



Parent Activity Guide

150 Days of Family Engagement!

Project Appleseed
the national campaign for public school improvement

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September 2023

Dear Educators, Parents, Grandparents and Caring Adults:

Are you looking for ways to make a positive impact in your local schools and plant the seeds of school improvement? Look no further than Project Appleseed's 150 days of family engagement! Between National Parental Involvement Day in November and Public School Volunteer Week in April, we have more than four dozen family engagement activities, events, and strategies for every week in between – and any time during the school year!

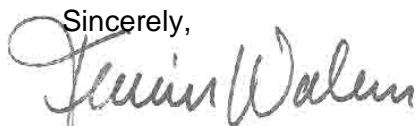
We invite you to join us and get involved in these engaging activities. By participating in Project Appleseed's 150 days of family engagement, you can help improve academic achievement and promote accountability in your local schools.

Since 1993, Project Appleseed has been an effective advocacy organization that engages public schools and families by mobilizing millions of volunteers. By working together, we can build responsibility and promote accountability in education. Our efforts have resulted in clear academic achievement increases that are directly linked to parental involvement.

As we approach the 29th Annual National Parental Involvement Day on November 16, 2023 and Public School Volunteer Week next April 22-26, 2024, we ask that your school recognize these important days and lend official recognition to the vital role that parents, grandparents, and caring adults play in school improvement. These days provide an excellent opportunity for our nation to demonstrate its support for parents and educate the public on the seriousness of family engagement in America's public schools.

If you have any questions or would like to learn more about Project Appleseed's Family Engagement Countdown, please visit our website or contact us at headquarters@projectappleseed.org or (314) 292-9760.

Thank you for considering this special request and for your commitment to improving education in our communities.

Sincerely,

Kevin Walker
President & National Director

Join Project Appleseed for 150 Days of Family Engagement Activities!

Project Appleseed aligns with the PTA's [National Standards for Family-School Partnerships](#), working to provide [training](#) and [resources to school leaders, families, and communities](#) to improve family-school partnerships. The National Standards for Family-School Partnerships are a set of guidelines created by the PTA to help improve the partnership between schools, parents, and other organizations to support student success. The Standards are based on the foundational research on the Six Types developed by [Dr. Joyce L. Epstein at Johns Hopkins University](#), upon which Project Appleseed's Six Slices of Parent Involvement were adopted in 1995. Project Appleseed goes beyond just implementing proven strategies. It's about fostering a culture of enthusiasm and excitement about parenting within the school and wider community.

A school activity is any activity that takes place within a school setting, whether it is related to academics or not. School activities can be organized by the school itself, by teachers, parents or by students. They can take place during the school day, after school, or on weekends. The purpose of school activities is to provide students with a well-rounded education and to help them develop skills and interests beyond the classroom. There are several reasons why a variety of [high-impact family engagement](#) activities are important for schools:

- **Improved academic outcomes:** Research has shown that students tend to perform better academically when their families are actively involved in their education. This is especially true for students from [disadvantaged backgrounds](#), who may not have the same resources and support at home as their more affluent peers.

- **Improved communication:** Family engagement activities can help to improve communication between schools and families, which is crucial for ensuring that students have the support they need to succeed.
- **Stronger relationships:** Family engagement activities help to build strong relationships between schools, families, and communities. When families feel connected to their child's school, they are more likely to be involved in their education and to advocate for their child's needs.
- **Increased involvement:** Family engagement activities can help to increase the overall level of involvement among families. This can include participation in school events, volunteering, and decision-making processes.



Six Slices of Family Engagement

Project Appleseed is aligned with Joyce Epstein's Framework of Six Types of Parental Involvement and the updated PTA National Standards for Family-School Partnerships



Six Slices of Family Fun!

By celebrating and prioritizing the crucial role of families in their children's education, we can inspire and mobilize the entire community to help every student succeed! Plant the seeds of school improvement in your local schools with activities for your families every week of the school year! We have compiled four dozen family engagement activities, events and strategies with a focus on the 150 days between National Parental Involvement Day in November and Public School Volunteer Week in April.

Slice 1: Welcome All Families

Activity 1. Parental Involvement Toolbox

Unlock the potential of parent engagement in your school community with the [Family Engagement Toolbox](#). Our comprehensive program is designed to help schools mobilize [high-impact family engagement](#) to improve student outcomes. Each toolbox includes a branded [Parent Engagement Pledge](#) and [Parent Engagement Report Card](#), tailored to your school's logo. Our research-based and effective model meets district, state and [Title I ESSA](#) mandates and helps schools organize parent responsibility effectively. Events and Activities: [National Parental Involvement Day](#) & [Public School Volunteer Week](#), to increase the involvement of the parents in the school community. The [Red Carpet Treatment](#) - Welcome Atmosphere Walk-Through, to create a welcoming environment for parents and students.



NYS Education Department
@NYSEDNews

Today marks the beginning of Project Appleseed's Family Engagement Countdown! Find family engagement activities, events, and strategies for every week of the school year: [@pledgeappleseed](https://projectappleseed.org/activities)



8:00 AM · Nov 18, 2022

2 Retweets 7 Likes

Activity 2. Metrics: Schools that Count

Schools can count the number of parent and family volunteers by using a standard hourly rate to calculate the value of the time contributed by parents and families. The average value of volunteer time is \$29.95 an hour. This is based on the Independent Sector's value of volunteer time, which is an annually updated estimate of the average hourly value of volunteer time in the United States.

By tracking the number of volunteer hours contributed by parents and family members and multiplying that number by the hourly rate, schools can estimate the monetary value of the time these volunteers have donated to the school. For example, if a parent volunteers for 10 hours in a month, that would be equivalent to a donation of nearly \$300 based on the hourly rate of \$29.95.

Reporting these metrics can be an important indicator of [family engagement](#) because it demonstrates the level of support and involvement that families are providing to the school. This information can be useful in measuring the impact of family engagement programs and identifying areas where additional support or resources may be needed to increase family involvement.



It's Public School Volunteer Week! Nearly 5,000 BSD volunteers serve as classroom support, coaches, field trip chaperones and much much more. Thank you for all the ways you continue to support our schools.
[#PublicSchoolVolunteerWeek](#)
[#LetsBeThankful](#)



11:01 AM · Apr 18, 2022

1 Retweet 3 Likes

By encouraging parents to take the [Parent Engagement Pledge](#), schools can increase the number of volunteers and the total value of volunteer time contributed. This can have a positive impact on the school community, as it fosters a sense of collaboration, shared responsibility for the success of the students and accountability for all.

Activity 3. The Red Carpet Treatment!

Welcome families to your school with the [Red Carpet Treatment](#), an innovative tool designed to create a more welcoming environment for all families. As part of the [Family Engagement Toolbox](#), the Red Carpet Treatment is a family-friendly walk-through process that brings educators, parents, community members, school board members, and administrators together to identify ways to improve the school for families.

By taking the time to walk through the school and consider how it looks and feels through the lenses of all families, including parents of children with disabilities, you can create an environment that truly welcomes and supports every family. This toolkit provides a step-by-step guide to conduct the walk-through, and the checklists and questions to use during the process.

Activity 4. Breakfast or Coffee & Pastries

Host an event to announce a [new PTA](#) or to boost membership in your PTA. The PTA is a key organization to connect parents, especially new parents to your school with other parents and community members.

- Set up tables to [welcome families](#) and community members to your school. Make available membership forms to enroll new PTA members.
- Make special name tags for members that say, "Ask me about the PTA" or "Join the PTA Today."
- Provide "Welcome Bags" with school information, PTA brochures, and goodies gathered from local businesses or organizations. Include a bookmark with the dates of PTA meetings and special PTA sponsored school events.

- Have a chart with a list of volunteer opportunities so parents can [take the Pledge](#) and sign up to help. Man the table with a volunteer to encourage sign-ups!



#DHSParents tomorrow is National Parent Involvement Day! Please make plans to come and visit our Family/Parent Center to see all the ways that you can be involved in your students' education. Open house is from 7am-1pm Thursday, November 15
#WildcatPride 🐾❤️🐾 #WeLoveOurParents



8:00 PM · Nov 14, 2018

1 Retweet 1 Like

Activity 5. Celebrate Dads' Involvement

One way to engage fathers and male role models is through "Donuts for Dads" events. Invite fathers and other male role models to come to the school for a morning treat and a chance to spend time with their child in the classroom. Encourage teachers to plan activities for fathers to participate in alongside their children, such as [reading a book together](#) or working on a craft project.

Not only will this create a positive and fun atmosphere for the students, but it will also give fathers an opportunity to see firsthand the work their children are doing and how they can support their learning at home. Be sure to promote the event through flyers and social media, and also reach out to local media outlets to get the word out to the community.



Jocelyn Scruggs
@jsillas14

@MunseyBCSD held a very successful Donuts with Dads on National Parent Involvement Day. Over 200 dads and students joined in for an engaging and fun morning on why DADS MATTER presented by @BcsdYss Mr. Tyson and Mr. Lewis Neal #teamBCSD #MunseyStars #Area1



11:12 PM · Nov 17, 2022

1 Retweet 3 Likes

Activity 6. Game Night: Family Engagement Game for Change

The [Family Engagement Game](#) is an effort, whether online or in-person, to invite meaningful discussion and create a rich learning experience that evokes participation and problem-solving from all learners. The purpose of [gaming](#) is to allow practitioners opportunities to collaborate, reflect, try out new ideas, and take risks in a space that is both fun and safe. When designed within the lens of professional development, games provide an opportunity for co-creating learning experiences that capitalize on practitioners' diverse expertise. From the [Global Family Research Project](#).

You can also ask families to bring their favorite board games to play together. You might also call local stores to donate games for this event. Provide a light dinner or dessert night. Some easy and fun ideas are any type of card games (Uno, Go Fish, War, etc.), Pictionary, Charades, Dominoes, Connect 4, etc.

Activity 7. International Parent Potluck

Culturally and linguistically responsive family engagement practices recognize and respect the cultural and linguistic diversity of families, and aim to create a [welcoming](#) and inclusive environment that encourages parental involvement in their children's education.

When educators and schools use culturally and linguistically responsive family engagement practices, they demonstrate an understanding and appreciation of families' cultural backgrounds and linguistic needs. This, in turn, can help to build trust and create stronger relationships between families and schools, which can lead to increased parental involvement.

For example, when schools provide materials and resources in families' native languages, parents who may not be fluent in English are better able to understand the curriculum and [communicate](#) with teachers.

When schools host events and activities that reflect the cultural backgrounds of families, parents feel more comfortable and are more likely to attend. In addition, when schools engage in two-way communication with families, actively seeking input and feedback, parents feel valued and are more likely to become partners in their child's education. This can lead to increased parent-teacher communication and collaboration, which has been linked to improved academic achievement and higher rates of school attendance.



KCPS
@kcpublicschools

...

Language Services and Cultural Equity hosted their Annual International Parent Potluck on Thursday, Nov. 17, 2022, on National Parent Involvement Day. It was wonderful to be with our families @KCPS_Northeast after a two-year hiatus!

More photos: ow.ly/yitc50LzGb



2:01 PM · Nov 23, 2022

3 Likes

Slice 2: Communicate Effectively

Activity 8. Host an [open house](#)

Hosting a successful [school open house or parent night](#) is a great way to connect with the parents of your students, familiarize them with your teaching style and classroom, and let them know what you expect from their children in the coming year. Additionally, it's an excellent opportunity to get parents involved with the school and [volunteering](#). However, since open houses and parent nights typically have limited time, it's important to plan!

Activity 9. Home-to-School, School-to-Home Communication

Promote parent engagement in school activities by creating opportunities for [open communication](#) and feedback. Encourage parents to share their thoughts and suggestions on school-related topics through various channels, such as suggestion boxes, surveys, focus groups, and online forums. Make it easy for parents to connect with the school and have their voices heard by providing clear and accessible ways for them to share their input. By actively seeking out and valuing parent feedback, schools can work towards creating a more inclusive and responsive environment for students and families.

Activity 10. Parent Checklist

Take the first step towards improving your school's parent-school partnerships with Project Appleseed's [Parental Involvement Checklist](#). This valuable resource, available on our website, is designed to help you evaluate your school's current efforts to reach out to parents and identify areas for improvement.

The checklist guides you through key questions to help you understand the effectiveness of your partnerships practices at each grade level. It also helps you identify which practices are working well and which need improvement or should be added. Additionally, it encourages you to think about the long-term goals for your school's family involvement practices, and how you envision them to look in three years from now.

Activity 11. Reaching Out to Parents Over Brown-Bag Lunches



Berry Jaguars
@berryjaguars

...

National Parent Involvement Day was a success! "Parent Lunch Bunches" at every grade level! Good food, great conversations, and most of all, happy children!



7:37 PM · Nov 17, 2022

2 Retweets 16 Likes

Bringing together parents, community members, and school administrators over a [brown-bag lunch](#) is a great way to foster better relationships and keep everyone informed. By inviting parents and community members to these informal gatherings, school administrators can gain valuable insights into the community and improve relations with parents.

Superintendents and principals have found that brown-bag lunch chats are an effective public relations program that provides an opportunity to give the school's perspective on issues and provide factual information. The informal setting allows for open and honest conversations and helps to [break down barriers](#) and build stronger connections between the school and community.

So why not try it out in your school or district? It's a simple, yet effective way to improve [communication](#) and understanding between the school and community. Reach out to parents and community members and invite them to a brown-bag lunch chat, and see the positive impact it can have on your school and district."

Activity 12. Evaluate Your Efforts!

The five-item [Parent Perceptions of Overall School Experiences Scale](#) is a brief, universal measure of parents' perceptions of their overall experiences with their children's schools. Schools, parents, and community members may use this measure to assess parents' needs and to advocate for necessary programmatic changes that serve parents and their children.

Provide open lines of [communication](#) for receiving comments and suggestions from parents on school related topics, and build the school's capacity to route this information to the intended persons. Establish multiple mechanisms for gathering opinions from parents, students, and teachers, such as on-site suggestion boxes, annual parent surveys, random-sample parent phone surveys, parent/teacher focus groups, and school-sponsored parent blogs.

Activity 13. Brand and Communicate Your School's Event

Create a unique name for your [National Parental Involvement Day & Public School Volunteer Week](#) event that represents your school or community. For example, in Topeka, you could name the event "Topeka Parental Involvement Day" and "Topeka Public School Volunteer Week". Utilize different forms of [communication](#) to keep parents informed about health-related topics and events, such as flyers, memos, banners, signs, door hangers, newsletters, report cards, progress reports, postcards, letters, monthly calendars of events, websites, web boards, text messaging and email messages.

Slice 3: Support Student Success

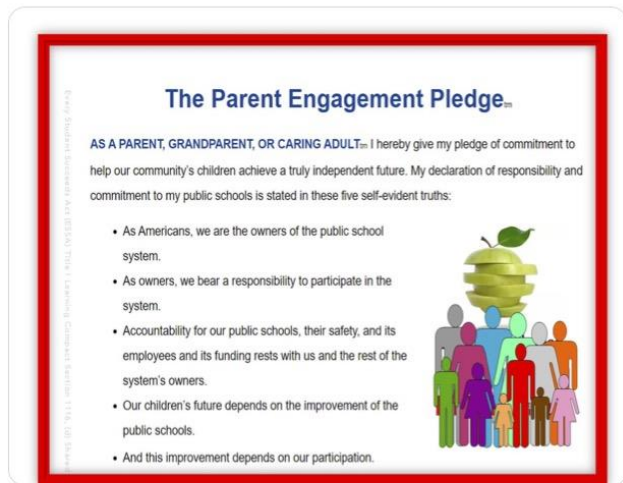
Activity 14. Getting Started Ask Families to Take the Pledge!



Sweetwater Middle School
@SweetwaterMidd2

...

Happy National Parent Involvement Day! Take a minute and take the Pledge!



11:53 AM · Nov 17, 2022

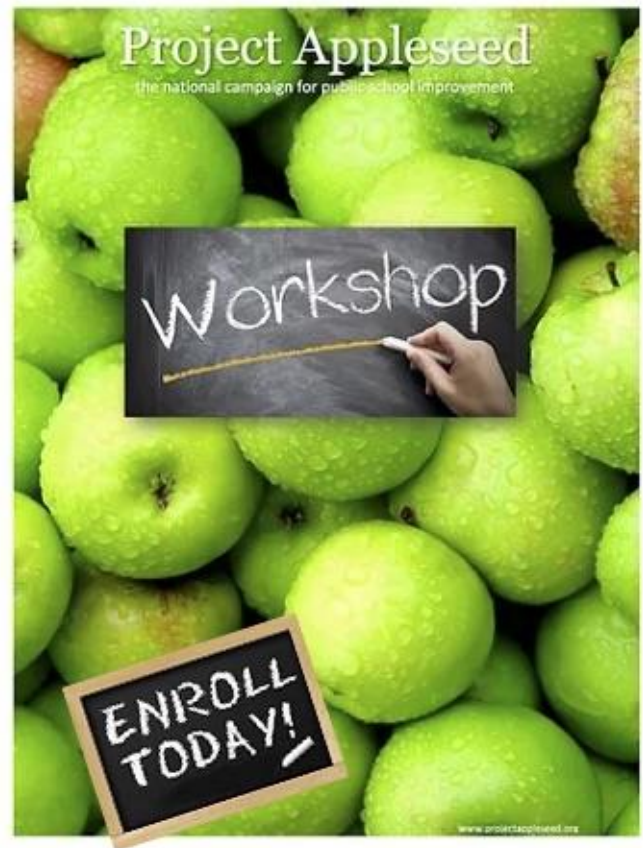
3 Likes

Our comprehensive [Parent Engagement Pledge](#) asks parents to volunteer 10 hours each in their local school and spend 15 minutes each night reading with their children, creating a positive impact in the education of their children. But the benefits don't stop there, by distributing the pledge to parents during [parent-teacher conferences](#) or [teacher home visits](#), you can achieve a response rate approaching 80%. But the real value comes from the economic impact of the pledge. According to U.S. Department of Education data, [43% of K-12 parents volunteer at school](#). Independent Sector has announced that the estimated value of a volunteer hour in the United States reached [\\$29.95 in 2022](#). That means, that each parent who takes the Parent Engagement Pledge is generating \$300.00 in volunteer impact. Imagine the impact if 43% of the families in your community volunteered in your schools by taking the pledge! That's an impact of over \$100,000 for your school. The cost of the pledge is only \$400.00 for a [Family Engagement Toolbox](#), a small price to pay for such a significant impact on your school community.

Activity 15. Parental Involvement Report Card: Gather Family Opinions

Project Appleseed offers the [Parental Involvement Report Card](#) as a self-assessment tool to help parents evaluate their involvement in their child's education. The report card, consisting of 30 questions, can serve as a guide for parents to identify ways they can support their child both at home and at school. Schools can easily distribute the report card to all families by purchasing

Project Appleseed's Parental Involvement Toolbox. This tool is an excellent way to encourage parents to be more involved in their child's education, and it's a simple and easy way to get started.



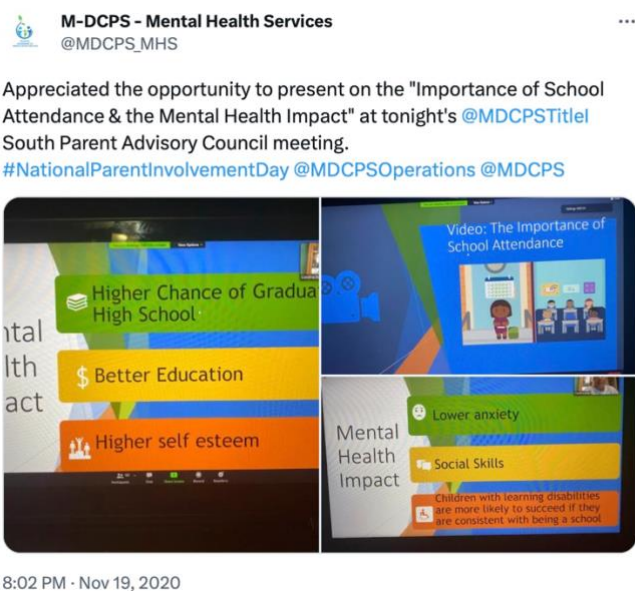
Activity 16. Traveling Family Engagement Workshop

Promote Project Appleseed's family engagement [workshops](#) for schools. Our expert, [Kevin Walker](#), will lead the training and provide evidence-based strategies for involving parents in their child's education.

From [teacher home visits](#), [parent-teacher conferences](#) to volunteer opportunities, learn how to effectively communicate and collaborate with families to improve student success. Utilize our resources, such as the [Parent Engagement Pledge and Inventory of Volunteer Interests](#), to tailor activities and involve parents in unique ways. Sign up for our workshops now to strengthen family-school partnerships in your community.

Activity 17. Attendance and Mental Health

We are excited to invite you to our upcoming Parent Advisory Council event, where we will delve into two



crucial topics: attendance and mental health. Join us on National Parental Involvement Day as we explore strategies to support our children's well-being.

During this engaging session, expert speakers will share insights on how attendance positively impacts academic success and overall development. We will also discuss practical ways to address barriers to regular attendance and strengthen our children's commitment to their education.

Furthermore, we will shed light on the vital topic of mental health, providing guidance on recognizing signs of distress, fostering resilience, and accessing resources available within our community. Your voice matters, and we value your input! Join us to collaborate, share experiences, and collectively create a supportive environment for our children. Together, let's empower our children to thrive academically and emotionally!

Activity 18. Family Math Night

This event is designed to promote engagement between parents and children, and the games are suitable for all ages, ensuring that everyone can participate. Whether you are at home or at school, you can enjoy these games and help your child learn in a fun and engaging way.

So come join us for a Great Day of games and celebration, as we recognize the importance of parental involvement in education. Let's make this [National Parental Involvement Day](#) one to remember!

Activity 19. Celebrate Reading

Make reading a fun and engaging part of everyday life with [National Parental Involvement Day & Public School Volunteer Week](#) activities that promote community literacy. Whether you organize storytelling nights, invite guest authors and poets to share their work, create read-aloud programs, host book fairs and drives, or plan family literacy nights, there are many ways to encourage reading and learning in your community.

One great way to get students excited about reading is to involve older students as reading tutors. Partner with local colleges and universities to recruit work-study students and other college students as reading tutors. This not only provides valuable support for younger students, but it also helps to promote a culture of reading and learning within the community. Encourage older student groups such as Girl Scouts to volunteer as reading tutors and make a positive impact on the learning of the younger students.



Activity 20. Bedtime Story Night

Calling all young dreamers and storybook enthusiasts! We are excited to invite you to an unforgettable evening filled with captivating tales and cozy bedtime fun.

Here's what's in store for you:

- Bedtime stories: Our talented teachers and special guests will bring beloved stories to life, transporting you to magical worlds and igniting your imagination. Interactive performances: Watch as characters from classic fairytales step right off the pages and into our school, captivating young and old alike.
- Craft activities: Unleash your creativity with fun crafts inspired by the stories you hear, allowing your imagination to soar even further.
- Milk and cookies: No bedtime routine is complete without a sweet treat! Enjoy milk and cookies as a delightful bedtime snack.



Grace England ECC
@GraceEngKISD

Bedtime Story Night had great information and stories last night
@KleinISD @KleinISDBret #NationalParentalInvolvementDay



2:57 PM · Nov 18, 2016

5 Likes

Activity 21. Shine-A-Light Night

Discover the vast array of [extracurricular opportunities](#) available to students and families at our school and in the community at an Extracurricular Showcase event! From sports teams and cheer groups to band, chorus, clubs, robotics, dance, drama, after-school programs, and community partnership services and resources, this event is the perfect way to explore all of the ways students can develop their interests and talents beyond the classroom.



U.S. Department of Education
@usedgov

Every student deserves access to high-quality out-of-school time programs. Parents & families can find local programs, tips for keeping children active & engaged, & useful guides here:
engageeverystudent.org/resources/ #EngageEveryStudent #NationalParentalInvolvementDay



2:20 PM · Nov 17, 2022

11 Retweets 1 Quote 23 Likes

Experience firsthand demonstrations of sports teams, cheer groups, band and chorus performances, robotics demonstrations, dance and drama performances, and more. Learn about the various clubs and after-school programs offered, and discover the community partnership services and resources available to support student growth.

Activity 22. Mentoring and Tutoring

Reach the potential of students of all ages with a [Community Mentoring Program](#)! This program connects parent volunteers and college students with high school and middle school students, who in turn mentor elementary school students. The mentoring program offers a wide range of activities such as learning math and science, visiting museums, participating in community service, recreational activities like a mentor basketball league, and providing tutoring and homework help.

Through this program, students will have the opportunity to gain valuable skills and knowledge from experienced mentors, who can help guide and support them in their academic and personal growth. The program is designed to give all students the resources they need to succeed, and it is a great way for parents, college students and high school students to give back to the community.

Activity 23. Offer Variety

Incorporate a diverse range of volunteer opportunities to involve parents in different activities. Encourage parent volunteers to showcase their skills and talents by leading engaging and fun activities during lunchtime, weekends, and after-school. These activities could include leading walks, games, and exercise programs such as dance, cheerleading, karate, aerobics, and yoga. Utilize the expertise of parents in fields such as personal training or gardening to organize health fairs or create school gardens. The possibilities are endless with Project Appleseed's [Parent Engagement Pledge and Inventory of Volunteer Interests](#).



Los Angeles Unified Celebrates
NATIONAL FAMILY INVOLVEMENT DAY

There are multiple ways to engage from home and at school

- Parent Portal
- Volunteer
- Homework Support
- School Site Council
- English Learner Advisory Committee
- Workshops and meetings

LOS ANGELES UNIFIED SCHOOL DISTRICT
STUDENTS AT THE CENTER

Activity 24. Come to School with Your Student Day

National PTA's [Take Your Family to School Week](#), celebrated Feb. 13–17, 2023, is designed to provide families with an opportunity to get more involved in their child's education and strengthen their partnerships with teachers and administrators. The timing of the week honors [the day PTA was founded](#), Feb. 17, 1897. This event, commonly known as "Bring Your Parent to School Day" or "Take Your Parent to School Day," provides an opportunity for parents and caregivers to gain a deeper understanding of their child's daily school experience and to see firsthand the teaching and learning taking place in the classrooms.

Activity 25. Issue A Proclamation!

Make your National Parental Involvement Day and Public School Volunteer Week events stand out with official recognition. Reach out to your school board, mayor, city council, state representative, or governor to request a [proclamation](#) celebrating Project Appleseed's National Parental Involvement Day (Third Thursday in November) and Public School Volunteer Week (Third Week of April). This official recognition will not only highlight the importance of parental involvement in your schools but also bring attention to your event and make it more meaningful for your community.

Activity 26. TikTok Gratitude Contest

Dallas ISD is celebrating Nov. 17, National Parent Involvement Day all week long with events hosted by the Family and Community Engagement department. It's important that our parents feel valued and below are ways students can highlight the powerful contributions that parents and guardians provide at school and at home to support student success.

Monday, Nov. 14: Facebook Live Appreciation – Parents are invited to join us on [Facebook Live](#) at 9 a.m. for a special message from Superintendent of Schools. Dr. Stephanie Elizalde and the Trustees as they share their gratitude for parents.

Tuesday, Nov. 15: Crazy Sock day – Students and staff are allowed to wear crazy socks.

Wednesday, Nov. 16: I'm Thankful For My Parents Because....?

Elementary: Students are asked to **bring a picture of their parents/caregivers** and write down reasons why they are thankful for their parents.

Secondary: Enter the **Family and Community Engagement TikTok contest** to show how grateful we are for our parents/caregivers by creating a TikTok. Upload your video using the hashtag #DISDPARENTS. The most creative video will have a chance to win a prize.



Thursday, Nov. 17: Drive-Thru Greetings – At drop-off or pick-up faculty, staff and students are invited to create signs or posters and use streamers or other decorations to celebrate parents. Campuses can gift parents snacks or treats to show their appreciation as well.

TikTok Challenge Rules:

The TikTok challenge is only open to secondary Dallas ISD students. All submissions must follow guidelines and will be judged on originality and creativity. Use the hashtag #DISDPARENTS to enter.

- TikTok must be focused on thanking parents/guardians.
- TikTok length: 30-to-60-second video.
- Appropriate sound: No profanity or inappropriate language.
- Appropriate skit/dance/appearance: no inappropriate gestures or clothing.

Activity 27. A Comprehensive School Physical Activity Program (CSPAP)

The school leaders can improve the overall school environment by strengthening the connection between school-based physical activity, the social and emotional climate, and social and emotional learning.

School leaders can:

- Recognize the value of physical education and physical activity for [health](#), enjoyment, challenge, self-expression, and social interaction.
- Support physical activity integration in the classroom to reinforce what is taught in physical education and give students a chance to practice their new knowledge and skills. Offer daily recess for free play and socialization which are important for building connections with other students.
- Encourage teachers and staff to model active lifestyles and strengthen relationships with students by being physically active during the school day with students.
- Promote equitable access to physical activity by [communicating](#) to parents, teachers, and staff about free and low-cost activities that can be done at home and resources in the community that don't require extra equipment or facilities to be physically active.
- Partner with local government to create shared-use agreements to allow public access to school facilities, such as gymnasiums, playgrounds, running tracks, and sports fields.
- Implement policies that prohibit using physical activity as punishment (running laps) or withholding opportunities for physical activity as a form of punishment (not allowing students to participate in recess).



Larry Perez
@PerezLarryG

Happy National Parent Involvement Day. CATCH Night & Parents Teachers game @HartElemAISD was a blast! 🎉 Thank you @Ruben_PizarroS 🙌 for being the best play-play-announcer 🙌 @APFMartinez4



8:32 PM · Nov 17, 2022

2 Retweets 1 Quote 12 Likes

Activity 28. Family Fitness Night

Join with families to identify health promotion projects in the community that could involve parents. For example, invite family members to participate in [physical activities](#) at school or in the community, such as runs or walkathons. Kick off National Parental Involvement Day & Public School Volunteer Week with a [special welcome](#) for new students and families in the community. Host discussions about how parents can support [healthy behaviors](#) at home. Such discussions might be held at [open houses](#) and [back-to-school nights](#), at parent meetings, and during [parent-teacher conferences](#).

Reaching students with the message about the importance of fitness isn't enough. Go for the gold with events designed to bring in students and their families too. Involve the Physical Education teachers to plan physical activities in the gym like karate, kick-boxing, aerobics, dance, yoga, Pilates, hip hop, Zumba, and body sculpting. In the main hallways provide information tables work with a local community clinic to bring their bus and provide free health screenings for families. Especially popular with students are the opportunities to try physical activities.

Activity 29. Promote Healthy Behaviors

Suggest ways parents can make family outings fun learning experiences and promote healthy behaviors (e.g., picking fruit or hiking). Ask parents to engage their children in health-related learning experiences, such as cooking dinner and packing lunch together, shopping for healthy foods, and reading labels on over-the-counter medicines.

Our partner at the Centers for Disease Control and Prevention (CDC) joined with Project Appleseed to release resources on parent engagement in school for the 18th annual [National Parental Involvement Day](#).

The guides are provided as a free tool in the [Parental Involvement Toolbox](#). Drawing from research and best practices from schools across the country, the CDC collaborated with key partners to create the strategies found in [Parents for Healthy Schools](#) to give schools a framework for parent engagement. There are three aspects of the parent engagement framework:

- Connecting with parents thru the [Parental Involvement Pledge](#) learning compact.
- Engaging parents in school health activities.
- Sustaining parent engagement in school health.

Slice 4: Speak Up for Every Child

Activity 30. Parent Involvement Policy Meeting

Promote the creation of a [parent involvement policy](#) within your school or district. Begin by implementing Project Appleseed's [Parent Engagement Pledge](#), a [Title I](#) learning compact that clearly [communicates](#) the school's commitment to involving families and the community in the education of their children. Establish a parent resource center as a hub for families to access information on relevant topics, connect with one another, and interact with school staff. This center can serve as a valuable resource for promoting and facilitating ongoing parent involvement.

Activity 31. District Advisory Council

Join our District Advisory Council and be part of the decision-making process. Together, we can strengthen the family's voice and create policies that benefit our children and community. Let's build strong connections and raise concerns together. #SharedDecisionMaking



@josephedison

How fitting that the @MDCPS Title I District Advisory Council general meeting falls on National Parental Involvement Day.

Looking forward to seeing hundreds of parents pack @hghs_gladiators this evening. Honored to be your chair.

#mdcps
#NationalParentalInvolvementDay

7:17 AM · Nov 15, 2018

1 Repost 6 Likes

Activity 32. Start PTACHapter

Whether you are a parent, caregiver, school official or community leader, [starting a PTA](#) in your community is easy! Each local PTA is a member-led and member-run independent association providing programs, activities and services to support its members and community. All PTAs are established to achieve PTA's mission. All PTAs must comply with local, state and federal laws and regulations.

Local PTAs are connected to their state PTA, at times a district, council or region PTA within the state and National PTA. These connections form a nationwide network of millions of members working on behalf of all children and youth. PTA is flexible ... There are a number of different types of PTAs. #FamilyEngagement
Note: This single social media post can be shared across platforms, such as Facebook, Twitter, or Instagram, to reach a wider audience.



Jolliff Middle School
@JolliffMiddle

Our dynamic PTA Board is always working for Jags! From awarding schol. awards to graduating former 🐾 to welcoming new Jags & prepping for the 8th gr dance... they PRESS to make JMS a great place to grow & thrive! #thankyou #PublicSchoolVolunteerWeek #engageCPS #serviceistheirJAM



9:58 PM · Apr 18, 2023 · 200 Views

Slice 5: Share Power

Activity 33. PTO Informational Meeting

We are thrilled to invite you to our upcoming PTO (Parent-Teacher Organization) Informational Meeting, coinciding with the celebrated National Parental Involvement Day. Join us on the third Thursday in November to learn more about the exciting initiatives and opportunities available to actively engage in your child's education.

During this informative session, we will discuss the crucial role of parental involvement in fostering a



Kinloch Park Elem.
@KinlochParkElem

...

Parent Teacher Organization Informational Meeting @KinlochParkElem
#NationalParentalInvolvementDay



1:09 PM · Nov 17, 2022

supportive learning environment. You will gain insights into how you can contribute to school activities, volunteer for events, and participate in decision-making processes that directly impact your child's education.

Moreover, we will highlight the various committees within our PTO, providing a chance for you to connect with like-minded parents who share your passion for creating a thriving school community. Your involvement is invaluable! Join us to learn, connect, and make a difference in your child's educational journey.

Secure your spot. Together, let's celebrate National Parental Involvement Day and strengthen our partnership for the benefit of our children.

Activity 34. Inventory Volunteer Interests

Promote parent involvement by utilizing Project Appleseed's tools. Assess the unique skills and interests of your parent volunteers using the Inventory of Volunteer Interests. Encourage them to lead engaging activities during lunchtime, weekends, and after-school. From leading walks and games, to teaching dance, cheerleading, karate, aerobics, yoga and more, the possibilities are endless. Utilize the expertise of parents in fields such as personal training or gardening to organize health fairs or start school gardens. Make a positive impact on students' lives by utilizing Project Appleseed's [Parent Engagement Pledge and Inventory of Volunteer Interests](#).



Santa Fe ISD
@SantaFeISD

...

💚💚 It's Parental Involvement Day! 💚💚

We have several opportunities for parents and family members to get involved and volunteer in Santa Fe ISD!
Contact your child's campus to see how you can volunteer!

#NationalParentalInvolvementDay #santafeisd #ourvolunteersrock



1:43 PM · Nov 17, 2022

1 Retweet 1 Like

Activity 35. Title I Meeting

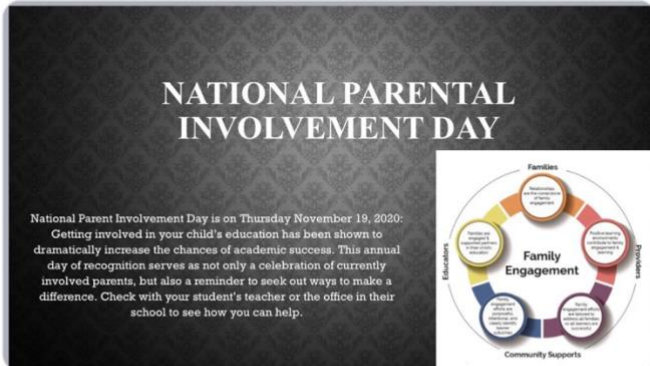
Attention all parents and guardians! Join us for our



National Parental Involvement Day is on Thursday November 19, 2020.



This is also the day of HCCA's Annual Title 1 Meeting for all of our families. Stay involved with your children 🐝
[#nationalparentalinvolvementday](#)



10:17 PM · Nov 15, 2020

5 Reposts 8 Likes

Annual Title I Family Engagement Meeting, where your voice matters! 👤 Let's shape the future together and create a parent involvement policy that supports our students' success. At this meeting, we'll discuss important topics such as building a strong community, effective communication strategies, supporting student achievement, amplifying your voice, sharing power, and collaborating with the wider community. Your active participation is crucial in shaping our school's family engagement initiatives. Together, we can create an inclusive and vibrant learning environment for our children. Mark your calendars, spread the word, and make sure to attend this valuable event! We can't wait to hear your ideas and insights!

Activity 36. Walk and Roll to School

Strap on your helmet and lace up your shoes. National Bike & Roll to School Day is May 3, 2023, and [registration](#) is now open. Bike & Roll to School Day invites participants to celebrate the joy of active commuting while building a sense of community and school spirit. Whether addressing the need to make routes to school safer for active trips or encouraging children and teens to be more active, these [events can be powerful tools to inspire lasting change](#). Of course, they are also fun!

While May 3 is this year's official date, communities are welcome to celebrate any day in May that best fits their schedules. [Register today to join the movement!](#)

Activity 37. Town Hall Meeting

Calling all parents and guardians! Mark your calendars for an empowering event that you won't want to miss! Join us for a special School District Town Hall Meeting on National Parental Involvement Day! This is your chance to actively engage and make a difference in your child's education! We value your input and want to hear your ideas, concerns, and suggestions about our school district.

Share your thoughts on curriculum, extracurricular activities, parental involvement programs, and more.



Thanks for joining us for [#NationalParentalInvolvementDay](#) at the [@DuncanvilleSD](#) Town Hall Meeting!



8:31 PM · Nov 17, 2016

Let's work together to create a supportive learning environment for our children!

Don't miss this opportunity to connect with other parents, educators, and community members who share your passion for education. Together, we can shape the future of our school district!

Be heard, be involved, and be a part of something great. We look forward to seeing you at the School District Town Hall Meeting on National Parental Involvement Day! Please spread the word and bring a friend. Together, let's make a positive impact in our children's lives!

Slice 6: Collaborate with Community



Activity 38. Strengthening Collaboration

Learn how to collaborate with your community with the PTA Virtual Town Hall on the updated National Standards for Family-School Partnerships. Tune in to discover how using the National Standards for Family-School Partnerships can enhance your efforts to help children and communities thrive. Hear about the latest updates to the [National Standards for Family-School Partnerships](#), discover our newest resources, and learn directly from leading researchers and practitioners in the field. [Access it here on YouTube](#).

Activity 39. Action Planning

Hilliard Elementary School Community, is thrilled to share some fantastic updates from @Hilliard_ES! Our recent School Climate Survey results are in, and we are grateful for the invaluable feedback received from parents. With your input, we have developed an action plan to further enhance our school climate and ensure an optimal learning environment for our students.

We extend our heartfelt appreciation to @MoultryEdrick and our dedicated campus staff for their excellent effort and unwavering commitment in implementing the action plan. Together, we are making a positive impact on our school community. As we celebrate National Parental Involvement Day, we want to express our gratitude for your continued support and engagement. Your involvement is instrumental in shaping the educational experience of our students. We encourage you to join us in upcoming events and initiatives to foster a strong partnership between home and school. Stay tuned for more updates and exciting opportunities to make a difference at @Hilliard_ES!

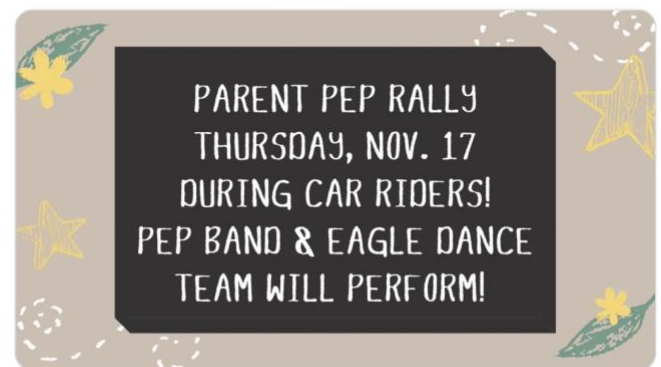
Activity 40. Issue A Proclamation!

Make your National Parental Involvement Day and Public School Volunteer Week events stand out with official recognition. Reach out to your school board, mayor, city council, state representative, or governor to request a [proclamation](#) celebrating Project Appleseed's National Parental Involvement Day (Third Thursday in November) and Public School Volunteer Week (Third Week of April). This official recognition will not only highlight the importance of parental involvement in your schools but also bring attention to your event and make it more meaningful for your community.



Carver Road Middle
@CarverRoadMS

#nationalparentalinvolvementday If you want to stop and listen or watch, please don't hold the line up.... You can park and walk over to listen :) We will also be live on Facebook for everyone else! Tune in around 3:30 pm for all the fun 🎉🎊



1:57 PM · Nov 17, 2022 from Georgia, USA

Activity 41. Organize a rally or a parade

Unite your community and showcase the importance of family engagement by organizing a rally or parade. Bring together families, educators and community leaders to [celebrate the impact of parental involvement](#) on student success. A steering committee of various community and school leaders, such as the school superintendent, mayor, school board members, city council members, local business leaders, and representatives from organizations like the Chamber of Commerce, YMCA/YWCA, United Way, Boys and Girls Club, Kiwanis and Rotary Clubs, and Urban League can help plan and execute a successful event.

With their input and support, the rally or parade can reflect the needs and interests of the community, and create a fun and interactive way to involve families and [promote the importance of family engagement](#). By bringing together families, educators, and community leaders, a rally or parade can create a sense of unity and collaboration towards the success of students.

Activity 42. Awards

Promote parental involvement by recognizing and honoring those who have made significant contributions to education in your community. Host a special ceremony to present awards to parents, community



It's Pre-K Beautification Day! Thank you to our awesome Pre-K team and parent volunteers who volunteered their time to make our outdoor space and beautiful place to work and play! [#PublicSchoolVolunteerWeek](#)



12:07 PM · Apr 21, 2023 · 247 Views

1 Repost 7 Likes

leaders, and local government officials who have demonstrated a strong commitment to supporting students and families. Consider categories such as

"Outstanding Parent Involvement," "Community Partner of the Year," and "Government Official of the Year."

By highlighting the positive impact of these individuals, you can inspire others to get involved and make a difference in the lives of students. Don't forget to share the event and the awardees on social media to show appreciation and recognize their contributions.

Activity 43. Pre-K Beautification Day

A pre-K beautification event is a fun and engaging activity that involves parents and their pre-kindergarten children in sprucing up their school environment. During the event, parents and students work together to plant flowers, paint murals, and clean up the school grounds. This collaborative effort fosters a sense of community and ownership, as parents and students take pride in their school and work to make it a beautiful and inviting place. The event can also serve as an opportunity for parents to meet and socialize with each other, and for children to learn about the importance of caring for their environment.

Activity 44. Involve Parents in School Health

Promote a healthy school environment by involving parents in school health activities. Utilize resources such as CDC's [Parent Engagement: Strategies for Involving Parents in School Health](#) and [Promoting Parent Engagement in School Health: A Facilitator's Guide for Staff Development](#) to develop a plan for engaging parents. These resources provide evidence-based strategies for connecting, engaging, and sustaining parent involvement in school health initiatives, through the Parents for Healthy Schools program.

Activity 45. Theme-based Student Essays

Encourage students to express their appreciation for their parent(s) or caregiver(s) by participating in a writing contest. The theme can be on how their parent(s) or caregiver(s) have supported them in their academic and personal growth. Students can submit essays, poems, or thank you letters. These can be shared with families during the event through displays, performances, or readings.



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the national campaign for public school improvement

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Join the Family Engagement Countdown!

St. Louis, MO – Project Appleseed, the national campaign for public school improvement, is excited to announce the Family Engagement Countdown. The countdown starts from November 16, 2023, which marks the 29th Annual #NationalParentalInvolvementDay until 28th Annual #PublicSchoolVolunteerWeek, which takes place from April 22-26, 2024. The event aims to celebrate and encourage schools and families to engage, honor and highlight the valuable contributions of parents and caregivers to support student success throughout the year.

"We want to encourage the adoption of the best family engagement practices across the nation," said Kevin Walker, president, and founder of Project Appleseed. "Every week on Twitter and Facebook, we will feature potent ideas and best practices from schools across the country, using the hashtag #150Days. We urge educators and parent leaders to send us their best ideas so that every school can adopt them."

Walker added that volunteering in public schools is a source of pride for parents and caregivers. "Giving our time, talent, and effort adds up to real dollars, which empowers people to support schools they care about. When change-makers work together to tackle tough problems in education, our communities become a better place."

Project Appleseed's signature events, National Parental Involvement Day and Public School Volunteer Week, are celebrated annually in over 20,000 schools nationwide. The events engage and honor over three million family volunteers, who are helping their schools, serving their school communities, and providing their expertise. These parents, grandparents, and caring adults volunteer more than 60 million hours of their time with an estimated value of \$1.4 billion.

According to Independent Sector, the estimated value of a volunteer hour in the United States increased to \$31.05 from \$28.54 in 2022, reflecting the incredible contributions volunteers make to our schools and communities.

Project Appleseed, a Missouri-based nonprofit, launched National Parent Involvement Day 29 years ago. Since then, districts across the nation have designated the third Thursday in November to celebrate parent involvement and hold events of various types to mark the occasion. Visit our website at <http://www.projectappleseed.org> and follow us on [Twitter](#) and [Facebook](#) for ideas on how to get involved in your student's learning and plan the perfect National Parental Involvement Day event for the youth in your community.

###



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