

# Parents as Champions

The **Parents as Champions** for Healthy Schools Project provides family leadership development workshops to engage families in advocacy for healthier school environments. The Project is part of School Health NJ, an initiative of the NJ Department of Health, which incorporates the Whole School, Whole Community, Whole Child (WSCC) framework



## Whole School, Whole Community, Whole Child



During the 2019-2020 PAC training series, parents will receive the tools needed to develop an action plan to address specific needs related to WSCC in their child's school or district. They will be provided with information and guidance on how to apply for a grant and present these proposals efficiently and effectively to their schools. After the sessions, parents will be ready to set forth on achieving the goals they constructed during this course of the training.

Our parent engagement workshop encourages families and school staff to work together to support and improve the learning, development, and health of students, through the 10 components of the WSCC model:

- |   |                                    |
|---|------------------------------------|
| Health Education                              | Nutrition Environment and Services |
| Physical Education and Physical Activity      | Health Services                    |
| Physical Environment                          | Social and Emotional Climate       |
| Counseling, Psychological and Social Services | Employee Wellness                  |
| Parent Engagement                             | Community Involvement              |



# How Parents Benefit from Being Involved

Parents gain knowledge school health and their role to effect change

Parents learn skills of how school works ,overcome resistance,how to creat an action plan and more

Parents learn skills they need to be effective partners to promote School Health

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<b>TRAINING FOR TRAINERS</b> Date TBD	This workshop provides tools and techniques to engage your audience, using learner-centered techniques for high quality, impactful trainings. You will leave with concrete strategies that will immediately enhance the SPAN training that you are assigned or have selected.
<b>PAC HEALTHY SCHOOL WORKSHOPS</b>	Three or five sessions/ Five or 3 hours each session Teams of three parents or more Teams create a school health action plan <b>\$125 personal stipend upon completing all sessions of the workshop</b>
<b>IDENTIFYING PARENT LEADERS</b>	Effective outreach to meet parents where they are. Purposeful collaboration with community partners, grassroots organizations, social media, educational and public events.

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