



## Attention Parent Advisory Council!

How can you, as a parent and a PAC member, contribute to the health and wellbeing of all students and school staff?

*Enhance your understanding  
and be inspired to take action*

▪  
*Support children's physical  
and mental health at school*

▪  
*Support healthy school  
environments*

### Meet P. J. Naylor

P. J. is a Professor in the School of Exercise Science, Physical and Health Education. She focuses on how to promote physical activity and healthy eating where children live, learn and play. Join her to share and learn!

## Changing for Good: Parent Choices for Creating a Healthy School

**We know that you as parents are intimately involved in supporting your children's health and wellbeing. Be change-makers in your child's school!**

**For more  
information  
and to book a  
presentation:**

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