

Student Healthy Weight Program

Parent/Caregiver One Pager

Purpose and Background

The Student Healthy Weight Program provides severely obese children with education and behavior-modification services through the nurse and physical education teacher at the student's school.

School Nurse's Role:

- Serve as the link between the pediatrician and the school
- Serve as direct contact with student and parent on the nutrition education and sleep discussion topics
- Provide program updates to pediatrician and parents through student progress reports

Physical Education Teacher's Role:

- Serve as direct contact with student and parent on the physical activity and screen time education
- Provide student progress updates to pediatrician and parents through student progress reports

During Initial Visit with Pediatrician/Healthcare Provider

- Discuss with Pediatrician/Healthcare Provider concerns about your student's health
- Discuss the families "readiness to change" regarding lifestyle wellness with pediatrician/healthcare provider
- Discuss goals for wellness improvement with pediatrician/healthcare provider
- Review the student's referral prescription plan provided by the pediatrician
- Sign student consent form for participation in the program

After Initial Visit with Pediatrician/Healthcare Provider

- Return student consent form and the referral prescription to your student's school nurse
- Meet and discuss student/family program goals for nutrition, hydration and sleep with the school nurse
- Meet and discuss student/family goals for physical activity and screen time with physical education teacher
- Review the Parent Toolkit and Resources found on the [DHMH website](http://www.dhmdh.org/ProgramMaterials) under "Program Materials"
- Review the Nemours Children's Health System Wellness Plan entitled 5-2-1-Almost None that will be used as the educational component for the program. To access the site go to:
<http://www.nemours.org/service/health/growuphealthy/521almostnone.html>
- On this same home page parents/caregivers can access "Resources for Parents" in the center of the page. All the handouts for "Kids/Students" and "Parents" can be printed for follow-up in the home. The overview of the program is listed under "Our Formula"
- Additional information about the discussion topics that will be shared with your student can be found on the left side of the home page under "Growing Up Healthy".

Supporting your student with the school activities and initiatives

- Provide on-going support and encouragement to the student
- Discuss the Student Healthy Weight Program with your student. Explain program focus is on wellness education and developing healthy habits rather than just weight loss
- Collaborate with school nurse and physical education teacher regarding take home assignments such as nutrition logs, hydration logs, physical activity logs, sleep habits, and screen time awareness
- Review progress reports from school nurse and physical education teacher that are provided quarterly and discuss reports with student

At Follow-up Visits with Pediatrician/Healthcare Provider

- Discuss success stories and/or challenges concerning the program with your pediatrician/health care provider
- Discuss information regarding the nurse and physical education progress reports. Share student's progress concerning home activities from the nurse and physical education teacher connected to the Nemours 5-2-1-Almost None Program
- Discuss any additional supports needed for student and family success in the program