

# 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.

