SANTA CLARA CHALLENGE TEAM

Final Meeting for the FY 2016-2017
Dr. Roxana Marachi

Bridging Health Research Gaps in Education, Policy, and Practice
What is Health?
Santa Clara Youth Essay Contest

The City of Santa Clara Challenge Team actively supports the well-being of children and families in Santa Clara by nurturing and facilitating valuable community relationships. Challenge Team is engaging Santa Clara youth in the 1st Annual Essay Contest by asking an important question: What does health mean to you?

Essay Contest Details

• WHO: Open to students, grades 1-8, who are a resident of the City of Santa Clara or are a Santa Clara Unified School District student.
• WHAT: Student must submit an essay of no more than 200 words describing what health means to them.
• Deadline for Submission: May 18, 2017           Winners Announced: May 31, 2017          Award: $300 Target Gift Card presented at Challenge Team Luncheon, June 14, 2017
• Winners will present to the Mayor and City Council at the June 27, 2017 City of Santa Clara Council Meeting

Submission Details:
• Please submit your essay describing what health means to you by 5:00 PM on Thursday, May 18, 2017 to challengeteam@hkidsf.org. Your submission must include your full name, school, grade, and phone number.
• One elementary school student and one middle school student will be chosen as winners and will be awarded with a $300 Target gift card at the Challenge Team luncheon on June 14, 2017 from 12:00-1:30 PM at the Community Rec Center (969 Kiely Blvd., Santa Clara, CA).
• All Submissions will become the property of Healthier Kids Foundation (HKF) and will not be returned. HKF reserves the right to use all submissions in organization promotions and commits to crediting the student for their original work.
Schools/Organizations who participated

- Santa Clara Parks & Recreation Department
- Boys & Girls Club
- Second Harvest Food Bank
- Bowers Elementary
- George Mayne Elementary
- Laurelwood Elementary
- Los Alamitos Elementary
- Meadows Elementary
- Millikin Elementary
- Ponderosa Elementary
- Ramblewood Elementary
- Ocean Grove Charter
- Cabrillo Middle School
- Don Callejon Middle School
- Peterson Middle School
Winners
Liam, 3rd grade
Millikin Elementary School

Mind, Body, and Everyday Choices
Malaiya, 5th grade
Don Callejon

Healthy Habits Start Early

Happy Birthday!
Ethan, 7th grade
Cabrillo Middle School

Emotional Wellbeing
Khushi, 8th grade
Peterson Middle School

Benefiting Everyday from Healthy Habits
CONGRATULATIONS!
Common Themes
Perspectives

• “Staring at the screen for too long could cause damage to your eyes. It is not worth risking your eyes for. Plus, breathing the fresh air and being out in the nature is better for you and your immune system.” - 4th grade, Don Callejon

• “To me being healthy means being happy” - 2nd grade, Don Callejon

• “Health, to me, means doing things that makes me happy such as reading a story book or taking puppy to walk or just watching how the sun sets. It represents the wellness of mind.” 6th grade, Petterson

• “If a person is healthy in the environment then everyone is healthy and safe in the environment, just like if one fish gets diseased in the pond then every fish gets diseased in the water, so the water also becomes polluted.” - 7th grade, Cabrillo
Listening to our Youth

**Access to Healthy Foods**
Second Harvest Food bank
School Health Clinics
Santa Clara Unified School District
WIC
UC Cooperative Extension Cal Fresh Nutrition Program

**Spaces for Physical Activity**
Boys and Girls Club
YMCA
Parks and Rec. Programs
The First Tee of Silicon Valley
BAWSI

**Physical Wellbeing**
Children's Dental Center
American Heart Association
American Diabetes Association
Kaiser Permanente
Palo Alto Medical Foundation
Valley Medical Center

**Socioemotional wellbeing**
Heart 2 Heart Teens & Parent Project
Santa Clara Police Department
Santa Clara Library
Teachers
Community leaders like you
Special Thanks

• Kimberly Castro
• Dominic Caserta
Next Meeting

- Improving our Santa Clara Challenge Team Meetings.
- **Wednesday, September 13, 2017**
- Childhood Lead Poisoning Prevention Program
- Heart 2 Heart Teens and Parents