

Parent Engagement Opportunity Fund
Spring, 2009

Central Queens Home and School Association

President: Basil Dickson and Dana Coles

Principal: Denise Gaudet-MacPhail

Name of Project:

Smart Connections: Mind and Body

Goal(s):

To build parenting skills on the connection between fitness, healthy eating and learning.

To provide parents tips on lunches and fitness.

Description

We had a very successful seminar with resource people from Sporty Kids and the healthy eating nutrition area. Refreshments were served, including delicious smoothies, which were popular with parents and children alike. There were door prizes and the parents, students and staff all had an enjoyable time to interact, learn and practice both fitness and healthy eating.

Did you achieve your goal?

Yes, we think we did. We realize that this is an area that will need further opportunities for parents to participate and make the connection between a healthy lifestyle and learning.

Who did the project benefit?

Our project benefitted all those who helped to prepare the event as well as those who attended and participated.

What challenges are you still facing with parent engagement?

As always, finding a time when it is convenient for parents to come to school.

Thoughts about the project topic (provided by project partners)

Smart Connections - Mind and Body

Children listen to their parents every day and to their teachers 200 days a year. They become used to hearing from their Moms and Dads and teachers. Asking people from the outside who are at a high level of performance in physical or intellectual activities to share their experiences "turns children on". These people carry with them a passion and a commitment that is infectious. Children pick up on this and actively engage the person. Age is not a factor. Children are powerful motivators as are retired fishers. Children consider people who come to the school to meet with them as "smart" and who have a message that should be listened to. Outsiders are often able to make connections between their world and the children's world.