

## Would you like to be involved?

There are many ways you can be involved with the Healthy Students Initiative.

Here are some ideas:

- ✓ Join a school health council
- ✓ Assist with healthy fundraisers & class parties
- ✓ Volunteer in a school garden
- ✓ Share ideas at a parent club meeting
- ✓ Coordinate a walk-a-thon or another health promoting activity
- ✓ Be a role model
- ✓ Share your expertise
- ✓ Advocate for healthy school policies
- ✓ Adopt a school



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### Healthy Students Initiative

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## Healthy Students Initiative

Making the Healthy Choice  
the Easy Choice!



# Healthy Students Initiative

The Healthy Students Initiative (HSI) is a seven-year Healthy Shasta project to implement solutions to address childhood obesity in Shasta County school communities.

The overall goal is to improve the health and academic success of Shasta County students in three schools and to develop a roadmap for other local schools.

The Initiative has four areas of focus:

1. Increase physical activity among students and families.
2. Increase access to healthier foods and beverages on schools campuses.
3. Empower students, staff, and families to speak up for healthy choices.
4. Make long-lasting changes to support healthy eating and physical activity.

## Healthy Students Initiative Partners

- \* Bella Vista Elementary, grades K-8, in Bella Vista School District
- \* Cypress Elementary, grades K-5, in Redding School District
- \* Lassen View Elementary, grades K-5, in Enterprise Elementary School District
- \* Shasta County Public Health
- \* Shasta Family YMCA
- \* The McConnell Foundation

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## Year One: 2008-2009 School Year

During the first year of the Initiative, we will:

- \* Build relationships within school communities
- \* Share ideas about effective programs and practices
- \* Work with school administration, staff, parents, and students to develop a customized plan for promoting healthy eating and physical activity at school
- \* Establish active school health councils
- \* Collect health and wellness information
- \* Research additional funding opportunities



## Years Two through Seven: 2009-2015 School Years

During years two through seven of the Initiative, we will implement and refine the plan we developed in the first year.

Within our four areas of focus, we are interested in using several strategies. Below are examples of strategies used by other schools across the nation.

1. Physical Activity
  - A. Walking school buses
  - B. Playground games & equipment
  - C. Physical activity clubs
  - D. Full-time Physical Education teachers
2. Healthy Eating
  - A. Nutrition education
  - B. School gardens
  - C. Universal breakfast
  - D. Healthier school meals
  - E. Farm to School programs
3. Empowerment
  - A. Active school health councils
  - B. Staff wellness programs
  - C. Parent education
4. Long-Lasting Changes
  - A. Wellness policies
  - B. Sustainability plans
  - C. Coordinated school health programs