



## School Environment Action Menu

Get Healthy San Mateo County will provide funding to projects and have an emphasis on increasing access and consumption of healthy foods, increasing physical activity, increasing access to fresh drinking water, and addressing the education opportunity gap. Get Health SMC believes that partnerships between schools and/or organizations will lead to more effective outcomes. We encourage strategic collaboration for project applications and implementation related to School Wellness that bring together one or more partners in collaboration. Below are examples and resources from projects that have been previously funded as well as new or innovative projects that we are looking to support.

- Implement a **joint use-agreement** to allow school spaces and facilities to be available to students, staff, and community organizations before, during and after the school day, on weekends, and during school vacations.

**Local Example:** The City of Redwood City and the Redwood City School District created a strategic partnership by teaming up to establish a joint use agreement that maximizes use of city land and facilities to increase recreational opportunities for the community.

**Resources:** <http://changelabsolutions.org/publications/model-JUAs-national>

- Establish a **produce stand** at your school to provide students and their families with access to fresh seasonal produce.

**Local Example:** Puente de la Costa Sur was able to create a youth run produce stand to provide access to local, seasonal fresh fruits and vegetables for the residents of Pescadero. This project allowed for students to gain small business skills, while at the same time providing their community with much needed fruits and vegetables.

**Resource:** ChangeLab Solution, <http://changelabsolutions.org/publications/spinach-schoolyards>

- **Convene school food service directors** to support collaboration between school districts and to facilitate sharing of best practices. Interdistrict partnerships will allow for collaboration in program implementation and sharing of best practices among multiple school districts.

**Local Example:** Community Alliance with Family Farmers has been working with various schools in Santa Clara County on similar programs.

**Resources:** Please visit <http://caff.org/programs/farm-2-school/technical-assistance-for-food-service>

- Provide opportunities for all students to engage in **physical activity** outside of physical education class

**Local Example:** Instant recess allows teachers to lead quick and easy physical activity breaks for students in the classroom or outside. The Pacifica Unified School District collaborated with Playworks to train District staff, teachers and parents who supervise children during recess, the City of Pacifica pre-school and day care centers staff and the Boys & Girls Club after-school staff on how to use inclusive, healthy group play strategies and management techniques to reduce bullying and increase physical activity. As a result of this collaboration students in Pacifica Unified School District were offered increase opportunities for physical activity.

**Resources:**

Instant Recess, <http://www.instantrecess.com>

Playworks, <http://www.playworks.org/media/news/grant-provides-funds-recess-training>

- Engage students in **water promotion campaign** that determines the location for water dispensers and development of a drinking water promotional campaign

**Local Example:** Students at Taylor Middle School in Millbrae created a Water Club that surveyed students, determined the best place to locate a new drinking fountain on campus, and created a drinking water promotion campaign to encourage other students to choose water. Contact Justin Watkins [jiwatkins@smcgov.org](mailto:jiwatkins@smcgov.org) for more information.

**RESOURCES:** ChangeLab Solutions,

<http://changelabsolutions.org/publications/drinking-water-access-schools>

- Establish a **school wellness champions program** within a school, school district, or multiple school districts in order to have successful implementation of School Wellness Policies at the school level and promote implementation in the school community.

**Resources:** Oakland Unified School District, <http://www.ousd.k12.ca.us/Page/1074>

- The relationship between good nutrition and cognitive ability has been recognized as extremely important for young students. Establish a **school breakfast program** by engaging the school food service staff, teachers, administrators and students to determine the best strategy for implementation.

**Resources:**

USDA, <http://www.fns.usda.gov/sbp/school-breakfast-program-sbp>

Food Research Action Center, <http://www.breakfastintheclassroom.org/>

CA Food Policy Advocates, <http://cfpa.net/school-breakfast>

CA Department of Education, <http://www.cde.ca.gov/ls/nu/sn/sbp.asp>

- Engage parents/guardians in the process of updating and implementing **Local School Wellness Policies** by advocating for increased healthy food and physical activity opportunities in schools.

**Local Example:** Family Engagement Institute engage families in East Palo Alto in leadership and advocacy projects to impact change in their children's school and community. Families actively participate in school wellness policy implementation activities such as regularly attending their school health committee, maintaining a school garden, starting a walk to school bus, speaking to other parents about healthy classroom celebrations, and/or other projects.

**Resource:** California Project Lean, <http://www.californiaprojectlean.org/doc.asp?id=169>