

SCHOOL HEALTH SERVICES BEST PRACTICES

- ◆ Collect data for body mass index or percentage of body fat.
- ◆ Provide resources for parents whose children will receive a BMI letter (all students in grades 1, 3, and 6).
- ◆ Provide students and parents with information about services for overweight children.
- ◆ Teach proper hand washing.
- ◆ Educate staff on CPR, First Aid and AED.
- ◆ Have school nurse do health spots on the news in school (hand washing and prevention.)
- ◆ Give presentation of information to PTO/SAC.
- ◆ Promote weekly weigh-ins for at risk BMI (optional.)
- ◆ Include in monthly articles choices of alternatives, not just giving a list of NOs.
- ◆ Educate with classroom cooking activities.

