



DISTRICT OF COLUMBIA

OFFICE OF THE STATE SUPERINTENDENT OF

**EDUCATION**

## Host a Family Engagement Event

Growing Healthy Schools Month is the perfect time to engage students, families, and the school community with health and wellness activities. Family and community involvement are key to enhancing the health and well-being of students. We hope this month inspires you to plan something **special** that all families will be able to enjoy. Below are some recommendations for activities and projects:

Activity/ Project	Supporting Resources
<b>Family Fitness Night</b>	Organize a Family Fitness Night for a couple hours after the school day ends. Provide opportunities for families to exercise and play games together. Check out <b>Family Fitness Night</b> for more info.
<b>Family Breakfast, Lunch, or Snack Time</b>	Invite parents/guardians to the school to eat breakfast, lunch, or snack with their students or help with preparing snacks. Incorporate education around nutrition and wellness. Find more information <b>here</b> .
<b>Health Fair</b>	Plan a health fair for families and the surrounding community. Invite community partners with a vested interest in school and family health and wellness. Check out <b>Action for Healthy Kids</b> for more info.
<b>Community Clean Up Day</b>	Invite families to participate in a community clean-up day. Families can clean school grounds and/or volunteer to clean the yards of homes in the neighborhood. Find more info <b>here</b> .
<b>Family PE Class</b>	Invite parents/guardians to experience a PE class with their students and provide information about PE, physical activity, and the benefits to academic performance. Find more info <b>here</b> .

*If you would like assistance planning or implementing any of these project, please contact Charles Rominiyi; Health Education Specialist at the Office of the State Superintendent of Education [Charles.Rominiyi@dc.gov](mailto:Charles.Rominiyi@dc.gov).*