



## Family Involvement Network

Friday, March 30, 2012

9:00 a.m. - 12:00 p.m.



# Health and Wellness

## Agenda

- **Welcome, Introductions, Getting to Know You...**
- **Physical Fitness:** Physical fitness is just as important for a student's academic success as reading, writing and mathematics. How can every school make it an intrinsic part of a child's education, and not something to be avoided?
- **Nutrition:** Good nutrition and physical activity are essential to prevent obesity and diet-related chronic diseases. How can we help parents increase fruits and vegetable consumption and physical activity at home?
- **Physical Health & Mental Well-Being:** The research is clear: healthy children are more likely to have positive outcomes in school and later in life. Let's talk to the experts to learn more about this.
- **Technology for Families:** Apps you can share with your parents/families
- **OBTW**
- **Closure, Participant Feedback**

*Save the Date*

**2012 Parent Support Faire**

Friday, June 1<sup>st</sup>, 2012 ~ 9:00 AM-Noon

