

# **THE FUTURE OF OUR CHILDREN...**



## **...ON THE CORNER OF BRIGHT AND PROMISING**

This is how we can work towards accomplishing it....

**EDUCATE** parents and children on health and safety topics. Bring programs in that will **GENERATE** ideas and help **MOTIVATE** individuals to be the best they can be.

**ADVOCATE** to make homes and schools healthier environments through resolutions and participating in School Wellness Committees, for example.

**COMMUNICATE** health information as it becomes available on everything from allergies to nutrition to fitness. Parents are thirsty for knowledge and ways to help make their children healthier and happier!

**DONATE** some spare time, talent, and energy to work towards the goal of overall health and wellness in your schools.

**COORDINATE** activities and events that emphasize the need for healthier food choices, more time for fitness, emotional wellness, and building healthier relationships.

ACCOMMODATE every learner and participant. Always assess the learning and activity abilities of everyone involved so your programs, events, and activities can be ALL-INCLUSIVE.

DEMONSTRATE good habits. We all are our children's first teachers!

ALLOCATE PTA funds to promote health and wellness in your schools.

**STAY TUNED THROUGHOUT THE  
SCHOOL YEAR FOR TIPS, ARTICLES,  
PROGRAMS, GRANTS, AND MORE  
THAT WILL GUARANTEE OUR  
CHILDREN HAVE A**



**AND**



**Illinois  
PTA**

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P.O. Box 907, Springfield, IL 62705-0907 | 1-800-877-9617 | Fax: 217-528-9490

Email: [info@illinoispta.org](mailto:info@illinoispta.org) | Website: [www.illinoispta.org](http://www.illinoispta.org)