

To: All Onaga Elementary School Parents

From: Sierra Valburg, School Nurse

Re: iAmHealthy Parents First Program



This letter is to inform you that our school is partnering with the University of Kansas Medical Center (KUMC) to participate in a new healthy lifestyles program! We are one of several towns across the state of Kansas selected to participate in the iAmHealthy Parents First research program, which is administered by KUMC and designed to help families in rural Kansas to live healthier lives. This program aims to improve both the mental and physical health of families (parents and children) by addressing the following topics:

- Nutrition
- Physical Activity
- Sleep
- Stress Management
- Family Communication
- Goal Setting
- Problem Solving

In addition to learning about the topics above, families will receive:

- Financial compensation (up to \$225 per family)
- 2 free activity monitors
- A free smart scale
- Group and one-on-one health coaching

How can you learn more?

1. Fill out the information below to let us know if you are interested in this program and KUMC will contact you! If you would like to learn more before KUMC contacts you, you can contact them directly at iAmHealthyParentsFirst@kumc.edu or (833) 544-7433.
2. Check out www.iamhealthyparentsfirst.org for more details.

Thank you!

Sierra Valburg
School Nurse

PLEASE COMPLETE AND RETURN THIS FORM OR EMAIL SIERRA VALBURG AT nurse@usd322.org BY THURSDAY, JANUARY 11TH .

Parent Interest:

Yes, we would like more information about the iAmHealthy Parents First Program.

CHILD NAME: _____ GRADE IN SCHOOL: _____

PHONE NUMBER: _____ PARENT EMAIL: _____

PARENT NAME: _____