



**health
happens
here**
at The California Museum

THE
California
MUSEUM

CaliforniaMuseum.org 916.653.7524

Did you know **your zip code** affects how long and how well you live?

Learn why at the multimedia exhibit "**Health Happens Here**"—an interactive journey through all the places and all the ways health happens in California. Explore key factors that affect health beyond traditional doctors, diet and exercise... only at The California Museum.

Visit the Exhibit

1020 O Street, Downtown Sacramento
Conveniently located at Archives Plaza Light Rail stop

Play Games from the Exhibit

www.healthhappensinca.org

A Health Happens Here Promotion

health
happens
here
In Schools

Health Happens in Schools

You might not know it, but Sacramento City Unified School District (SCUSD) is making great strides in improving the quality of education we provide for our children.

Healthy Lunches Create Hungry Minds

Students can't learn on empty stomachs or when they're fueling up on junk food.

Sacramento students now enjoy fresh produce from local farms as part of their "Farm to School" and salad bar initiatives. Every K-12 school in the district now has a salad bar stocked with fresh, local fruits and vegetables. High schools and junior highs in the district have also introduced fresh barbecue lunch options with 100 percent beef hamburgers and house marinated chicken sandwiches grilled to order.

"Students are encouraged to try something new from the salad bars," SCUSD's executive chef, David Edgar, says. "It's kid friendly. Healthy eating at school and exposure to healthy choices leads to healthy eating all the time."

Sacramento is leading the way in providing our students with nutritious, tasty meals so that they can focus in class and lead healthier lives.

Exercise Helps Students Stay Healthy And Concentrate In Class

Exercise fights obesity and helps students work off extra energy so they can stay focused in the classroom. Increased attention, higher achievement in school, healthier lifestyle choices, and increased attendance are just some of the benefits associated with physical education.

SCUSD leads the way in increasing physical activity for students by establishing the "Get Fit with the Kings" partnership. With support from the Sacramento Kings, this program encourages students and families to maintain an active, healthy lifestyle with events like Family Fitness Nights and improvements to athletic facilities.

Common-sense Discipline Fosters A Learning Environment

Sacramento is reevaluating how discipline works in our schools. Suspension rates have dropped in recent years, but a



The California Endowment, in partnership with the Sacramento Kings, honors three local Sacramento boys with the Health Happens Hero award for demonstrating outstanding commitment to the health and well-being of California communities.

disproportionate number of minority and special needs students are suspended or expelled. Even one suspension in the 9th grade doubles the chance of a student dropping out of high school.

"When a child is suspended, they are not learning, and you lose value for the community," Carl Pinkston of the Black Parallel School Board explains. "You can't build a community without well-educated children. An educational system that is fair and supportive in its disciplinary policies enriches the next generation."

New policies could focus on addressing behavior and helping students grow, while allowing teachers to cultivate safe and educational classroom spaces.

The new attitude on school climate and discipline is an affirmation that the education of students is the primary goal of our schools.

Social Emotional Learning

Sacramento launched a new education initiative that makes Social-Emotional Learning (SEL) a priority. Students gain experience in self-management, self-awareness, responsible decision-making, relationship skills, and social awareness through SEL. These skills help students learn to manage their behavior and create a better learning environment, as well as provide them with valuable skills for later in life.

SCUSD began piloting SEL education last year at four schools and aims for SEL implementation district-wide in the 2015-2016 school year.

Moving Forward

Sacramento City Unified School District has made great strides in providing a better, healthier, and safer learning environment for our students. And now that millions of additional dollars will be coming to Sacramento Unified from the recently passed Fair School Funding Law, we can take those efforts to the next level. Our schools need to keep working until physical education is a top priority, real discipline reform takes root and becomes the norm in every school, and every school has healthy lunch options. Let's keep striving to make Sacramento City Unified School District the model for a healthy, high achieving school community.

Find out more about how Health Happens in Schools is creating more positive learning environments by visiting www.calendow.org

The
HUB
Building Healthy Communities

health
happens
here