions schools and districts can implement to increase parent engagement in school health. (Objective 6)

Estimated Time

10 – 15 minutes (take-home activity)

Preparation

- Copy Parent Engagement: Things to Consider and Do! (Handout F, p. 43), one for each participant.

Procedures

1. Note that the take-home exercise corresponds to PowerPoint® slide #30 (in the notes to the facilitator).
2. Ask participants to complete the Parent Engagement: Things to Consider and Do! handout on their own time.
3. Tell participants this activity will help them review the content that was covered in the presentation and identify small actions they can take to increase parent engagement in their school or classroom.

Wrap-up of the Staff Development Program

Objective

Following this activity, the participants will be able to —

- Identify resources for assessing and promoting parent engagement in school health. (Objective 7)

Estimated Time

10 minutes

Preparation

- Copy Parent Engagement Resources (Handout G, pp. 44 – 45), one for each participant.
- Copy Feedback Form for Staff Development Presentation: Promoting Parent Engagement in School Health (Handout H, p. 46), one for each participant.

Procedures

1. Distribute the Parent Engagement Resources list and review key resources (slide #31).
2. Ask participants if they have additional questions (slide #32).
3. Distribute the Feedback Form for Staff Development Presentation: Promoting Parent Engagement in School Health to each participant. Ask participants to complete the form and return it to you before they leave.
4. Thank all of the participants for their thoughtfulness and active participation in the staff development program (slide #33).

Handouts and Appendix

Pulse Check on Parent Engagement in Your School

Instructions:

Take 5 minutes to read the questions below and write down your response to each of them in the space provided.

1. What are some practices or programs used by your school to make parents feel welcomed (e.g., sharing a vision for parent engagement, inviting parents to be involved, and listening to parents' requests)?

2. What are some practices or programs used by your school to engage parents in the health of students?

3. What are some practices or programs used by your school to help overcome the challenges that prevent parents from engaging in school health activities?

Connect with Parents

Instructions:

Take 15 minutes to 1) circle "yes" or "no" in response to the questions below; 2) put a star (*) by two of the questions to which you responded "no" that you would like to address in your school to improve the school's connection with parents; and 3) think about what your school might do to address the starred questions and enter your response in the last column.

Actions to Connect with Parents	No/Yes	Would like to address (*)	What can your school do?
Does the school mission reflect the importance of parent engagement and establish a foundation for parent engagement in school health activities?	NO YES		
Do school staff view parents as assets to their mission and, subsequently, as assets to the school health mission?	NO YES		
Do school staff members value parent engagement?	NO YES		
Are policies and procedures in place to maximize parent engagement in the school's health activities, services, and programs?	NO YES		
Does the school have a friendly, welcoming environment for parents?	NO YES		
Does the school welcome parents to participate in and contribute to the school's health activities, services, and programs?	NO YES		
Is there a district-level parent involvement and engagement plan that can guide the development of a school plan for involving parents in school health activities?	NO YES		
Does the school have a dedicated committee of teachers, administrators, and parents (such as an Action Team for Partnerships) that helps the school plan, implement, evaluate, and continually improve its outreach to parents and the quality of parent engagement activities?	NO YES		
Are there school health activities that address the interests of parents, such as healthy eating seminars?	NO YES		

CONTINUED...

Actions to Connect with Parents	No/Yes	Would like to address (*)	What can your school do?
Are school staff members provided with opportunities to learn how to increase parent engagement in school, including engagement in health-related activities?	NO YES		
Does your school ask parents about their needs and interests regarding the health of their children?	NO YES		
Does the school ask parents who have a child with an identified health risk, such as asthma, diabetes, or food allergies, how they would like to work with the school to most effectively manage their child's health condition?	NO YES		
Does your school ask parents how they would like to be involved in the school's health activities, services, and programs?	NO YES		
Does your school ask parents what information they would like to receive related to school health?	NO YES		
Is the school's physical environment pleasant, accessible, and safe for parents and community members?	NO YES		
Does the school ask parents what skills and talents they have that might match with the health-related needs of the school?	NO YES		

Engage Parents

Instructions:

Take 25 minutes to 1) put an "X" by the ideas (under each of the six types of involvement) you think your school or classroom could implement and 2) put a star (*) by the ideas that are most feasible to implement at your school.

Type 1: Provide parenting support.

Actions to Engage Parents	Recommended Ideas (X)	Most Feasible Ideas (*)
Offer or collaborate with community organizations to provide parent education classes (e.g., understanding child and adolescent development; praising and rewarding desirable health behaviors; setting expectations for appropriate healthy behavior and academic performance; talking with children about health-related risks and behaviors; monitoring children's daily activities; and strengthening leadership and advocacy skills).		
Provide parents with seminars, workshops, and information on health topics that relate directly to lessons taught in health education and physical education classes.		
Establish a parent resource center focused on child and adolescent health and other important family issues.		
Hold school-sponsored, health-related activities in settings where parental presence is already high, such as in the neighborhood, at work, at community events, or at faith-based institutions.		
Consider innovative options for reaching out to parents, such as partnering with local organizations to create a mobile parent center that provides education, health information, health screenings, and counseling services for parents.		
Offer school-sponsored health-related resources at local libraries, community centers, and other venues where the families spend time.		

Type 2: Communicate with parents.

Actions to Engage Parents	Recommended Ideas (X)	Most Feasible Ideas (*)
Use a variety of communication methods, such as flyers, memos, banners, signs, door hangers, newsletters, report cards, progress reports, post cards, letters, monthly calendars of events, Web sites and Web boards, text messaging, and e-mail messages to communicate with parents about health-related topics and issues.		
Use a variety of verbal and face-to-face communication methods, such as phone calls to home, automated phone system messages, parent-teacher conferences, meetings, school events, radio station announcements, local access television, television public service announcements (PSAs), conversations at school, and regular parent seminars to communicate with parents about health topics and issues.		
Provide open lines of communication for receiving comments and suggestions from parents on health-related topics, and build the school's capacity to route this information to the intended persons.		
Appoint or hire a school staff member (e.g., a parent liaison) to be the point of contact for parents in the schools.		
Communicate with parents about school health information and activities through non-school groups, such as faith-based and other community organizations.		
Establish regular meetings with parents to discuss school health issues and children's behavior, grades, and accomplishments.		
Create opportunities at school for parents to share important aspects of their culture, needs, and expectations related to the health of their children.		
Create opportunities for parents of children with special health care needs (e.g., asthma, diabetes, or food allergies) to meet and discuss concerns and solutions.		
Translate health-related materials into different languages, or identify health materials already available in languages spoken by parents in the school community.		
Provide information to parents when students are given health screenings in school (e.g., eye exams, hearing tests, or body mass index assessments) and suggestions for follow-up services.		
Ensure the school nurse works with parents to create individualized health care plans (IHPs) for children with special health and medication needs.		

Type 3: Provide a variety of volunteer opportunities.

Actions to Engage Parents	Recommended Ideas (X)	Most Feasible Ideas (*)
Encourage parents to serve as mentors, coaching assistants, monitors, chaperones, and tutors for school health activities.		
Invite parent volunteers to lead lunch-time walks, weekend games, and after-school exercise programs in dance, cheerleading, karate, aerobics, yoga, and other activities that show their skills and talents.		
Enlist parent volunteers to staff school facilities after school hours, allowing for community access to safe facilities for physical activity.		
Involve parents in helping write health-related grants for the school.		
Enlist volunteers to coordinate phone call reminders to parents of their volunteer commitments, provide training, and organize volunteer activities and recognition events.		
Enlist parents of students with special health care needs (e.g., asthma, diabetes, or food allergies) to share expertise and experiences in staff meetings or professional development events.		

Type 4: Support learning at home.

Actions to Engage Parents	Recommended Ideas (X)	Most Feasible Ideas (*)
Train teachers to develop family-based education strategies that involve parents in discussions about health topics with their children (e.g., homework assignments that involve parent participation) and health promotion projects in the community.		
Identify health promotion projects in the community that could involve parents.		
Encourage students to teach their parents about health and safety behaviors they learn in school (e.g., the importance of hand washing and of using seat belts and helmets).		
Ask parents to engage their children in health-related learning experiences, such as cooking dinner, shopping for healthy foods, and reading labels on over-the-counter medicines.		
Suggest ways parents can make family outings fun learning experiences and promote healthy behaviors (e.g., picking fruit or hiking).		
Host discussions about how parents can support healthy behaviors at home.		

Type 5: Encourage parents to be part of decision making in schools.

Actions to Engage Parents	Recommended Ideas (X)	Most Feasible Ideas (*)
Involve students, parents, and community members in helping the school make decisions that improve the health and well-being of students through parent organizations — such as the Parent Teacher Association (PTA) or Parent Teacher Organization (PTO), school health councils, school action teams, and other school groups and organizations.		
Involve parents in decisions when developing school health policies, emergency and safety plans, and health and safety messages; selecting health-related curricula or foods and beverages for school breakfasts and lunches; establishing health services and referral procedures; and other plans and programs. Refer to CDC's School Health Index: A Self-Assessment and Planning Guide (SHI) (www.cdc.gov/healthyyouth/SHI).		
Create policies that institutionalize parent representation on decision-making groups, such as school health councils.		
Provide information to parents about the processes followed for health and safety policies (e.g., how they are developed, adopted, implemented, monitored, and revised), and the school's point of contact.		
Enlist parents in identifying school health and safety priorities (e.g., issues such as vandalism, violence, tobacco use, and drug and alcohol use).		
Involve parents in choosing health and physical education curricula with the help of tools such as the Health Education Curriculum Analysis Tool (HECAT) (www.cdc.gov/healthyyouth/hecat/) and the Physical Education Curriculum Analysis Tool (PECAT) (www.cdc.gov/healthyyouth/pecat/).		
Give parents opportunities to be involved in developing or reviewing school health and safety policies, such as policies pertaining to alcohol, drug, and tobacco use prevention; injury and violence prevention; foods and beverages allowed at school parties; frequency of class celebrations involving unhealthy foods; and non-food rewards.		
Give parents opportunities to provide feedback on the meal program, and let them know the outcomes of school decisions.		
Give parents who have children with special health care needs (e.g., asthma, diabetes, or food allergies) opportunities to help develop or shape staff professional development events (e.g., educational sessions related to specific chronic health conditions such as asthma, diabetes, or food allergies).		

Type 6: Collaborate with the community.

Actions to Engage Parents	Recommended Ideas (X)	Most Feasible Ideas (*)
Invite community partners who provide health services for students or parents to school or parent meetings to talk about their mission, services, and partners, as well as how they can collaborate with the school and students' families.		
Create an agreement with community partners to develop and support school health programs and activities.		
Create a system that links families to community health and social service resources, activities, and events.		
Collaborate with community partners to provide health services at school that meet the needs of students and their families (e.g., dental services, immunizations, health screenings, substance abuse treatment).		
Link family members to school and community programs that promote health and safety, such as booster seat loaner programs, conflict resolution training, and mental health services.		
Make school facilities available for use by community organizations that will host activities for students and their parents outside of school hours.		
Ask community partners to volunteer their businesses as vocational and community-based training sites or to host events at the school.		
Ask organizations or businesses to donate incentives for parent education programs and as gifts for parent volunteers.		
Encourage community businesses and organizations to sponsor service learning opportunities and other projects that enable students, staff, and parents to contribute to the health of the school and community.		

Note: For information on the six types of involvement see: Epstein, J. L. et al. (2009). *School, family, and community partnerships: Your handbook for action, third edition*. Thousand Oaks, CA: Corwin Press. Or, visit the National Network of Partnership Schools (NNPS) at Johns Hopkins University at www.partnershipschools.org.

Sustain Parent Engagement

Instructions:

Take 20 minutes to 1) select one or two of the six listed challenges to parent engagement most relevant to your school; 2) put an "X" by potential solutions for parent engagement you think your school or classroom could implement for that challenge; and 3) put a star (*) by the potential solutions for parent engagement you think would be the most feasible and appropriate to implement at your school or in your classroom.

Challenge 1: Parents are unable to attend school health meetings or activities because of schedule conflicts (e.g., work, family, religious, and community activities).

Suggested Solutions	Recommended Solutions (X)	Most Feasible Solutions (*)
Schedule meetings and activities to match varying parent schedules.		
Survey parents to see which times and days are best for them.		
Schedule more than one meeting and activity opportunity.		
Schedule meetings and activities on a Saturday (offering teachers incentives for attendance).		
Host meetings and activities during the day for parents who work or are unable to attend at night.		
Host meetings and activities after rush hours.		
Host school meetings off school campus, such as in community centers or places of worship.		
Avoid scheduling meetings and activities that conflict with other school activities, major community events, and religious holidays.		
Offer a variety of opportunities and flexible times for parents to volunteer.		
Provide incentives to encourage parents to attend at-school meetings and events.		
Provide child care.		
Provide food or refreshments.		

CONTINUED...

Suggested Solutions	Recommended Solutions (X)	Most Feasible Solutions (*)
Award door prizes provided by community sponsors. For example, schools can ask healthy food companies to provide gift cards to be used as raffle prizes.		
Make meetings fun with engaging activities and games.		
Provide alternative ways for parents to access information and communicate with school staff, aside from attending meetings and activities on school grounds.		
Establish an e-mail or listserv for teachers and parents.		
Create a phone number with 24-hour voicemail service for parents to voice concerns outside of regular school hours.		
Host a conference call meeting.		
Host a school blog or online bulletin board.		
Use forms of social media such as creating a secure Facebook page for the school, sharing updates via Twitter, or getting currently involved parents to blog about school events.		

Challenge 2: Parents cannot attend school health meetings and activities due to lack of transportation.

Suggested Solutions	Recommended Solutions (X)	Most Feasible Solutions (*)
Provide transportation.		
Use school buses.		
Use a shuttle bus for different neighborhoods.		
For meetings that involve students and their families, extend school bus hours to pick up parents, too.		
Create a shared school community "ride board."		
Provide bus tokens or other public transportation fares.		
Arrange parent carpools.		
Hold events off site or online.		
Schedule events where families customarily gather, such as community centers, community organization meeting sites, neighborhood centers, or housing projects, libraries, and churches.		
Host online meetings with live feed (e.g., webinars).		
Create a podcast of a meeting and archive it online.		

Challenge 3: Parents are uncomfortable at school health meetings and activities. This discomfort might be the result of negative experiences when they were in school, unfamiliarity with the school culture, or other factors.

Suggested Solutions	Recommended Solutions (X)	Most Feasible Solutions (*)
Provide opportunities for parents to get to know the school staff and learn about the school in non-threatening ways.		
Host events that provide information to parents on how the school works and how the school and parents can work together to promote the learning and health of their children.		
Host informal get-togethers.		
Provide continuing education opportunities for parents.		
Host parent-only social events at the school.		
Allow students to serve as greeters at school-sponsored parent meetings and activities.		
Have a designated greeter to ensure that every family is welcomed.		
Encourage teachers to schedule a first interaction with parents specifically with a positive, pro-student purpose.		
Invite parents to participate in a school meeting or activity at the school building before there is a problem related to their children.		
Promote the training and use of parent peer leaders and mentors.		
Implement programs that are culturally sensitive and that reflect the social and environmental aspects of a community influenced by race/ethnicity, socio-economic status, locale (rural, suburban, urban), and culture.		
Assemble a representative group of all parents at meetings and activities.		
Host social and multicultural events to connect families.		
Promote diverse meals and healthy foods served at school meetings and activities.		
Ensure that multicultural and multilingual staff or parent liaisons are present at family meetings and activities.		

CONTINUED...

Suggested Solutions	Recommended Solutions (X)	Most Feasible Solutions (*)
Host a broad community event that showcases all the different cultures in the school community.		
Set up international booths at school events.		
Encourage teachers to use textbooks and instructional materials that are culturally inclusive and relevant.		
Hire leadership and staff that reflect a multicultural school community.		
Make the school a de facto community center for families.		
Learn about and respect cultural values related to health issues.		

Challenge 4: Parents do not fully comprehend health information and communications provided at school health activities and meetings. This might be due to language barriers (non-English-speaking family members) or unfamiliarity with terms used among those working in schools.

Suggested Solutions	Recommended Solutions (X)	Most Feasible Solutions (*)
Provide translation services for non-English-speaking parents.		
Provide translators (volunteer or paid) at school meetings and activities.		
Ask parents or students (if appropriate) to volunteer as translators at school meetings and activities.		
Offer educational programs in families' home language(s).		
Provide school publications and Web site resources in multiple languages.		
Provide language-specific school telephone call lines for families.		
Host English as a Second Language (ESL) classes.		
Reduce barriers to understanding information.		
Avoid using professional jargon with families.		
Prepare materials and provide information at the 8th-grade (or lower) reading level.		

Challenge 5: School staff are not experienced or trained to work with parents and have trouble sustaining relationships and parent engagement efforts.

Suggested Solutions	Recommended Solutions (X)	Most Feasible Solutions (*)
Provide professional development opportunities for school staff that focus on strengthening parent engagement.		
Offer a variety of topics (not all staff need the same professional development).		
Provide a flexible schedule for professional development to accommodate school staff members' schedules.		
Negotiate with universities to form partnerships and provide professional development, perhaps in exchange for doing research in the school.		
Develop strategies for working through staff resistance to change, turf issues, and power struggles that might hinder teacher-parent interactions.		
Provide teachers with sample or model assignments that include parents.		
Talk with school staff about their concerns related to parent engagement.		
Provide coaching to school staff on how to interact positively with parents.		

Challenge 6: There is difficulty sustaining school administrative or financial support for parent engagement.

Suggested Solutions	Recommended Solutions (X)	Most Feasible Solutions (*)
Share data with the principal that demonstrates parent interest and the positive impact parent engagement has on educational and health outcomes.		
Share data on assessments of parent needs and interests.		
Present research that supports the positive impact of parent engagement.		
Present health data such as from the Youth Risk Behavior Survey (www.cdc.gov/yrbs) to show the health issues in the city or state.		
Empower parents to speak to school administrators about the positive impact of engaging parents in the health of students and the school.		
Ask the Parent Teacher Association (PTA) or Parent Teacher Organization (PTO) to communicate with the school administration about the benefits of parent engagement in school health activities and possible actions that can be taken.		
Invite school administrators, local media, celebrities, and school or health officials to attend school health events to witness parent engagement in action.		
Seek opportunities for financial support.		
Engage local college or graduate students to write grant proposals.		
Initiate strategies that require little or no financial support.		
Solicit funds from community partners.		
If the school is a Title 1 school, pursue funds from the 1% set-aside for parent engagement.		
Partner with a local PTA to apply for a Healthy Lifestyles Grant. Find more information at www.pta. org/pta_healthy_lifestyles_grant.asp.		

Parent Engagement in School Health — Action Plan Forms

Directions: As a school or school district team,* complete the Action Plan Form (page 2 of 3) for one aspect of parent engagement (connect, engage, or sustain) and a related action, activity, or policy change to promote parent engagement. Review the list of **Questions to Consider for Action Planning** below. Then, on the Action Plan Form (page 2 of 3) fill in the parent engagement strategies by number and description. Follow the **Guide for Completing the Action Plan Form** provided further below to supply the information in each column of the form. Enter the name of the school or school district your team represents and the names of each of your team members..

Questions to Consider for Action Planning:

- ✔ Is our school or district presently implementing actions to increase parent engagement such as connecting with parents, engaging parents, and sustaining parents' involvement? What is missing?
- ✔ Which new strategy, action, activity, or policy change would be the most feasible and appropriate for our school (or district) to implement?
  1. Make a positive connection with parents so they feel welcomed in the school.
  2. Provide a variety of activities and frequent opportunities to fully engage parents.
     - Provide parenting support.
     - Communicate with parents.
     - Provide a variety of volunteer opportunities.
     - Support learning at home.
     - Encourage parents to be part of decision making in schools.
     - Collaborate with the community.
  3. Work with parents to sustain parent engagement by addressing the common challenges to getting and keeping parents engaged.
- ✔ What resources and buy-in are needed to move the Action Plan forward?
- ✔ What contacts or professional expertise does our team need to help move the Action Plan forward?
- ✔ Who will serve as the team lead for coordinating, refining, implementing, and evaluating the Action Plan?
- ✔ How will our team obtain feedback on our Action Plan ideas from other members of our school, district staff, parents, and students?

Guide for Completing the Action Plan Form

Action	Identify a specified parent engagement action, activity, or policy change that will be implemented.
Steps	List the specific steps needed to implement the action, activity, or policy change.
By whom	List the people who will be responsible for each step. For example, who needs to be involved in planning and implementing the activity or policy and whom would you recommend to assume leadership for the action?
When	Identify approximate deadlines for initiating and completing each step.
Progress	Describe briefly how the process, progress, or impact of the activity or policy will be evaluated.

*Parent engagement in schools can be addressed by an existing team (e.g., school improvement team, action team, school health or wellness team) or by other advisory committees using the *Parent Engagement: Strategies for Involving Parents in School Health* document.

Parent Engagement Action Plan

TEAM SCHOOL OR SCHOOL DISTRICT: .....

TEAM MEMBERS: .....

Strategy # .....

Action	Steps	By Whom	When	Progress

Parent Engagement Action Plan (Example)

TEAM SCHOOL OR SCHOOL DISTRICT: *Peabody Middle School*

TEAM MEMBERS: *Susan (teacher), Tom (principal), John (teacher), Lisa (asst. principal), Connie (counselor), Jeff (basketball coach), Ron (foodservice manager), Jose (clerk)*

Strategy # *2b Provide a variety of activities and frequent opportunities to fully engage parents: Communicate with parents.*

Action	Steps	By Whom	When	Progress
Work with students, faculty, staff, and parents to identify ways to increase communication with parents.	*1. Create a Parent Engagement Action Team. Solicit representatives:* • *Teachers* • *School staff* • *Students* • *Parents* • *Community* *2. Elect/select Action Team Leader*	*Susan and others*	*Sept. 10*	• *-List of Action Team Participants, with cross-school and community representation.* • *-Identify Team Lead/Coordinator (responsible for scheduling meeting, agenda, and facilitating meeting).*
	3. Meet to identify the current ways the school communicates with parents that promote or hinder parent engagement	*Lisa (Action Team Lead) & Action Team*	*Sept. 21*	• *-List of ways the school communicates with parents and criteria to assess communication with parents (prepared & reviewed by Action Team)*
	4. Plan and facilitate meeting of Action Team, assess current communication process with parents on a variety of topics (academics, health, activities)	*Action Team*	*Sept. 28*	• *-Meeting date, agenda, completed assessment of parent-school communication by Action Team*
	5. Brainstorm list of changes that could be made to improve communication with parents	*Action Team*	*Oct. 5*	• *-Meeting date, agenda and review findings from school assessment on parent – school communication*
	6. Draft proposal of changes for school and district leadership (using findings from school assessment of parent-school communication)	*Action Team*	*Oct. 19*	• *-Written draft of proposal for changes to promote parent-school communication to present to school and district leadership*
	7. Schedule time on Leadership agenda to make presentation of proposal	*Action Team*	*Oct. 31*	• *-Leadership agenda* • *-Proposal presentation*

EXAMPLE ONLY

Parent Engagement: Things to Consider and Do!

Instructions:

Use this as a reflection exercise after the staff development program.
Please read the questions below and write down your response to each of them in the space provided.

1. How can you use the information presented?

2. How are you connecting with parents?

3. Is your school implementing the six types of parental involvement? If not, which ones are missing and what can you do to begin addressing these gaps?

4. What is the biggest challenge related to parent engagement in your school?

5. How can you address this challenge?

6. What other actions can you take to help promote parent engagement in your school?

Parent Engagement Resources

Below is a list of organizations that provide information and resources related to parent engagement, such as research articles, synthesis documents, evaluation practices, policy guidance, training opportunities, parent engagement toolkits, and fact sheets. Links do not constitute an endorsement of any organization by CDC or the Federal Government, and none should be inferred. The CDC is not responsible for the content of the individual organization Web pages.

ASCD.org (formerly Association for Supervision and Curriculum Development)

Provides information and resources related to school health promotion and online community networking to help educators integrate health issues into the curriculum and address nonacademic barriers to learning.
(www.healthyschoolcommunities.org/HSRC/pages/navigationcontent/Resources.aspx)

Centers for Disease Control and Prevention/Division of Adolescent and School Health

Prevents HIV, other STDs, and teen pregnancy and promotes lifelong health among youth. Provides information and resources on critical health issues including —

- Student health and academic achievement
  (www.cdc.gov/healthyyouth/health_and_academics/index.htm)
- Parent Engagement — Strategies for Involving Parents in School Health
  (www.cdc.gov/healthyyouth/adolescenthealth/pdf/parent_engagement_strategies.pdf)

Coalition for Community Schools

Focuses on academics, health and social services, youth and community development, and community engagement to improve student learning, build stronger families, and create healthier communities.
(www.communityschools.org)

FindYouthInfo.gov

Provides interactive tools and other resources to help youth-serving organizations and community partnerships plan, implement, and participate in effective programs for youth.
(www.findyouthinfo.gov)

Harvard Family Research Project

Conducts and publishes research on family involvement in children's learning and development.
(www.hfrp.org/family-involvement)

National Coalition for Parent Involvement in Education

Advocates for the involvement of parents and families in their children's education, and fosters the relationships between home, school, and community to enhance the education of all young people in the United States. The coalition also serves as a clearinghouse for resources created by their partners that facilitate effective family-school partnerships.
(ncpie.org/Resources/)

National Network of Partnership Schools at Johns Hopkins University

Provides schools, districts, states, and organizations with research-based approaches to organize and sustain excellent programs of family and community involvement that will increase student success in school.
(www.partnershipschools.org)

National Parent Teacher Association

Provides parents and families with tools for parents to help their children be successful and healthy students. (www.pta.org)

Parent Information Resource Center (PIRC)

Aims to improve student academic performance by increasing parental involvement in children's education; offers workshops, publications, toolkits, newsletters, tip sheets, and support to parents, schools, and community organizations. (www.nationalpirc.org)

Southwest Educational Development Laboratory's National Center for Family and Community Connections with Schools

Aims to improve teaching and learning, and the quality of after-school programs that support school, family, and community connections to increase student success.
(www.sedl.org/connections.)

U.S. Department of Education

Offers training and background information on how to promote parent engagement.
(www.ed.gov/technology/netp-2010/teaching-prepare-and-connect and www.ed.gov/parents/academic/help/partnership.html)

Note: Web links current as of October 2012

Feedback Form for Staff Development Program: *Promoting Parent Engagement in School Health*

Instructions:

For each of the objectives listed below, circle the one number that best describes how helpful the presentation was to you.

How helpful was the presentation to you in —	Very helpful	Helpful	Neither helpful nor unhelpful	Unhelpful	Very unhelpful
1. Identifying parent engagement in your school?	5	4	3	2	1
2. Understanding the importance of adolescent health and parent engagement in school?	5	4	3	2	1
3. Defining parent engagement?	5	4	3	2	1
4. Describing the association between parent engagement and student social, academic, and health outcomes?	5	4	3	2	1
5. Identifying the essential aspects of parent engagement?	5	4	3	2	1
6. Helping you identify strategies and actions you can implement to increase parent engagement in school health?	5	4	3	2	1
7. Helping you identify resources for assessing and promoting parent engagement in school health?	5	4	3	2	1
8. Helping you develop actions your school or school district will take to increase parent engagement?	5	4	3	2	1

9. What part of the presentation was most useful to you?

10. What part of the presentation was least useful to you?

11. Would you recommend this staff development program to others? (Circle one) Yes No
Why or why not?

Thank you for your attendance and participation in this program!

E-mail Invitation Template for a Staff Development Program: *Promoting Parent Engagement in School Health*

Note: This e-mail template can be used to generate interest in, and alert staff about, the scheduled staff development program and may be adapted for use in school newsletters.

Dear _____:

Great news! You are invited to participate in a new staff development program, *Promoting Parent Engagement in School Health,* (insert where, when, and the timeframe). This program will feature a variety of strategies and actions that you can use to promote parent engagement in your school.

Engaging parents in their children's school lives is essential to children's success in the classroom and to their overall health. Studies have shown that parent engagement in schools can promote positive education and health behaviors among children and adolescents. In addition, school efforts to promote learning and health among students have been shown to be more successful when parents are involved.

If you are a teacher, a school administrator, or other school staff (such as a coach, school nurse, health assistant, instructional assistant, secretary, counselor, paraeducator, physical education specialist, or school resource officer), please join me in this staff development program. Together, we will learn about strategies and actions we can take to improve parent engagement and the health and academic outcomes of our students.

I look forward to seeing you at the staff development program on (insert date and time).

If you are interested in attending this training, please contact (insert person's name, e-mail address, and phone number) to register.

Cordially,

(enter)

Name: _____

Position: _____

Phone: _____

E-mail: _____

Notes

Notes

For more information contact:
Centers for Disease Control and Prevention
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