

INVOLVE COMMUNITY

HOT TIPS:

- **Reach out to your local Healthy Maine Partnership representative!**
www.healthymainepartnerships.org
- **Tap into local experts – don't forget, some of your students' parents may be dentists, healthcare providers, or nutritionists!**
- **Use the MaineHealth Learning Resource Centers at <http://www.mainehealthlearningcenter.org/>**

Both schools and communities can benefit from partnering together!

Try one of these ideas to begin involving your community in your Let's Go! work:

- Begin a school/community garden.
- Sponsor a clean-up day in the neighborhood.
- Sponsor a distinguished speaker series.
- Begin a Walk-to-School Day.
- Host a healthy community breakfast.
- Host a family fitness night.
- Create a community cookbook.
- Hold a community healthy food drive.

Examples of successful collaborations between schools and community:

YARMOUTH SCHOOL GARDEN In collaboration with the School Nutrition Program and the Maine County Extension Master Gardeners, Yarmouth created a new garden on school grounds that is used for teaching, learning, and growing vegetables for classrooms and the cafeteria. In the spring, the Master Gardeners help prepare the soil and plant the seeds. Over the summer months, families sign up for one week maintenance rotations to water and weed. In the fall when school begins, those responsibilities are returned to the school, and in the end everyone has a part in the success of the garden.



LOCAL PEDIATRICIAN IN THE CLASSROOM

Westbrook schools received a special visit from Dr. Brian Youth, a local pediatrician. He explained the 5-2-1-0 message to students and reinforced the importance of making healthy choices. As a part of their work with 5-2-1-0 Goes to School, Westbrook schools were paying special attention to the '0' message of drinking more water and fewer sugary drinks.

Dr. Youth was able to focus his visit on this topic and reinforce the work the school was doing.