Help make your school and community a healthier place for children!

Check out these links to great resources and information:


**PTA Health and Safety Resolutions**

Be sure to take a look at the resolutions and position papers on health and safety priorities.

Resolutions – [http://capta.org/focus-areas/advocacy/resolutions/](http://capta.org/focus-areas/advocacy/resolutions/)

Health Tidbits: News to help create healthier kids and schools

Each month you’ll learn more about key initiatives and programs to help make your school and community a healthier place with PTA’s newsletter, Health Tidbits. We encourage you to print it out to share with your PTA board, educators and school community. This publication is available in English and Spanish.

- Sign up for Health Tidbits - [http://capta.org/join/join-our-mailing-list/](http://capta.org/join/join-our-mailing-list/)

Healthy Fundraisers

Healthy food or non-food fundraisers enable schools to send consistent, positive health messages, reinforce classroom education and contribute to student health. Physical activity fundraisers go even further, providing students and families with opportunities and positive reinforcement for increasing physical activity.

School wellness policy model guidelines encourage schools to limit fundraising activities involving food and/or beverages. There are a large number of fun, creative and lucrative strategies to raise money in other ways. Fundraisers that involve physical activity can even be used to send positive messages to students, families and the community about the importance of active lifestyles.

- School Wellness - [http://capta.org/focus-areas/health-safety/school-wellness/](http://capta.org/focus-areas/health-safety/school-wellness/)

ALLIED AGENCIES

California State PTA partners with organizations to share information and resources with PTA members. Be sure to take a look at the allied agencies below for more information.

- American Heart Association - [http://www.americanheart.org/](http://www.americanheart.org/)
- California Action for Healthy Kids (CAAFHK) - [http://www.actionforhealthykids.org/california](http://www.actionforhealthykids.org/california)
- California Department of Education - [http://www.cde.ca.gov/](http://www.cde.ca.gov/)
- California Department of Education School Health Connections and Healthy Start Office - [http://www.cde.ca.gov/](http://www.cde.ca.gov/)
- California Food Policy Advocates - [http://www.cfpa.net/](http://www.cfpa.net/)
- California School Nurses Organization (CSNO) - [http://www.csno.org/](http://www.csno.org/)
- Green Schools National Network - [http://www.greenschoolsnationalnetwork.org/](http://www.greenschoolsnationalnetwork.org/)
- Indoor Air Program Coordinator US EPI Region 9 - [http://www.epa.gov/](http://www.epa.gov/)
- Regional Asthma Management & Prevention (RAMP) - [http://www.rampasthma.org/](http://www.rampasthma.org/)
- Via Heart Project - [http://viaheartproject.org/](http://viaheartproject.org/)