

## ***Resources for Module 8: Family and Community Involvement***

### **Materials/Publications**

#### ***General***

- Building Business Support for School Health Programs: An Action Guide*, Alexandria, VA: National Association of State Boards of Education, 1999, [www.nasbe.org](http://www.nasbe.org)
- Growing Absolutely Fantastic Youth: A Guide to Best Practices in Healthy Youth Development*, Rinehart PM, Kahn JA, Konopka Institute for Best Practices in Adolescent Health, 2000, [allaboutkids.umn.edu/kdwbfvc/fr\\_pub.htm](http://allaboutkids.umn.edu/kdwbfvc/fr_pub.htm)
- Keeping Your Children Safe and Healthy at School*, The Center for Health and Health Care in Schools, [www.healthinschools.org/parents/act.htm](http://www.healthinschools.org/parents/act.htm)
- National Standards for Parent/Family Involvement Programs*. National PTA, 1998, [www.pta.org/parentinvolvement/standards/pdf/NationalStandardsEnglish.pdf](http://www.pta.org/parentinvolvement/standards/pdf/NationalStandardsEnglish.pdf)
- Parents' Views of Children's Health and Fitness, National Association for Sport and Physical Education, 2003. [http://www.aahperd.org/naspe/template.cfm?template=executive\\_summary.html](http://www.aahperd.org/naspe/template.cfm?template=executive_summary.html)
- Sharing Information: A Guide to the Family Educational Rights and Privacy Act and Participation in Juvenile Justice Programs*, Office of Juvenile Justice and Delinquency Prevention, 1997, publication no. (NCJ) 163705, [www.ncjrs.org/pdffiles/163705.pdf](http://www.ncjrs.org/pdffiles/163705.pdf)
- Strong Families, Strong Schools: Building Community Partnerships for Learning*, Ballen J, Moles O, U.S. Department of Education, 1994, [http://www.eric.ed.gov/ERICWebPortal/Home.portal?\\_nfpb=true&ERICExtSearch\\_SearchValue\\_0=Strong+Families%2C+Strong+Schools%3A+Building+Community+Partnerships+for+Learning&ERICExtSearch\\_SearchType\\_0=eric\\_metadata&\\_pageLabel=RecordDetails&objectId=0900000b80147193](http://www.eric.ed.gov/ERICWebPortal/Home.portal?_nfpb=true&ERICExtSearch_SearchValue_0=Strong+Families%2C+Strong+Schools%3A+Building+Community+Partnerships+for+Learning&ERICExtSearch_SearchType_0=eric_metadata&_pageLabel=RecordDetails&objectId=0900000b80147193)

#### ***Physical Education and Physical Activity***

- 99 Tips for Family Fitness Fun* (brochure), Reston, VA: National Association for Sport and Physical Education, 2001, [www.aahperd.org/](http://www.aahperd.org/) (Click on "Online Store")
- A model for parental involvement in physical education, Virgilio SJ. *Journal of Physical Education, Recreation and Dance*, 61(8):66-70, 1990
- Active Youth: Ideas for Implementing CDC Physical Activity Promotion Guidelines*, Samman P, Champaign, IL: Human Kinetics Publishers, 1998, [www.humankinetics.com](http://www.humankinetics.com) ("Product Search" by Title)
- Aim for Balance: Maximize Your Child's Success* (brochure), Reston, VA: National Association for Sport and Physical Education, 2001, National Association for Sport and Physical Education, [www.aahperd.org/](http://www.aahperd.org/) (Click on "Online Store")
- Brochures for Parents, Teachers, and Principals to Increase Physical Activity Among Youth*, Centers for Disease Control and Prevention, 2003, [www.cdc.gov/healthyyouth/physicalactivity](http://www.cdc.gov/healthyyouth/physicalactivity)
- Choosing the Right Sport or Physical Activity Program for Your Child* (position paper), National Association for Sport and Physical Education, National Association for Sport and Physical Education, 1999, [www.aahperd.org/naspe/pdf\\_files/pos\\_papers/resource-choosing.pdf](http://www.aahperd.org/naspe/pdf_files/pos_papers/resource-choosing.pdf)
- Helping Your Overweight Child*, National Institute of Diabetes and Digestive and Kidney Diseases, 1997, [http://win.niddk.nih.gov/publications/over\\_child.htm](http://win.niddk.nih.gov/publications/over_child.htm)
- Kids Walk to School: A Guide to Promote Walking to School*, Centers for Disease Control and Prevention, 2000, [www.cdc.gov/nccdphp/dnpa/kidswalk.htm](http://www.cdc.gov/nccdphp/dnpa/kidswalk.htm)
- Promoting Physical Activity: A Guide for Community Action*, U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Champaign, IL: Human Kinetics Publishers, 1999, [www.humankinetics.com](http://www.humankinetics.com)
- Public Recreation in High Risk Environments: Programs That Work*, Ashburn, VA: National Recreation and Park Association, 1996, [www.nrpa.org](http://www.nrpa.org) (Click on "NRPA Store")
- Resources from the Center for Weight and Health, University of California, Berkeley. [http://nature.berkeley.edu/cwh/resources/weight\\_mng.shtml](http://nature.berkeley.edu/cwh/resources/weight_mng.shtml)
- We Can! Energize our Community -- Toolkit for Action*. National Heart, Lung, and Blood Institute. NIH Publication No. 05-5272, 2005, [www.nhlbi.nih.gov/health/public/heart/obesity/wecan\\_mats/toolkit.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan_mats/toolkit.htm)

### **Nutrition**

- Community Nutrition Action Kit: For People Where They Live, Learn, and Play*, U.S. Department of Agriculture/Team Nutrition, 1996, [www.fns.usda.gov/tn/Resources/cnak.html](http://www.fns.usda.gov/tn/Resources/cnak.html)
- Family and community involvement in school health, Carlyon P, Carlyon W, McCarthy AR, chapter in *Health Is Academic: A Guide to Coordinated School Health Programs*, Marx E, Wooley SF, Northrop D, editors, New York: Teachers College Press, 1998, [www.teacherscollegepress.com](http://www.teacherscollegepress.com)
- Food, Family, & Fun: A Seasonal Guide to Healthy Eating: Commemorating 50 Years of School Lunch*, U.S. Department of Agriculture/Team Nutrition, 1998, [www.fns.usda.gov/tn/Students/Food\\_Family/index.html](http://www.fns.usda.gov/tn/Students/Food_Family/index.html)
- Generation Fit Action Packet*, American Cancer Society, 1999, [http://www.cancer.org/docroot/PED/ped\\_1\\_4.asp?sitearea=PED](http://www.cancer.org/docroot/PED/ped_1_4.asp?sitearea=PED)
- Nutrition: Be Active in Developing Local Child Wellness Policies*, New Jersey PTA, 2005. [http://www.njpta.org/com\\_nutrition.h](http://www.njpta.org/com_nutrition.h)
- Pick a Better Snack*, Iowa State University Extension, 2003, [www.extension.iastate.edu/food](http://www.extension.iastate.edu/food)
- Resources from the Center for Weight and Health, University of California, Berkeley. [http://nature.berkeley.edu/cwh/resources/weight\\_mng.shtml](http://nature.berkeley.edu/cwh/resources/weight_mng.shtml)
- Team Up at Home: Team Nutrition Activity Booklet, Fun Nutrition Activities for the Family*, U.S. Department of Agriculture/Team Nutrition, 1996, [www.fns.usda.gov/tn/Resources/teamupbooklet.html](http://www.fns.usda.gov/tn/Resources/teamupbooklet.html)
- Resources from the Center for Weight and Health, University of California, Berkeley. [http://nature.berkeley.edu/cwh/resources/weight\\_mng.shtml](http://nature.berkeley.edu/cwh/resources/weight_mng.shtml)
- We Can! Energize our Community -- Toolkit for Action*. National Heart, Lung, and Blood Institute. NIH Publication No. 05-5272, 2005, [www.nhlbi.nih.gov/health/public/heart/obesity/wecan\\_mats/toolkit.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan_mats/toolkit.htm)

### **Tobacco**

- My Kid: Keeping Your Kids Tobacco, Alcohol and Drug Free*, report and video for parents, Centers for Disease Control and Prevention, 1998, [www.cdc.gov/tobacco/educational\\_materials/mykids.htm](http://www.cdc.gov/tobacco/educational_materials/mykids.htm)
- Parenting Kit: Got A Minute? Give it to Your Kid*, Centers for Disease Control and Prevention, 2001, [www.cdc.gov/tobacco/educational\\_materials/parenting/gotaminbrochure.htm](http://www.cdc.gov/tobacco/educational_materials/parenting/gotaminbrochure.htm)
- Parents, Educators, and Youth Group Leaders*, Education Section, Centers for Disease Control and Prevention, [www.cdc.gov/tobacco/edumat.htm](http://www.cdc.gov/tobacco/edumat.htm)

### **Unintentional Injury and Violence**

- Crime Prevention Through Environmental Design and Community Policing*, Fleissner D, Heinzelmann F, U.S. Department of Justice, 1996, publication no. (NCJ) 157308, [www.ncjrs.org/pdffiles/crimepre.pdf](http://www.ncjrs.org/pdffiles/crimepre.pdf)
- Motor-vehicle occupant injury: strategies for increasing use of child safety seats, increasing use of safety belts, and reducing alcohol-impaired driving, a report on recommendations of the *Task Force on Community Preventive Services*, CDC, *MMWR*, 50(RR-7):1-13, 2001, [www.cdc.gov/mmwr/preview/mmwrhtml/rr5007a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5007a1.htm)
- Safe Schools Manual: A Resource on Making Schools, Communities, and Families Safe for Children*. National Education Association, 1996, [www.nea.org/schoolsafety/images/ssmanual.pdf](http://www.nea.org/schoolsafety/images/ssmanual.pdf)
- Strengthening America's Families: Model Family Programs for Substance Abuse and Delinquency Prevention*, Alvarado A, Kendall K, Beesley S, Lee-Cavaness C, editors, U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Prevention; and U.S. Department of Justice, Office of Juvenile Justice and Delinquency Prevention, Salt Lake City, UT: University of Utah, Department of Health Promotion and Education, 2000, [bookstore.gpo.gov/](http://bookstore.gpo.gov/)

### **Asthma**

- Asthma-Friendly Schools Toolkit*. American Lung Association, 2003, <http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=44339>
- School House: Breatherville, USA*. Allergy and Asthma Network Mothers of Asthmatics', <http://www.aanma.org/schoolhouse>