

Parent involvement

By educating parents about the health curriculum, health and nutrition messages learnt by children at school can be reinforced in the home environment. Examples of parent education and ways that parents could become involved in school activities include:

1. Conduct a parent education evening or series of evenings. Present an overview of the health curriculum and invite a guest speaker. Parents may be interested to learn about how their own nutrition behaviours impact upon their health. The school nurse and community health centre staff are valuable allies to assist school staff coordinate and run parent education. Ask parents about other health topics that they would like to learn more about in future education evenings.
2. Invite parents to healthy cooking sessions which are held in classrooms.
3. Invite parents to participate in whole-of-school health promotion events such as Fruit 'n' Veg Week, health fairs/expos and theme days. Use school publications and parent associations to keep parents informed of health promotion events and encourage their involvement.
4. Include recipes from the *Kids in the Kitchen Cookbook* in school newsletters. (Don't forget to acknowledge the source!)

