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**TO:** Parent Service Providers, Parent Partners and Community Liaisons

**FROM:** Charlene Davis-Long, Program Specialist

 San Bernardino City Unified School District

**SUBJECT:** **Parent Health Institute Notice**

**DATE:** June 24, 2015

In an effort to help inform parents of the importance of health and how it affects student academic performance, the HIV/AIDS Prevention Education Office is hosting the Parent Health Institute in collaboration with the Center for Disease Control and Prevention on Wednesday, August 12, 2015. The event will be held at The Hotel, 285 E. Hospitality Lane, San Bernardino, CA 92408.

As educators, we are aware good health is necessary for effective learning: it is an asset as young people face intense competition, peer pressure, stress and all the rigors of daily living in greater San Bernardino. In order to improve student academic performance it is our belief that parents must understand the link between health and learning. Improved student health will enhance a student’s performance, achievement, grades, attendance and overall well-being. Only when students are healthy will they be able to meet their goals academically and socially. When students under achieve or drop out of school due to poor academics, it influences them socially and personally. It also affects the local environment, economy, and society.

The following health topics will be addressed in keynote and breakout sessions, as well as exhibits:

* Mental Health
* Consumer Health
* Personal Health
* Family Health
* Community Health
* Environmental Health
* Growth and Development

It is our belief that by working with a representative group of parents we will be able to impact parents’ knowledge of the eight components of coordinated school health. These component areas work together to foster a healthy well-balanced child who is ready to learn. The eight areas of coordinated school health related to these topics are:

* Physical Education
* Health Services
* Nutritional Services
* Health School Environment
* School Site Staff Health Promotion
* Family and Community Involvement
* Health Education
* School Counseling, Psychological and Sociological Services

As a result of the YRBS findings from the previous years, it is evident students are participating in risky behaviors. Once the major health risk factors children face are addressed children will be ready to learn and can be guided into becoming healthy and productive adults. The six leading health risk factors for young people are:

* Tobacco usage
* Abuse of alcohol and other drugs
* Poor eating habits
* Physical inactivity
* HIV,STDs, and unintended pregnancy
* Unintentional and intentional injuries

Attached you will find a registration form that must be filled out by the participants. We are asking you to give this registration form to interested parents and have them return it by fax, mail, or in person. This event will be of **NO COST** to the participants, but they must register because seating is limited. There will be **NO ON-SITE REGISTRATION** and **NO CHILD CARE PROVISIONS.**

**In order to have an accurate count for meals, supplies, materials and name tags the deadline for registration is Wednesday, August 5, 2015. Please feel free to call if you have any questions at 880-6716 or 880-6718. The fax number is 880-6702. Your support in this endeavor would be greatly appreciated.**