

CALLING ALL PARENT VOLUNTEERS!

As a parent/guardian, you play an important role in your child's health and learning. Being involved in your child's school provides an opportunity to guide, promote, and help shape a healthy school environment. Your involvement matters and every bit of support helps!

Examples of how you can get involved:

- Become a member of the Healthy Schools Committee
- Volunteer to help organize or lead a Healthy School event
- Promote/participate in Healthy School activities (e.g., Walking Wednesday)
- Share your ideas with the school
- Speak with others in the school community, such as students, other parents, and school staff to encourage them to be involved
- Help with school fundraisers



Parents are a valuable part of the Healthy Schools program. If you have some time to volunteer at your child's school, please talk to your school principal, teacher, or school council member today!

This material is provided by York Region Public Health. For more information or resources on Healthy Schools, please visit york.ca/healthyschools

[This document has been prepared and approved by The Regional Municipality of York. We encourage you to share this information in your communications with families in its entirety. Any modification to wording or by reproducing it in part with other wording can alter the original meaning and may no longer be accurate.]

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