

Team Up for Kansas Kids: Interactive Quiz Discussion Guide

Thank you for spending some time thinking about health and wellness in Kansas schools! We hope this quiz has given you a better understanding of what your child's school is doing to encourage healthy habits – and what can still be done to make smart nutrition and physical activity a priority during school hours.

More importantly, we hope this quiz has inspired you to take action. There's always more to be done, and Kansas families have a crucial role to play in implementing wellness policies. Use this quiz as a first step in brainstorming simple ways to collaborate with school leaders to make Kansas schools even happier and healthier places to learn.

This brief discussion guide suggests a few ways in which you can learn more about school wellness and prepare to start conversations in your community about establishing healthy learning environments.

Learn the Facts:

Healthy kids are happy kids – and better learners, too. The facts say it all. Studies show kids who eat breakfast and participate in regular physical activity are more likely to pay attention in class, comprehend lessons and score higher on tests.¹

Brush up on [school wellness facts](#) so you can convincingly explain why nutritious meals and exercise are so important. As you begin discussing wellness policies with leaders at your child's school, bring these numbers and statistics into the conversation. They're a great way to start a healthy dialogue, and chance are you'll both learn something new!

Leverage Valuable Resources to Start a Dialogue:

As established in the quiz, wellness committees are one of the best ways for you to positively impact health and wellness policies at your child's school. But it takes time and collaborative action to form effective and active committees. That's where Team Up for Kansas Kids can help! Our site is full of valuable resources designed to help you spark healthy changes across the state.

Start with the [Wellness Committee Guide](#) to learn more about what this advisory group does and find tips and tricks for making yours productive. Start by reaching out to your school's front desk administration or principal – via email or in person – inquiring who to contact and the next steps towards establishing a committee. Then explore the many other resources, such as [flyers](#) and [letters](#), to encourage further discussions between other families and school leaders about the link between health and academic success in school – and the opportunities for cross-collaboration to improve both.

Ask the Right Questions:

On the next page, you'll find a handful of questions to help jumpstart and/or continue discussions with your school's leaders. Print out these thought starters and bring them to your next one-on-one meeting or include a few in a personal letter to leaders at your child's school. Remember: conversations should be mutually beneficial. Always be polite. Acknowledge positive efforts already underway and always thank school leaders for their time.

¹ Basch, Charles E., [Healthier Students Are Better Learners: A Missing Link in School Reforms to Close the Achievement Gap](#). Columbia University. The Equity Campaign; 2010.

Questions for Collaborative Discussion

1. How are healthy habits, such as drinking water, snacking on fresh fruits and veggies and encouraging physical activity, communicated to students during school hours?
2. I understand that academics are a priority and teachers have minimal time to present a lot of material. Are there any options that allow kids to learn the importance of health lifestyles without disrupting the regular flow of learning?
3. How can I help encourage healthy food choices during classroom parties, celebrations and fundraising activities?
4. Who is involved on the school's Wellness Committee, and how can I join and/or find out more?
5. Are family members encouraged to participate in school-sponsored nutrition or wellness events, forums or activities?
6. Is there a punishment protocol that does not include withholding physical activity?
7. What physical education-oriented extracurricular activities are available that I can learn more about and/or enroll my child in?
8. Are there other opportunities to become more involved in encouraging healthy behaviors while my child is at school, beyond participating on the PTA or on the school Wellness Committee?
9. When can we meet again? Is there someone else I should speak with about improving school wellness?