

Blue Zones Project® FAMILY SUMMIT

Frequently Asked Questions

Q. Who can participate?

A. Any student, family or school in grades K-12 in a Fort Worth or Tarrant County school (public, private, or home-schooled) may participate.

Q. Must a student's school be a Blue Zones Project approved or participating school to participate in the summit?

A. No, we welcome all students from all area schools to participate.

Q. Where and how can students participate?

A. Students can go to Blue Zones Project Fort Worth's [2022 Virtual Family Summit webpage](#) anytime between **November 14 and December 2, 2022** to access the Family Summit 2022. Videos can also be found [here](#) on YouTube; some are available in Spanish. We hope that schools will make the Blue Zones Project Virtual Family Summit an activity to be conducted during co-curricular class time or as a schoolwide virtual wellness event. We leave that up to each school's P.E. teacher, principal, or wellness coordinator. Students can also view the videos at home, during afterschool programs, and/or on their own time as desired. We encourage parents to view the videos with their child and support each activity.

Once students have viewed their chosen videos, they submit their entry through one of two Post Summit Survey forms. Students who participate as a school do not need to submit a form; each participating school should enter one Participating School Post Survey form for the entire school. Students who are participating at home should have their parent submit their responses via the Parent Post Survey form. Forms should be submitted by December 2, 2022 to be eligible for prizes. Links to these forms can also be found on the Family Student Summit website:

Info.bluezonesproject.com/FWSummit2022

[Participating School Post Survey](#)

[Parent Post Survey](#)

[Parent Post Survey - Spanish](#)

Q. Do schools or parents have to register before students can participate?

A. Schools are encouraged to register [here](#) to ensure you receive marketing materials and other support from Blue Zones Project. Parents of students who are participating on their own do not need to register; students can simply go to the YouTube channel and watch the videos anytime beginning November 14, 2022.

Q. Does the student submit a new Parent Post Survey form for each video?

A. No, each student who participates at home will submit just one Parent Post Survey form. On the form parents should indicate which videos the student viewed and help them answer some

additional questions. If students participate at school, the school will submit one Participating School Post Survey form for the entire campus.

Q. If a family has more than one student participating, do they submit a Parent Post Survey form for every student in the family?

A. Yes, parents should submit a Parent Post Survey form for each student who is participating at home. Teachers will fill out a form for school participants.

Q. Can students participate at home if they have participated at school?

A. Yes! Students and parents are encouraged to participate at home together. They can choose new videos or view a favorite video again with a parent. Remember to submit a Parent Post Survey form for each participating student to be eligible for family prizes.

Q. What email address should the student use on Parent Post Survey form?

A. Student Participant Forms should be submitted using the parent or guardian's email since students may not receive emails outside their school district. It's ok to use the same parent email if more than one student in a family is participating. Phone numbers may be used if there is no email.

Q. What do students receive for participating?

A. In addition to improving their well-being and having fun through activities such as cooking, yoga, and mindfulness, families will be entered to win fresh fruit & vegetables. Schools will be entered to win \$1,000 towards a well-being project.

Q. Do students have to watch every video to be eligible for the Grand Prize?

A. No, students can view one or all videos, or any number in between to be entered into the drawing.

Q. How will participants know if they've won a prize?

A. Prize winners will be notified in early December directly through the email address or phone number used on the Google Form.

Q. Do schools receive anything if their students participate in the summit?

A. Yes! Schools will be entered to win \$1,000 toward a well-being project.

Q. Can students watch the videos after December 2?

A. Yes, the summit videos can be viewed any time and will remain on the Blue Zones Project YouTube channel. However, all Google Forms must be submitted by December 2 for the student to be entered into the prize drawing.

Q. What if I have more questions?

A. Please contact AdjoaBrown@texashealth.org with any additional questions or inquiries.

Q. Where can I learn more about Blue Zones Project?

A. Visit LiveLongFortWorth.com to learn more about how Blue Zones Project is helping to improve health and well-being in our schools, at home, and in our community.