



ture This

Programs and Policies
Affecting Today's Families

B

ack to School! It's time for families to begin preparing 5 and 6 year olds for the first day of school and helping older children shift from vacation mode to school mode. Many agencies and organizations provide services and information families may find helpful at this time and during the school year.



Parent Involvement in Children's Learning

The National Parents and Teachers Association (PTA) believes parent involvement makes a difference. They have developed an information sheet to help parents become more involved in their child's learning. See [Ways for Parents to Be Involved in Their Child's Education](http://www.pta.org/programs/bsp/pdf/App_E1.pdf) www.pta.org/programs/bsp/pdf/App_E1.pdf En español [Cien maneras en que los padres y madres de familia pueden apoyar la educación de sus hijos - vaya a www.pta.org/programs/bsp/pdf/App_E1spanish.pdf - 100.](http://www.pta.org/programs/bsp/pdf/App_E1spanish.pdf)

The National Education Association (NEA) is also encouraging families to get involved. Visit www.nea.org/helpfrom/connecting/tools/involve.html

The United States Department of Education has developed a guide for parents to help children with homework. Visit www.ed.gov/backtoschool/families/part8.html.

Eating Healthy in School

Packing a nutritious breakfast or lunch for your child is one way to encourage healthy eating. Some families count on school meal programs. The United States Department of Agriculture (USDA) supports a Healthy School Meals Resource System. Visit <http://schoolmeals.nal.usda.gov/> for information. Visit www.fns.usda.gov/tn for family guides to healthy eating, highlights of state school meal programs, and community ideas to encourage healthy eating in schools. Children can explore www.usda.gov/news/usdakids/index.html for fun activities on eating right.

Exercise in School

In addition to nutritious meals, quality exercise and fitness programs in schools are important for growing children. For all children, schools should provide suitable physical education programs in clean and safe with qualified teachers. Talk with your child and the school to find out about the program your child's school offers. Visit the Nemours Foundation's Kid's Health Web Site at www.kidshealth.org/parent/nutrition_fit/index.html for a parent's guide on good physical activities for specific age groups and guidelines on safe and fun play.

Children with Special Needs and FAPE.

The Families and Advocates Partnership for Education (FAPE) is a project working to improve educational programs for children with disabilities. FAPE links families and advocates to communicate the new focus of the Individuals with Disabilities Education Act (IDEA) - federal special education legislation. For more information about the FAPE Project or assistance with educational issues contact Bridget Via at the Family Voices National Office at 1-888-835-5669 or e-mail bvia@familyvoices.org

School Safety

Families and children want safe schools. Violence in schools is on the rise and bullying behavior is part of the problem. The Center for Mental Health at the University of California at Los Angeles has numerous resources on bullying, including a resource fact sheet on web sites and publications. Visit <http://smhp.psych.ucla.edu> for more information.

The National Education Association's Safe Schools Resource Center provides info sheets, safety tips for schools, legislative materials, and links to other useful resources. Visit www.nea.org/issues/safescho/resources.html.

National School Guidelines

Poor health, safety issues, environmental conditions, psychological and social problems have been identified as causes of underachievement in school. Working together, professionals and families from three fields - health, mental health, and school safety - have developed thoughtful guidelines for elementary, middle/junior, and high schools. Families and professionals are invited to comment on the draft guidelines by Sept 20, 2001, before they are finalized later this fall. Visit www.nationalguidelines.org.

Children spend most of their days in school with friends and teachers. Families are their children's first and best advocates for making sure they are in a safe and enjoyable place to learn. ■



Family Voices is a national grassroots network of families and friends speaking on behalf of children with special health needs. Our children are also part of the wider world of children. With a Partners in Information and Communication (PIC) Cooperative Agreement from the MCH Bureau - DHHS, Family Voices is working to encourage partnerships between families and professionals for children's good health.

PICture This is a digest of articles and news clips to share with families, family organizations, and our professional partners to offer a flavor of activities going on in the maternal and child health (mch) community. We hope to encourage flourishing partnerships! ■

Partners...

National Conference of State Legislatures (NCSL) is a bipartisan national organization representing the nation's 7,424 state legislators and their staff from all 50 states, the territories and commonwealths. They develop reports and organize meetings for legislators and the public on key issues affecting today's society.



NCSL provides publications and information on child health and education issues. In September, they will be involved in America's Legislators Back to School Week, September 17-21. This event gives elected officials in all 50 states the opportunity to meet with young students and to answer questions, share ideas, listen to concerns and give them a better understanding of lawmakers' roles in government. To get involved, contact your state legislative coordinator listed on the NCSL Web site at www.ncsl.org/public/trust/contacts_bsw.htm or contact NCSL staff- Karl Kurtz, Jan Goehring, or Joyce Johnson at (303) 830-2200 or by email at karl.kurtz@ncsl.org, jan.goehring@ncsl.org or joyce.johnson@ncsl.org.

NCSL Denver Office: 1560 Broadway, Suite 700, Denver, CO 80202 ❖ Tel: 303-830-2200 ❖ Fax: 303-863-8003
NCSL Washington Office: 444 North Capitol Street, N.W., Suite 515, Washington, D.C. 20001 ❖
Tel: 202-624-5400 ❖ Fax: 202-737-1069
Email: info@ncsl.org ❖ www.ncsl.org ■

Family Resource Corner

* August 1-7 World Breastfeeding Week

For more information and materials on breastfeeding and breastfeeding issues, contact La Leche League International 1400 North Meacham Road, Schaumburg, IL 60173-4840 - (847)519-7730 - www.la lecheleague.org

* Finding a Child Care Center or Program.

For information or help in finding a center or program near you, contact Child Care Aware at (800) 424-2246 or visit www.childcareaware.org/index.htm. En español llamar sin cargo (800) 424-2246 o vaya a www.childcareaware.org/sp/ Child Care Aware is a program of the National Association of Child Care Resource and Referral Agencies.

* **Reducing Classroom Conflicts** - Jigsaw Classroom is a two-way learning technique designed to reduce racial conflict among school children, promote better learning, to improve student motivation, and increase enjoyment of learning. The jigsaw technique was first developed in the early 1970s by Elliot Aronson and his students at the University of Texas and the University of California. Visit www.jigsaw.org for more information. ■



What's new in research?



Antibiotic Use in Children A study of 12 pediatric practices suggests the need for a program to educate families and health professionals on the proper use of antibiotics to treat bacterial infections. The reduction in over prescription and over use of antibiotics can help control antibiotic resistance among common bacteria. See Finkelstein JA, Davis RI, Dowell SF, et al. 2001. Reducing antibiotic use in children: A randomized trial in 12 practices. *Pediatrics* 108(1):1-7.

Healthy Eating is Not a Priority for High School Students A study of 203 junior and senior high school students found students knew a lot about healthy eating, but felt it was not important to them. Authors recommend healthy eating messages should also include peer acceptance and promotion. See Croll JK, Neumark-Sztainer D, Story M. 2001. Healthy eating: What does it mean to adolescents? *Journal of Nutrition and Education* 33(4):193-198.

Many Adolescents Are Involved in Bullying A study in the *Journal of the American Medical Association* (JAMA) reports 29.9% of the middle school and high school students surveyed said they were a bully, were being bullied, or both. Bullying occurred more among middle school students (grades 6 to 8) than among high school students (grades 9 to 10). See. Nansel TR, Overpeck M. Pill RS, et al. 2001. Bullying behaviors among U.S. youth: prevalence and association with psychosocial adjustment. *JAMA* 285(16):2094-2100. ■



Tidbits for the Month

School Health Funding Database

contains information on federal, foundation, and state-specific funding sources for school health programs. For more information on funding for school health programs visit the National Conference of State Legislatures: School Health Program Finance Project Web site, www.ncsl.org/programs/health/pp/schlfund.htm?link=yes. ■

Highlights for the next PiCture This...

- Family Health and Fitness Days
- Patient's Health Information



Share your news with others!

We're always looking for news and activities about family organization and programs to post. Share exciting events and activities about your organization that will be interesting to others. Email Kathy Cruz at kcruz@fcsn.org or fax at (617) 572-2094 with your tidbits. To subscribe to the newsletter, email or call Kathy at (617) 236-7210 ■