

# Just ASK! how you can host a school health event!

Just ASK! grants give schools the opportunity to engage in health events throughout North Carolina.



Williamsburg Elementary used a little seed money and a lot of community support to host an engaging health fair for their members. This year, their School Health Advisory Council, an advisory group in every school system that provides advice about matters important to student health, challenged their schools to host health fairs.

## Quick Tips

- Include health in events you already do.
- Use health events as tools to engage more community members.

Williamsburg Elementary had healthy snacks and activities for students and families, as well as community health and safety resources such as the fire department.

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Williamsburg Elementary PTA

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Visit [www.ncpta.org](http://www.ncpta.org)  
for more ideas  
and info!



Centennial Campus Middle School's PTA hosts an annual health event! They invite community vendors, like their local YMCA, have healthy snacks and foods available, and have fun physical activity opportunities! These have included rock-climbing and Zumba!

- Centennial Campus Middle School



The education of children depends, to a great degree, on their overall health. Our public schools must help children learn the value of balanced nutrition, sensible exercise and good overall health. North Carolina PTA will support public policies at all levels of government and school programs that help to maintain the health and wellness of children.

The North Carolina PTA