

Join HCPSS by taking an active part in Howard County Family Wellness Day on Sunday, June 1, 2014 from 10am to 3pm!



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

The Howard County Public School System is a Get Active Howard County partner along with Healthy Howard, Columbia Association, Horizon Foundation, Howard County Chamber of Commerce, Howard County Library Systems, Howard County PTA, Howard County Health Department, Howard County Dept of Citizen Services, Howard County Recreation and Parks, Howard County General Hospital, University of Maryland Extension, HCPSS, Maryland University of Integrative Medicine, Villages of Columbia, the Y of Central Maryland, American Cancer Society, Howard County Fire & Rescue. Howard County Family Wellness Day includes an Active Kids Zone promoting and showcasing the various health and wellness school programs by teachers, students, parents and administrators.

This year's school area will feature existing programs that are already adding value to many of our school wellness initiatives. Come out and see what other schools have added to create or enhance their wellness programs. We also invite ALL schools to participate in Family Wellness Day by sharing their health and wellness program information. We are asking each PTA to work with its school's administrators, faculty and parents to take an active part in helping to make Family Wellness Day as meaningful as possible for our children. Most important, please make every effort to get the word out to families about this great event.

Sign your school up for the Howard County Fire & Rescue "2 Hands 4 Life Pump-a-Thon" at 1:00 pm. Fire and Rescue is making a community-wide push to get everyone to learn this lifesaving technique. We will have schools, religious organizations, senior centers, neighborhoods and worksites signing up to participate. If you would like to learn more about the "Pump-A-Thon, go to www.familywellnessday.org, and click on the 2Hands4Life logo.

Information included in this kit will help you make the most of this wonderful opportunity. If your school would like to participate please contact info@wepromotehealth.org

For more information: info@wepromotehealth.org
Event Web Address: www.FamilyWellnessDay.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 Family Wellness 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 Family Wellness 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) **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)*
- (5) 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)*
- (6) **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 Family Wellness Day free raffle. Their generosity will be noted on the event website and other signage.
- (7) **Talk to other parents, friends, neighbors and let them know about Family Wellness 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 1st

Free Family Fun at Family Wellness 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. Schools have been invited to share and showcase their wellness initiatives by students, parents, teachers and administrators. Visit www.familywellnessday.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 Family Wellness Day, by forming a team to participate in the **2Hands4Life Pump-A-Thon**. There is a community wide effort by Howard County Fire and Rescue to get everyone to learn this lifesaving technique. 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 healthy outside physical activity, health education and important health screenings.

(school name)

Morning Announcements

**Don't miss Family Wellness Day –FREE for all of our students and their families
Sunday, June 1st at Centennial Park**

- **Lots of outdoor physical activities**
- **Climb the 60 foot inflatable obstacle course**
- **Have fun and get active playing Fat Cell 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**
- **Join in the Pump-A-Thon and learn the new 2Hands4Life CPR technique.**

SUGGESTED MESSAGE FOR THE SCHOOL MARQUEE

FAMILY WELLNESS DAY

SUNDAY, JUNE 1st

CENTENNIAL PARK 10AM TO 3PM

FREE DRAWING TICKETS FOR FAMILY WELLNESS DAY AVAILABLE UPON REQUEST

Free drawing ticket vouchers can be exchanged at Family Wellness 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. Or, they can be distributed in your Friday home folders.

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.FamilyWellnessDay.org