HEAL Networking & Sharing Session Notes
Topic of Discussion: HEAL Schools-Based Work
January 14, 2016

1.) Community Vision
   - Engage families in creative ways to educate and change behaviors (work through PTSOs and already established events that bring in parents; i.e. technology roll out, orientation)
   - Utilize afterschool programs more fully – bring in outside resources to implement local and national models that get kids active and focus on healthy eating – and provide transportation
   - Make schools the point of access for many services (i.e. Food Shares, mobile market, health screening)
   - Daily PE
   - Open community use of schools – better promote existing school playgrounds that are open to the community and work with others that may not be open to the public yet
   - Bring in City and County Parks Departments to program those school playground that are open to the community
   - Schools will adopt Healthy Back Pack programs
   - Get kids active during class through cycle desks, stand up desks, or the use of balance balls
   - Districts unite to keep junk food out of the schools (fundraisers, class parties, family nights, carnivals, vending, etc.)
   - Fit bits or other activity trackers for kids, especially when part of a school wide competition
   - School wide competitions to get kids and staff active (i.e. walk to another city or destination)
   - Engage farmers – use school gardens to supply an in-school food store

2.) Insights
   - Schools are supportive and desire to be partners
   - Support must also be there from the district administration or work within schools won’t be sustained
   - The work takes time – stick with schools for more than 1 school year
   - There must be at least 1 champion in the school
   - When families are engaged, programs are more successful – look for existing programs that work with families (previously there was Parent University, but it is no longer active)
   - Afterschool programs need to be supported and encouraged to provide healthy environments
   - Taste testing and other hands on fun experiences make kids, parents, and school staff more open to healthy eating
   - Other models/resources to explore:
     - Green Heart Project (Charleston)
     - Edible School Yard (California)
     - Legacy Charter School (Greenville)
     - Walking School Buses/Park N Walk
     - Booster-A-thon fundraisers
     - Alliance for a Healthier Generation
     - Safe Routes to School
     - Let Me Run
     - Girls on the Run
     - Let’s Move Schools
     - Clemson Extension/Gardening program
3.) Opportunities
- Kitchens in schools can be utilized for afterschool programs, cooking demos, etc.
- Online professional development for teachers and staff about how to integrate HEAL into the classroom
- Promote free opportunities near school – trails, parks, lakes, rivers, etc. – for hiking, paddling, and playing.
- Increase use of open community use of school playgrounds and facilities
- Partner with other agencies to increase access to swim lesson, teaching kids to ride bikes, etc.
- Use healthy food boxes as fundraisers
- Use schools as drop-off locations for Food-Share participants (promote the program through schools)

4.) Challenges
- Changing school policies
- Sustainability/turnover
- Funding
- Personnel time/money
- Finding alternative ways to incorporate HEAL
- Homeless/transient youth
- Non-English speaking families
- Perception of cost of healthy foods
- Subject of obesity prevention can be uncomfortable; need to also be careful of equating health to a BMI score and the impact on body image/behavioral health
- Accessibility to HEAL regardless of socio-economic status
- Parent education
- Cultural norms and habits
- Daily PE is not standard
- Vending machines, sponsorships, fundraising that brings in much needed funding may not support healthy eating
- Making HEAL relevant to older youth and teens