**Topic: Parent and Family Engagement**

Dear School Administrator, please find below some basic messaging you are invited to use to promote parent and family engagement among students, parents, and the general school community. Included are:

* Newsletter inserts
* Social media messages

Please choose messaging as appropriate for your school community. You can find images and graphics to support this messaging at [hpePublicHealth.ca/newsletters-and-social-media.](https://hpepublichealth.ca/newsletters-and-social-media/)

If you have any questions, please do not hesitate to reach out to your Healthy Schools contact at HPEPH.

-HPEPH Healthy Schools Team

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| Newsletter Inserts | Audience |
| As a parent or caregiver, you play a key role in helping your child/teen develop and maintain behaviors that will contribute to a healthy life! Public Health has information and resources for parents and caregivers to help encourage children to make healthy choices. Visit <https://hpepublichealth.ca/school-age-children-youth/> | All parents |

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| Social Media Messaging – Elementary | Audience |
| Stay Engaged with Your Child’s Learning!  Being engaged in your child’s education is essential to student achievement, development and well-being. Stay engaged with your child’s education by meeting and communicating with your child’s teacher, talking to your child about their day at school, providing a positive learning environment at home, helping them develop positive attitudes towards learning, and encouraging them to read everyday. | Elementary Parents |
| You are a parent/caregiver, and you are important!  It’s ok to take care of yourself. This is an important part of parenting/caregiving. Taking care of yourself can make you a better parent/caregiver. You’ll have more energy and patience. Children also learn how to take care of themselves by watching you. | Elementary Parents |
| Listen. Respond. Connect.  DYK your child ‘s relationship with you is related to their health, development and well-being? Warm and responsive parenting builds trust, confidence and self-control. Take steps to build that relationship. Have fun together. Do things together you both enjoy like bike riding, cooking or fishing. | Elementary Parents |

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| Social Media Messaging – Secondary | Audience |
| Stay Engaged with Your Teen’s Learning!  Being engaged in your teen’s education is essential to student achievement, development and well-being. Stay engaged with your teen’s education by meeting and communicating with their teacher, talking to your teen about their day at school, providing a positive learning environment at home, helping them develop positive attitudes towards learning, and encouraging them to read everyday. | Secondary Parents |
| You are a parent/caregiver, and you are important.  Its ok to take care of yourself. This is an important part of parenting/caregiving. Taking care of yourself can make you a better parent/caregiver. You’ll have more energy and patience. Teens learn how to take care of themselves by watching you. | Secondary Parents |
| Listen. Respond. Connect.  DYK your teen’s relationship with you is related to their health, development and well-being? Warm and responsive parenting builds trust confidence and self-control. Take steps to build that relationship and have fun together. Do things together you both enjoy like bike riding, cooking or shopping, or spending time outdoors.. | Secondary Parents |