

SANTA CLARA CHALLENGE TEAM

Final Meeting for the FY 2016-2017

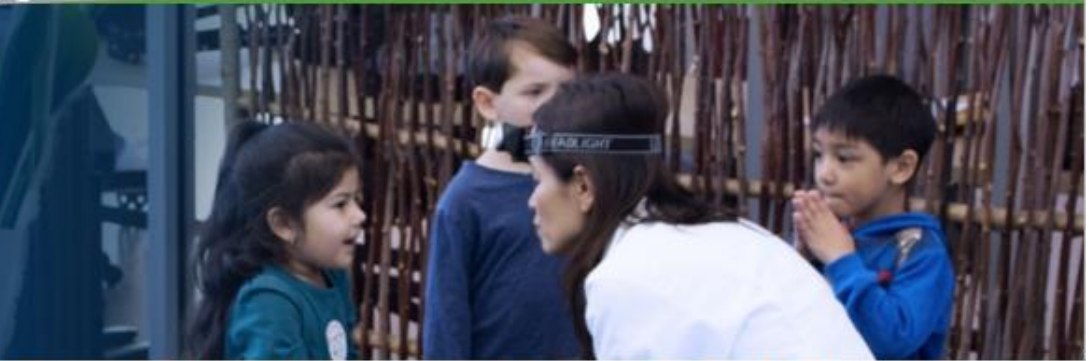
Dr. Roxana Marachi

*Bridging Health Research Gaps in
Education, Policy, and Practice*

What is Health? Santa Clara Youth Essay Contest



HEALTHIER EARLIER



- **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



Ethan, 7th grade
Cabrillo Middle School

Emotional Wellbeing

Khushi, 8th grade
Peterson Middle School

Benefiting Everyday from Healthy Habits



CONGRATULATIONS!

Common Themes

Optimism
Decisions
Feelings
Wealth
Sleep
Future
Grow
Heart
Help
Active
Nutrition
Fruits
Strength
Important
Exercise
Focus
Hygiene
Safe
Friendly
Happy
Mind
Water
Outside
Community
Energy
Spiritual
Vegetables

BoysGirlsClub

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

Miscellaneous

First 5

The health Trust

The Healthier Kids Foundation

ICAN

Catholic Charities

MidPen Housing

Sunday Friends

Santa Clara Public Health Department

Bill Wilson 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