

## HEALTHY BEHAVIORS

**Did you know:** Childhood Obesity is the #1 health challenge facing young people today. The students in your expanded learning program are part of the first generation in our history that is not expected to outlive their parents—one in every three students who are overweight will have Type 2 Diabetes as an adult unless we act. Helping students develop healthy eating habits and make smart choices is critical, and **your program can make a greater difference than you think!** Learn how by joining a community of practice and strengthen your nutrition and physical activity practices.

## JOIN a Community of Practice (COP)

### Certified HBI Learning Centers COP

**This COP is for staff working in the already Certified Learning Centers.** These sites have implemented the CCS Exemplary Practices in Healthy Eating, Physical Activity and Food Security at an exemplary level. **Focus on: Refreshers and taking HBI to the Next Level.**

- Frank del Olmo Elementary
- Norwood Elementary
- Wilcox Elementary
- Durfee Elementary
- Victory Elementary
- GAMES Charter School
- Warren Lane Elementary
- Billy Mitchell Elementary
- Jefferson Elementary
- Tracy Elementary
- Plymouth Elementary
- San Antonio Elementary

### Heathy Behaviors Initiative COP

**This COP is for all staff interested to learn more about CCS Exemplary Practices in Healthy Eating, Physical Activity and Food Security.**

**Do You Want To Focus On Increasing Health and Physical Activity for kids in your program?**  
This is the right COP for you! Meet two times face-to-face this year, focus on enhancing staff practice, receive materials and resources, visit exemplary sites for first-hand experience and support! Possibly become a Certified Learning Center!