



## PTA UNIT HEALTH, WELLNESS, AND SAFETY LIAISON POSITION

**Description:** The Colorado PTA Health, Wellness, and Safety Committee (CO PTA HWS) recommends that all PTA Units designate a Health, Wellness, and Safety (HWS) Liaison along with their officer positions. This position is responsible for serving as a liaison between PTA members and the school's wellness team, the district wellness coordinator, and CO PTA HWS. The goal, with the support of CO PTA HWS and our partner, Action for Healthy Kids, is collaboration and coordination of HWS efforts between the school, district, and PTA and support of the local school District Wellness Policy. The liaison position is flexible, allowing the person in this role to be as involved with HWS activities, HWS educational opportunities, and recruitment of interested parents, school staff, and community members as interest and as personal scheduling permits.

**Why:** Research shows that healthy habits learned in childhood support proper growth and development of children's bodies and brains and promote better health outcomes in adulthood. Because good mental and physical health is linked to learning ability and academic success, and because good health is a critical predictor of future productivity, it is important that all schools provide students with access to learning environments that support healthy lifestyles. But schools cannot be expected to do this alone. They need parent and community help.

**How:** It's simple to add a Health, Wellness, and Safety Liaison position to your local PTA:

- At your next regular PTA Board meeting, a member states "I move to create a Health, Wellness, and Safety Liaison position."
- Another person seconds the motion.
- If a majority of the PTA members present at the meeting approve this motion, you have a Health, Wellness, and Safety Liaison position.
- The president then appoints a member to be the Health, Wellness, and Safety Liaison, subject to approval of the board. If your PTA has Standing Rules, they can be amended by your PTA's membership to reflect the Board's action to add the Liaison position.
- Submit your designated Liaison's name on your officers list to Colorado PTA.

**Now What?** Learn what this position is all about and how to adapt it to fit the time you have and the interests of your PTA. Learn about the health, wellness, and safety resources available to you and how to find resources in your own district in this recorded webinar from Colorado PTA and Action for Healthy Kids:

<https://www.youtube.com/watch?v=kfGZ9D52WW8&feature=youtu.be>

### HEALTH, WELLNESS, AND SAFETY RESOURCES

**Action for Healthy Kids:** National and Colorado PTA partner offering school grants, Parents for Healthy Kids resources and free programs including Game On, a school health framework | <http://www.actionforhealthykids.org>

**Colorado School Safety Resource Center:** Free consultation, resources, training, and technical assistance to foster safe and secure learning environments, positive school climates, and early intervention to prevent crisis situations  
<https://www.colorado.gov/pacific/cssrc>

**Active Schools:** A collective impact movement that brings together parents, educators, and health- and activity-focused organizations to help schools provide exceptional physical activity programming. Provides access to physical activity programs, training and grants | <https://www.activeschoolsus.org/>

**The HUB:** Connects parents and educators across Colorado with a broad array of resources, including events, organizations, research, programs, toolkits, and much more. <http://healthyschoolshub.org/>

### Colorado PTA Health, Wellness, and Safety Committee

Committee information and initiatives: <https://copta.org/parent-engagement/health-wellness-safety/>

HWS Information Sheets: <https://copta.org/parent-engagement/health-wellness-safety/info-sheets-upcoming-events/>

**National PTA Healthy Lifestyles resources and position statements:** <https://www.pta.org/home/programs/Healthy-Lifestyles>

**Questions? Email the Colorado PTA Health, Wellness, and Safety Committee at [HWS@copta.org](mailto:HWS@copta.org).**