

Join your PTA Wellness Committee and HCPSS by taking an active part in Healthy Howard Day 2010!



Healthy Howard Day is a FREE community event that showcases the county's health initiatives at school, in the home and at work.

The PTACHC Wellness Committee is a Healthy Howard Day partner along with the HCPSS, HC General Hospital, CA, Giant Food, HC Health Dept., HC Parks & Recs., Howard Community College, Y of Central Maryland, Howard County Chamber of Commerce, Horizon Foundation and We Promote Health. The PTACHC Wellness Committee is the coordinator for the Active Kids Zone promoting and showcasing the various health and wellness school programs by teachers, students, parents and administrators.

We invite ALL schools to participate in Healthy Howard Day by sharing their health and wellness program information at this event. Every school will be provided FREE space designated with your schools name. You simply need to find volunteers (parents, students, teachers or administrators) to be on hand to distribute program information and answer questions about your programs. For your convenience, PTACHC will supply you with a school healthy program form which you can use for handouts. Of course, you may provide additional program information such as picture displays or demonstrations.

This is a great opportunity for schools to share their wellness programs with other schools as well as with the community. We are asking each PTA to work with its school's administrators, faculty and parents to take an active part in helping to make Healthy Howard Day as meaningful as possible for our children.

The information included in this kit will help all of us to make the most of this wonderful opportunity.

If your school would like to take on an active role, contact Lisa Regnante or Brian Meskin directly. For more information: info@wepromotehealth.org
Event Web Address: www.HealthyHowardDay.org

Here's what your PTA can do to make the most of this opportunity:

- (1) **Locate a high visibility area within your school and post the Healthy Howard Day poster** provided to you. If you have other locations within and around your school where posters will have high visibility, please let us know so that we can get additional posters to you.
- (2) **Place Healthy Howard Day on your next PTA meeting agenda** and emphasize to your PTA membership your schools support of this event. *(see enclosed talking points)*
- (3) Communicate with your schools administrative contact to **facilitate an electronic bulletin on your e-school newsletter**. *(See suggested copy for e-school newsletter)*
- (4) **Talk with your school principal and encourage your schools administrative staff, teachers and students to take an active part**. Your school is invited to participate in the showcase of Howard County Schools.
- (5) **Encourage your school's administrative staff to share brief morning announcements** prepared to introduce and motivate your students to take part. *(See suggested morning announcements)*
- (6) Get permission from your school principal and **communicate with the volunteer responsible for placing important messages on your schools marquee**. *(See suggested community message for school marquee)*
- (7) **Talk to area businesses and local organizations that are close in proximity to your school**. Encourage them to contribute to the success of this event. Here are ways they can help:
 - (i) If they have a store front or bulletin board, they can post a flyer or poster. If there is counter space or available space on a display, you can request that we deliver a supply of flyers.
 - (ii) If they have a product or service that is wellness related, they can offer a prize for the Healthy Howard Day free raffle. Their generosity will be noted on the event website and other signage.
- (8) **Talk to other parents, friends, neighbors and let them know about Healthy Howard Day**. Send an email to all of your email lists inviting them to attend this event and directing them to the website link.

See separate enclosures

Poster (request additional posters by contacting We Promote Health: info@WePromoteHealth.org)

Bulletin for your schools e-school newsletter

Morning announcements

Message for Marquee

Volunteer opportunities available

E-News Communication

Sample: (please feel free to make any necessary changes)

Sunday June 6th

Free Family Fun at Healthy Howard Day: 10am – 3pm @ Centennial Park. The Howard County Public School System joins with other leaders in challenging our community to incorporate healthy food choices and physical activity into your daily life. In partnership with our own PTA Council of Howard County Wellness Committee (PTACHC), all schools have been invited to share and showcase their wellness initiatives by students, parents, teachers and administrators. Visit www.healthyhowardday.org for information.

Additional information that can be added into the above message, based on your schools level of participation.

_____ will be taking an active role in Healthy Howard Day.
(School Name)

Join your fellow (teachers, students, etc.) and help us make a meaningful contribution to our community.

We hope you and your family will join _____ and enjoy a day of
(school name)
healthy outside physical activity, health education and important health screenings.

Morning Announcements

Don't miss Healthy Howard Day –FREE for all of our students and their families

- **Lots of outdoor physical activities**
- **Climb the 60 foot inflatable obstacle course**
- **Demo the latest in outdoor laser tag**
- **Free samples from Healthy Howard restaurants**
- **Get autographs from Baltimore Blast players**
- **Shoot baskets on a Mega-inflatable basketball hoop**
- **Lots of free give-a-ways and chances to win prizes all day long**

SUGGESTED MESSAGE FOR THE SCHOOL MARQUEE

HEALTHY HOWARD DAY

SUNDAY, JUNE 6TH

CENTENNIAL PARK 10AM TO 3PM

RAFFLE TICKETS FOR HEALTHY HOWARD DAY AVAILABLE UPON REQUEST

Raffle ticket vouchers can be exchanged at Healthy Howard Day for chances to win prizes throughout the event. We are offering an opportunity for your PTA, teachers and staff to utilize this tool to motivate and incentivize students.

These free coupons can be used for any upcoming activity such as field day, award ceremonies or other school activities as incentive prizes.

Please contact Melba at melba@wepromotehealth.org to request quantities for your school as needed, or call 410-988-3786.

For more information about this event visit: www.HealthyHowardDay.org