

Health leadership

Health leadership is one of the many ways PTA volunteers can positively impact the lives of all children and families. The National PTA and California State PTA consider health education to be of major importance. Units, councils, and districts can promote health education.

Study after study shows the important link between health and academic achievement. The rise in childhood obesity and increase in childhood chronic illnesses are also good reasons to support “school wellness” by providing health leadership.



Some ways to promote school wellness:

- Establish a school wellness committee.
- Help parents recognize and respond to the health and nutrition needs of their families.
- Encourage compliance with health education directives in the curriculum.
- Work for improvement in health care services (particularly in the school nurse-to-student ratios) in school and community.
- Stress the concepts of wellness and prevention.
- Update and implement school wellness policies.
- Emphasize the importance of healthy lifestyles and modeling these lifestyles for children.
- Promote a school environment that is consistent with health education being taught in the classroom.
- Make parents cognizant of and responsive to environmental issues and hazards that may jeopardize the health of children and families.
- Establish a comprehensive school health program that integrates activities and services designed to promote the optimal physical, emotional, social and educational development of children and youth.

Please reference the California State PTA Toolkit (<http://www.capta.org/sections/resources/toolkit.cfm>) for the health chairman job description. If you have any questions about how to create a school wellness committee, please feel free to contact your unit, council, or district president or vice president or chairman for health. Please also see the health page on the California State PTA website at <http://www.capta.org/sections/programs/health.cfm>.