

HEALTHY SCHOOLS CAMPAIGN

EVERY CHILD DESERVES TO LEARN + THRIVE

Parents United 10th Anniversary
For Immediate Release
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Parents United/Padres Unidos Celebrates 10 Years of Parent Leadership in Chicago Schools and Communities

September 1, 2016, Chicago, Ill. -- For 10 years, Parents United for Healthy Schools (PUHS) has been a leading force in creating healthy school environments through organized parent leadership. This parent-led movement advocates for a better future for all Chicago children by working together with schools to create healthy environments that support student learning through initiatives like healthy fundraisers, modeling healthy behavior at parent and staff meetings and reinforcing healthy lifestyles by providing healthy food and integrating physical activity, both at school and in the home. Healthy Schools Campaign formed PUHS in 2006 out of a growing concern for the skyrocketing rates of childhood obesity in Chicago and the growing health disparities in our city. And this year, Parents United is celebrating 10 years of incredible accomplishments.

Parents United equips parents with the knowledge and skills to advocate for policies and programs that promote healthy eating and active lifestyles in their schools, homes and communities. More than 3,000 parents have been involved in the movement. In 2009, through a petition drive, parents pushed to bring recess to Chicago Public Schools (CPS). And then, as more and more parents became involved, PUHS successfully petitioned in 2014 to bring back daily PE in CPS. Parents also worked together to institute the Breakfast in the Classroom program for students across Chicago, ensuring that all students start their days with a nutritious meal, allowing them to be ready to learn and thrive. The success of Parents United is evident: schools where parents worked hand-in-hand with their child's principal and community were many of the first to meet the high standards set by the USDA's HealthierUS Challenge that later became the district's healthy school certification program.

When the movement first began, there were parents from two schools involved. Now, Parents United has reached more than 60 schools through parent-led wellness teams and has forged a national model for healthier schools that has sparked interest all across the country.

But what makes Parents United for Healthy Schools such a unique and dynamic movement? PUHS shows that when parents are given the tools and knowledge to succeed, they can effect major change in their schools and communities. The celebration of 10 years of Parents United will culminate at

the Parent Summit on October 6, 2016 which will bring together more than 200 parent leaders, celebrate their achievements and strengthen the commitment to the movement and the dedication to healthy food and physical activity in schools for all students. Healthy Schools Campaign invites you to attend the Summit, learn more about Parents United, get to know the individual parent leaders who are making such an impact and see why this model works.

About Healthy Schools Campaign

For more than a decade, Healthy Schools Campaign (HSC) has been committed to making schools healthier places for all students. HSC's important work focuses on supporting the health and wellness of all children and helps schools become vibrant places that support a healthy community. HSC's programs work to transform school food, student fitness, the classroom experience, student health services and schoolyards. HSC helps parents, principals, teachers, school nurses and others implement change at the local school level with strong community support, and then use the knowledge gained through those on-the-ground experiences to advocate for student health and success at the state and national levels. To learn more about Healthy Schools Campaign, visit healthyschoolscampaign.org.