

# PTA/PTO Tool Kit



## BUILDING HEALTHY COMMUNITIES



Utilizing your school's Parent-Teacher Association or Organization's collective effort is a powerful way to support a healthier school environment. Your school's organization has the ability to promote wellness by organizing health-focused events, encouraging nutritious choices, and fostering active family engagement. Your participation can help shape a school culture that prioritizes student well-being, strengthens community connections, and makes a lasting impact on the health and success of all students.

### Examples of actions PTA and PTOs can do to spread awareness and support healthy initiatives in your school:



1. **Host Family Wellness Nights** – Organize events focused on nutrition, fitness, mental health, or mindfulness with interactive activities, speakers, or demonstrations.



2. **Create and/or Distribute Health Newsletters** – Share seasonal health tips, school wellness updates, and community resources in print or digital formats.



3. **Promote Healthy Fundraising Alternatives** – Replace candy or junk food sales with healthier options like fruit baskets, walk-a-thons, or fitness challenges.



4. **Collaborate on School Wellness Committees** – Serve on or help form committees that guide school wellness policies and programs.



5. **Promote Healthy Snack Choices or Initiate Water Bottle Drives** – Provide access to nutritious snacks suggestions and encourage hydration throughout the school day.



6. **Support Indoor and Outdoor Recess Activities** – Help supply equipment or create activity kits to keep students active during recess, especially during bad weather.



7. **Create Awareness Displays or Bulletin Boards** – Set up engaging wellness-themed displays in school hallways, front offices, or common areas.



8. **Organize Monthly Wellness Challenges** – Encourage healthy habits by coordinating simple, school-wide challenges—such as drinking more water, getting daily physical activity, or practicing gratitude—with incentives or recognition for participation.



9. **Share Resources on Social Media or School Platforms** – Use PTA/PTO communication channels to post or share tips, videos, or articles about health and wellness topics.



10. **Include Community Health Partners** – Collaborate with local organizations or professionals to provide presentations, screenings, or resources at school events.

# BUILDING HEALTHY COMMUNITIES



Below is a library of available resources that PTA/PTOs can develop or distribute as you see fit.

**Healthy Eating Resources** to promote balanced eating habits and informed food choices.

- [BHC Healthy Snacks](#)
- [BHC Healthy Snack List](#)
- [BHC Celebrate Healthily](#)
- [Healthy Fundraiser Tip Sheet](#)
- [BHC Involve Kids in the Kitchen](#)
- [BHC Understanding Food Labels](#)
- [BHC Health Benefits of Gardening](#)



**Healthy Bodies Resources** to encourage active lifestyles.

- [BHC Move More](#)
- [BHC How to be an Active Role Model](#)
- [BHC Plan a Family Physical Activity Night](#)

**Monthly Family Physical Activity Challenges**

- [Student 30-Day Mileage Challenge](#)
- [Student 30-Day "Unplug and Play" Challenge](#)
- [Marathon Kids Activity challenge](#)

**Healthy Minds Resources** to support emotional regulation, self-awareness, and stress reduction for students and families.

- [BHC Mindfulness Cards](#)
- [BHC Breathing Ball Activities](#)
- [Lazy 8 Breathing Exercise](#)
- [BHC The Feelings Wheel](#)
- [BHC Coping with Childhood Stress](#)
- [BHC Plan a Family Community Night – Strengthening Connections](#)



## Additional Resources:

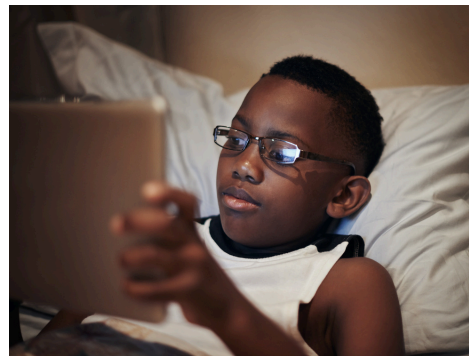


**Healthy Hygiene Resources** to increase understanding of common health issues and promote preventive care.

- [BHC Importance of Handwashing](#)
- [BHC Oral Hygiene](#)

**Healthy Lifestyles Resources** to support healthy routines at home that affect focus and energy at school.

- [BHC Healthy Sleep Habits](#)
- [Sleep Diary](#) for young students to use at home
- [BHC Screen Time](#)
- [Student 30-Day "Unplug and Play" Challenge](#)



**Healthy Connections Resources** to foster belonging and strengthening relationships.



- [BHC Connecting Families with BHC Resources](#)
- [BHC Nature Based Bingo](#)
- [BHC Make the Most of Mealtime](#)
- [BHC The Magic of Mealtime](#)
- [BHC Healthy Family Communication](#)
- [BHC Plan a Family Community Night – Strengthening Connections](#)