CONNECT & THRIVE

What is important to your school?
"Could someone help me with these? I'm late for math class."
Chuck Matthews
Director

Sam Sonnich
School Liaison

Martha Guzman
Intergenerational Coordinator

Erika Hernandez
CalFresh Healthy Living

Danny Barajas
CalFresh Healthy Living

Lori Kurz
HealthLink Nurse

Carina Villaneda
HealthLink Nurse
REGIONS SUPPORTING SAN DIEGO UNIFIED SCHOOL DISTRICT

**Petros Alemeselassie**
Director, East and North Central Regions

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Intergenerational Coordinator

**KellyAnne Rodriguez**
School Liaison

**Jamie Felice**
Healthlink Nurse

**Beatrice Lomer**
CalFresh Healthy Living

**Anali Rosales Garces**
CalFresh Healthy Living

**Lori Gutierrez**
HealthLink Nurse

**Barbara Jiménez**
Director, Central & South Regions

**Maya Shahar**
School Liaison

**Lizbeth Lopez**
Intergenerational Coordinator

**Lori Gutierrez**
HealthLink Nurse
CALFRESH HEALTHY LIVING (CHL)
PROGRAM: SCHOOL WELLNESS

Barbara L. Hughes, MS, RD
CalFresh Healthy Living Registered Dietitian
HIGH LEVEL OVERVIEW

Implement and/or connect to school nutrition education interventions in low income schools (≥ 50% FRPM)

Provide assistance for Wellness Committees, Wellness Policies, and healthy school environments

Offer technical support, staffing, and materials for health-related events

Our work aligns with the following Wellness Policy areas:

Food and Nutrition, Physical Activity, Health Education, Staff Wellness, Family and Community Involvement in Wellness, and more
USDA SNAP-Ed funding

CA Dept. of Public Health
- Local Health Dept.
- Registered Dietitian and CHL Specialists

Focus areas

<table>
<thead>
<tr>
<th>Individual</th>
<th>Environmental</th>
<th>Policy/Systems</th>
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<tbody>
<tr>
<td>Direct/Indirect education</td>
<td>Cafeterias/Behavioral economics</td>
<td>Healthy fundraising and celebrations</td>
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<tr>
<td>Building teacher capacity</td>
<td>Harvest of the Month</td>
<td>Wellness policies</td>
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<tr>
<td>Promotores(as)</td>
<td></td>
<td>LCAPs</td>
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</tbody>
</table>
Coordinate nutrition education across grade levels (preschool - grade 12)

Build teacher capacity

Promotore(a) model
ENVIRONMENTAL LEVEL

- Behavioral economics through the Smarter Lunchrooms Movement
- San Diego Harvest of the Month (HOTM) promotion
LEVERAGING PARTNERSHIPS

POLICY/SYSTEMS

- *Live Well San Diego* regional work and School Wellness Team
  - Tools for Schools wellness toolkit
  - Superintendent engagement
- San Diego County Childhood Obesity Initiative (COI), Schools and After School Domain
- San Diego Safe Routes to School Coalition
Flourishing school garden

Leftover salad bar refuse thrown in the trash

Collaboration with the SDUSD food services and recycling departments, Montgomery Middle School Garden Coordinator, Master Gardener, USD student, and an initial 13 middle school students trained in proper vermicomposting methods
CASE STUDY: MONTGOMERY MIDDLE STEAM MAGNET SCHOOL (SDUSD)

- In 1.5 school years over half a ton of salad greens were diverted from the local landfill to the school garden’s soil.
District Wellness Policy Work

- Reviewed HHSA’s *Live Well San Diego* team’s WellSAT 2.0 scorecard
- Revised current LSWP to meet new requirements under Healthy, Hunger-Free Kids Act
- Resurrected district wellness committee (principals, teachers/staff, County staff)
  - Discussed priority areas and plan
- School district superintendent involvement
  - Formed new wellness team
OTHER GUHSD EFFORTS

- Director of Child Nutrition involvement with student group
  - Menu modifications
- Possible school garden opportunity
  - Benefit to cafeteria, biology and culinary arts classes
- Impact/Outcome Evaluation class series
  - Next Generation Science Standards (NGSS) tie-in
  - Possible adoption/sustainability by biology teacher(s)
ENVIRONMENTAL CHANGE TO IMPROVE CAFETERIA IMAGE
Previously thriving on-campus garden and student Garden Club

Resurrecting the garden and Garden Club would provide the opportunity to complement classroom academics, for garden-based nutrition workshops, and engaging students in growing, harvesting, preparing, and consuming garden produce

After-School Program Manager, staff, and other partners went to work
CASE STUDY: SERRA HIGH SCHOOL (SDUSD)

Garden clean-up party

Student SDUSD certified farm stand for students and staff

Restorative detention option
CHALLENGES

- Support
  - District
  - Staff
  - Students
  - Community
- Resources
- Time
THANK YOU

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DISCUSSION & WORKSHEET

LIVE WELL
SAN DIEGO
BUILDING THRIVING SCHOOLS THROUGH INTERGENERATIONAL EFFORTS

County of San Diego
Health and Human Services Agency
Live Well San Diego Advance | October 28, 2019
INTERGENERATIONAL COORDINATORS

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WHAT ARE INTERGENERATIONAL EFFORTS?

- Intentionally designed
- Across all generations
- Mutually beneficial

- Foster understanding
- Increase compassion
- Promote shared values
- Encourage respect
<table>
<thead>
<tr>
<th>Benefits of Intergenerational Efforts</th>
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<tbody>
<tr>
<td><strong>Youth</strong></td>
</tr>
<tr>
<td>• Improved Academic Performance</td>
</tr>
<tr>
<td>• Enhanced Social Skills</td>
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<tr>
<td>• Decreased Negative Behavior</td>
</tr>
<tr>
<td><strong>Adults</strong></td>
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<tr>
<td>• Better Physical and Mental Health</td>
</tr>
<tr>
<td>• Enhanced Socialization</td>
</tr>
<tr>
<td>• Increased Emotional Support</td>
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<tr>
<td><strong>Service Providers</strong></td>
</tr>
<tr>
<td>• Increased Collaboration</td>
</tr>
<tr>
<td>• Reduction in Costs</td>
</tr>
<tr>
<td>• Shared Resources</td>
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<tr>
<td>• Improved Volunteer Support</td>
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INTERGENERATIONAL (IG) EFFORTS & MODELS

IG Cooking Classes
Chula Vista Elementary School District Kinship Support
IG Gardens
IG Games
IG Safe Routes to School
IG COOKING CLASSES

GOALS

• To cultivate meaningful relationships between youth and older adults through nutrition education and cooking

ACTIVITIES

• Pairing an older adult with a young individual
• Conversation cards on tables to get to know one another
WHO ARE KINSHIP FAMILIES?

• Families through genetic relationships, adoption, or marriage

• Situations that led to families taking primary responsibility
  • Poverty
  • Abuse
  • Parental incarceration
  • Drug addiction
  • Illness or death

• Potential challenges for kinship families
  • Legal/Systems issues
  • Insufficient or unaffordable respite
  • Role changes
  • Previous lives change
  • Physical and mental health issues
CHULA VISTA ELEMENTARY SCHOOL
DISTRICT KINSHIP SUPPORT

GOALS

• Identify and engage formal and informal kinship families

ACTIVITIES

• Hosting enrichment activities
• Educational and peer-network activities
• Support group
INTERGENERATIONAL GARDENS

GOALS

• IG Garden as a hub for the community
• Older adults mentor students in agriculture

ACTIVITIES

• Master Gardener Program
• Provide education about the sustainability of the environment
• Key partnerships with School Districts, Community Based Organizations, Senior Centers, Libraries, Parks and Recreation
INTERGENERATIONAL GAMES

GOALS

• Create mutual understanding and respect between generations
• Promote healthy, active life-longing behaviors

ACTIVITIES

• Physical activity & outdoor learning
• Key partnerships with School Districts, Youth-Serving Organizations (YMCA), City Recreation Departments, Senior Centers
“Being with you at the Olympic Training Center is the best!”

“I wish we could do this more often.”

Dear buddy,

I had a fun time with you. Thanks for the fun time. I even had fun when we did the tennis game! Being with you at the Olympic Training Center is the best! I wish we could do this more often. I really loved the javelin too.

From,
Kimberly

Javelin
INTERGENERATIONAL SAFE ROUTES TO SCHOOL

GOALS

• Promote health and wellness
• Create awareness, enhance leadership and gather community input on traffic safety, personal safety and walkability issues in the community

ACTIVITIES

• “Walking school bus”, “eyes on the street”
• Key partnerships with School Districts, Community Based Organizations, City Governments, Police Departments, Engineers
SUPPORT FOR YOUR IG EFFORTS

Technical support
Connection with potential partners
Project ideas
INTERGENERATIONAL COUNCILS

Provide opportunities to network, build powerful partnerships and create meaningful connections to improve health and wellness across generations

- **North County IG Council**
  January 8, 2019

- **East County IG Council**
  December 4, 2019
DISCUSSION & WORKSHEET
CONNECT & THRIVE

Samantha Sonnich, North Regions
KellyAnne Rodriguez, North Central & East Regions
Maya Shahar, Central & South Regions