



The Rose Middle School  
Fitness & Nutrition  
Parental Involvement Pledge  
Master Copy  
Legal Paper 8 1/2 x 14!

# Sample Copy

**ProjectAppleseed**  
 THE NATIONAL CAMPAIGN FOR  
 PUBLIC SCHOOL IMPROVEMENT

**Rose Middle School  
 Fitness & Nutrition  
 Parental Involvement Pledge™**

**AS A PARENT, GRANDPARENT, OR CARING ADULT,** I pledge to support my child's participation in physical activities and healthy eating, to be an active role model, and to include healthy eating and physical activity in family events. I Pledge to:

- Exercise two hours each week with my child.
- Provide healthy food at home – for breakfast, lunch, snacks and dinner.
- Build my knowledge around healthy eating and being physically active.
- Develop skills for buying and preparing healthy food and engaging in physical activity.
- Teach my child the short- and long-term benefits of a healthy and active lifestyle.
- Participate in the development of a school wellness policy.



**THEREFORE AS A PARENT, GRANDPARENT, OR CARING ADULT,** I hereby give my pledge of commitment to help our community's children achieve a truly independent future. My declaration of responsibility and commitment to my public schools is stated in these five self-evident truths as spoken by President Woodrow Wilson:

- As Americans, we are the owners of the public school system.
- As owners, we bear a responsibility to participate in the system.
- Accountability for our public schools, their safety, and its employees and its funding rests with us and the rest of the system's owners.
- Our children's future depends on the improvement of the public schools.
- And this improvement depends on our participation.

Sample Copy

This is my commitment to \_\_\_\_\_ and our public schools.  
 Student Signature

\_\_\_\_\_  
 Parent, Grandparent, or Caring Adult  
 Signature



\_\_\_\_\_  
 Parent, Grandparent, or Caring Adult  
 Signature

**Cut And Keep This Top Half And Post It On Your Refrigerator Door As A Reminder.**

**To Pledge Return This Half To Your School Today!**



**I have pledged to support my child's participation in physical activities and healthy eating:**

Name: \_\_\_\_\_ E-mail Address \_\_\_\_\_

Postal Address: \_\_\_\_\_

City/State: \_\_\_\_\_ Zip: \_\_\_\_\_ Sch. District: \_\_\_\_\_

Phone Number #1 ( ) \_\_\_\_\_ Phone Number #2 ( ) \_\_\_\_\_

Child's Name: \_\_\_\_\_ School: \_\_\_\_\_ Grade \_\_\_\_\_

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2009-10