

HEALing NEWSLETTER

November 2012

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[Email Arpiné Shakhbandaryan](#)

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Virtual Brown Bag

Strategies for Meaningful Community Engagement
November 15, 2012 | 12:00 Noon - 1:30 PM
[Registration](#)

Grab your lunch and join us! Several Southern California HEAL Zone communities have partnered with local organizations to engage residents and youth in their HEAL work. Our discussion this month will focus on how to identify trusted partners with proven "convening capacity" and how to effectively work with these partners to develop meaningful resident engagement in HEAL work. Sandra Viera from Prevention Institute and Melissa Guajardo from California Center for Civic Participation will get us started by reflecting on their work with the HEAL sites.

The Virtual Brown Bag (VBB) is a monthly web convening aimed at generating discussion and peer learning by Southern California HEAL Zone grantees.

Southern California HEAL Fall Learning Community Resources

Thank you for attending the Southern California HEAL Learning Community and helping us reach our objectives to:

- Model and celebrate healthy eating and active living;
- Be inspired to launch into implementation with active partner commitments;
- Gain knowledge and skills needed to successfully implement key strategies;
- Understand the critical importance of school and community partnerships to address trends in childhood obesity, and;
- Actively engage with peers from the Southern California HEAL learning network.

[Resources Now Available Online](#)

Resources from the Learning Community are now available.

Southern California HEAL Save the Dates Please Note NEW Dates

January 31, 2013

Quarterly Coordinator Meeting

May 1 - 2, 2013 (NEW)

Day 1: Quarterly Coordinator Meeting

Day 2: Spring Learning Community Convening

July 23, 2013

Quarterly Coordinator Meeting

October 29 - 30, 2013 (NEW)

Day 1: Quarterly Coordinator Meeting

Day 2: Fall Learning Community Convening

HEAL Site Highlights



**More than 850 Residents Participate in the Activate Anaheim Community Cookout and Fitness Fair at Edison Park
October 6, 2012**



Residents enjoyed an active day with numerous activities, including a walk-a-thon, jazzercise demos, a L.A. Blues Soccer Clinic, an Imagination Playground for youth, Rethink Your Drink classes, martial arts demos, dance performances, health screenings, and dozens of booths focused on healthy living. [Details](#)



**Prevention Institute Training at Hollywood High School
October 11, 2012**

Hollywood High School Healthy School Partnership hosted a Prevention Institute training for parents and residents on understanding and analyzing the community factors that shape health, safety, and equity followed by a walkability audit around the school. Contact [Ryan Woodson](#) for details.



**Coalition for a Healthy North Long Beach Hosts PhotoVoice Trainings
October 15, 2012**

A large turnout of adults and youth attended a PhotoVoice training hosted by the Coalition for a Healthy North Long Beach. They will take part in this exciting method to capture the barriers and

challenges of their community through photography. Contact [Ama Atiedu](#) for details.



**Activate Whittier Host Weight of the Nation Screening
October 18, 2012**

The Whittier College Center for Engagement with Communities and the Activate Whittier Collaborative hosted a Weight of the Nation screening, panel discussion, and community conversation on October 18, 2012 at Whittier College. 70 participants comprised of residents, community leaders, school district administrators, City officials, chamber of commerce, nonprofit, and after school programs took part in the event. Discussion data will be collected and reviewed at November 8th follow up meeting. [Details](#)

If you would like to be featured in the monthly newsletter, please send a description of your site's highlight to [Arpiné](#).

Upcoming Events



**Seed: A Weird Act of Faith by Cornerstone Theater Company
October 25 - November 18, 2012**

1137 East Redondo Blvd., Inglewood, CA 90302

SEED: A Weird Act of Faith, is a tale that travels between an urban farm, a rural haven, and the contested space of agribusiness. Inspired by the community of South Los Angeles and those fighting for sustainable and healthful food choices, SEED follows a neighborhood struggling to grow greens amid concrete. [Details](#)

Resources & Learning Opportunities



The California Endowment Issues "Health Happens Hero" Awards to California School Nutrition Innovators

Four school district nutrition directors, two district superintendents, and two state officials were honored for their outstanding work to deliver healthy and tasty school meals to California students. Tom Torlakson, State Superintendent of Public Instruction said, "when students eat better and get more activity, they perform better in class. The road to increased academic achievement runs straight through our school cafeterias." [Details](#)



The Unhappy Truth About Soda

The Real Bears tells the story of a family suffering from the adverse health impacts of soda consumption, including weight gain, obesity, tooth decay, diabetes and its associated complications. In the film's stirring conclusion, the family of Bears decides to reclaim their health-and their happiness. [Details](#)



SPARK Webinars: Activity Breaks for the Classroom

"Sit down and be quiet!" Students across the country are often expected to be sedentary for extended periods of time in order to maximize learning outcomes. But research shows physical activity improves student achievement outcomes. Use this resource to learn how activity breaks can help your students stay energized and focused throughout the school day. Imagine their reaction when you start telling them to "get up and move!" [Details](#)

Grant Opportunities



Kick the Can Youth Essay Contest for Teens!

Entry Deadline: November 15, 2012

Kick the Can and the Weight of the Nation invite teens to take the lead in the fight against childhood obesity by helping to decrease sugary drink consumption! The essay contest is open to US residents ages 13 through 18 and the winner will receive a \$100 Visa gift card. [Details](#)



Whole Kids Foundation

Application Deadline: November 15, 2012

The Foundation's School Garden Grants are provided to K-12 schools and nonprofit organizations that are developing or currently maintaining a school garden project that will help children engage with fresh fruits and vegetables. Grants of \$2,000 are provided for garden projects at any stage of development - planning, construction, or operation. [Details](#)



The Responsible Sports Community Grants

Application Deadline: November 30, 2012

The Responsible Sports Community Grants program is designed to reward responsible youth sports clubs and organizations with one of fifteen \$2,500 grants. Eligible organizations include nonprofit, tax-exempt youth sports teams or organizations, recreation departments, and k-12 school athletic teams. [Details](#)



Let's Move Salad Bars to Schools

Application Deadline: December 1, 2012

The goal of the Let's Move Salad Bars to Schools program is to fund and award 6000 salad bars over the next three years. All K-12 school district participating in the National School Lunch Program are eligible to apply. [Details](#)



Champions for Healthy Kids Grant

Application Deadline: December 3, 2012

Through the Champions for Healthy Kids program, the General Mills Foundation will award 50 grants of \$10,000 to organizations working to improve nutrition and physical fitness behaviors for youth (ages 2-18). Eligible applicants include schools, after school programs, day cares, community-based organizations, and government agencies. [Details](#)



Youth Garden Grant Award

Application Deadline: December 3, 2012

The Youth Garden Grant program awards funding to schools and community organizations with child-centered garden programs. Five winners will receive gift cards valued at \$1,000, and 95 winners will receive \$500 gift cards, to purchase gardening materials and supplies from their local Home Depot store specific to the needs of their program. Applicants must plan to garden with at least 15 children between the ages of 3-18. [Details](#)

TORCHLIGHT PRIZE

Recognizing Communities that Organize to Solve Problems

Application Deadline: December 21, 2012

The Torchlight Prize was established by the Family Independence Initiative to recognize and reward groups of families, friends, or community members that have self-organized to strengthen their communities or neighborhoods. Does this sound like a group you are a part of? Or some people you know? We invite you to nominate a group for the 2013 Torchlight Prize. Up to four winners will receive \$10,000. [Details](#)

Policy Updates



California Endowment Survey Shows Parents and Students Approve of New School Meal Standards

Students who say school lunches are getting better outnumber those who think meals are getting worse by 3-to-1, according to a poll released October 18 by The California Endowment. There is overwhelming evidence that students and parents prefer the new lunches and want the nutrition standards retained. [Details](#)

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