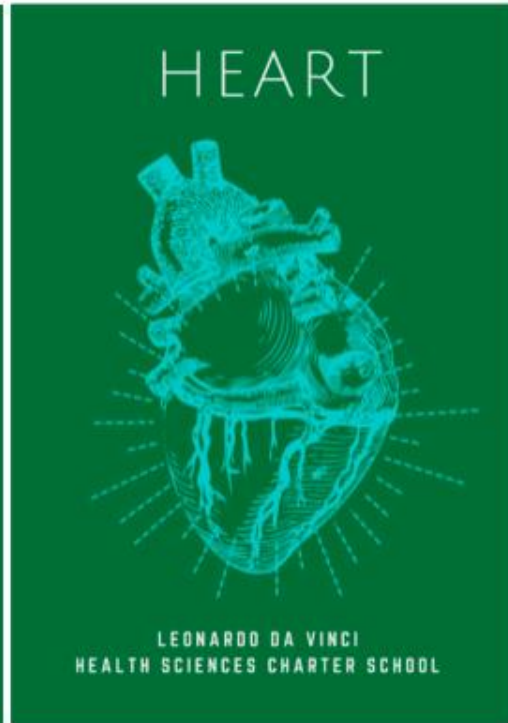
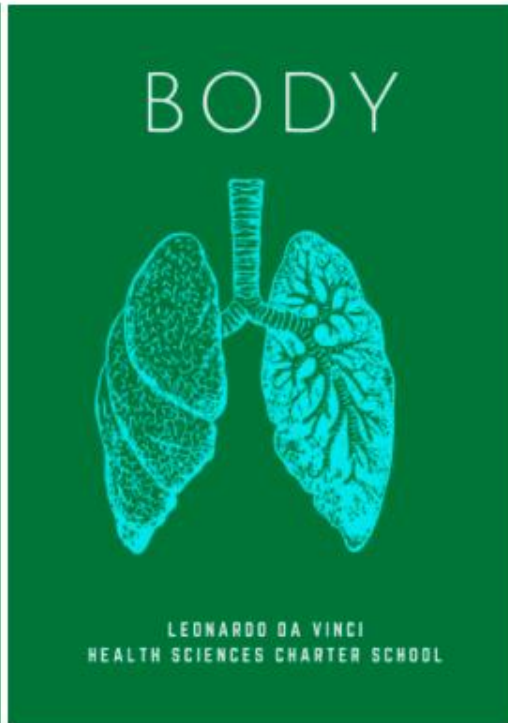


America's Healthiest Schools

Off to a Great Start-Mind. Body. Heart



Leonardo da Vinci Health Sciences Charter School (LdVCS) cultivates a community of health literate students who are knowledgeable about and value what it means to be academically, physically, and socio-emotionally healthy through a student-centered approach to learning.



Off to a Great Start-Mind. Body. Heart



Proud to be one of
**AMERICA'S
HEALTHIEST
SCHOOLS**

- Healthier Generation's annual list of America's Healthiest Schools recognizes schools for advancing the health of the entire learning community.
- Any U.S. K-12 school is eligible to apply for recognition in up to nine topic areas.
- Awardees will receive a promotional package to share their accomplishments with the community.
- Applications are due April 16, 2024

Working Together with our Authorizer, Chula Vista Elementary School District



Nine Topic Areas



Increasing Family & Community Engagement, *presented by Kohl's*



Strengthening Social-Emotional Health & Learning, *presented by Kaiser Permanente*



Cultivating Staff Well-Being, *presented by Kaiser Permanente*



Improving Nutrition & Food Access *presented by Del Monte Foods*



Implementing Local School Wellness Policy



Enriching Health Education



Promoting Tobacco-Free Schools



Supporting School Health Services



Bolstering Physical Education & Activity

Where We've Started



Increasing Family & Community Engagement

Result: **Awarded!** Congratulations, your **school** team has been nationally recognized in the Family & Community Engagement topic area.



Bolstering Physical Education & Activity

Result: **Awarded!** Congratulations, your **school** team has been nationally recognized in the Physical Education & Activity topic area.



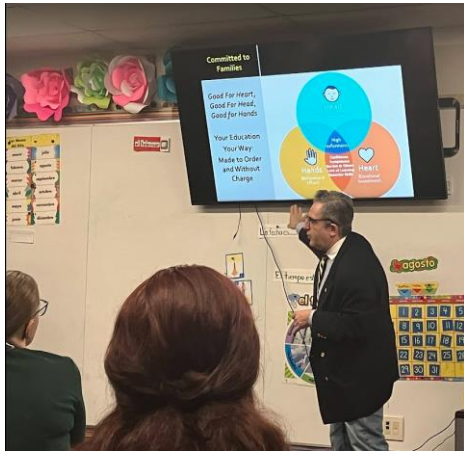
Strengthening Social-Emotional Health & Learning

Result: **Awarded!** Congratulations, your **school** team has been nationally recognized in the Social-Emotional Health & Learning topic area.



Enriching Health Education

Result: **Awarded!** Congratulations, your **school** team has been nationally recognized in the Health Education topic area.



Monthly Parent
Education
Classes With
UCSD

Focus on
Health &
Wellness



Social-Emotional
supports, activities,
and celebrations





**Currently
Working On**

All Star Status



Improving Nutrition & Food Access

Result: Did not apply for the Nutrition & Food Access topic area. Reach out for support as you implement additional best practices in whole-child health.



Each grade visits the garden to learn about living organisms and what they need to thrive.

Students watch over their plants, participate in the harvest, and enjoy the fruits of their labor.

Working towards holding a “Farmer’s Market for families



Improving Nutrition & Food Access

Result: Did not apply for the Nutrition & Food Access topic area. Reach out for support as you implement additional best practices in whole-child health.



Supporting **School** Health Services

Result: Did not apply for the **School** Health Services topic area. Reach out for support as you implement additional best practices in whole-child health.

Providing on-site counseling services in addition to other supports and services.

Working to bring in more Health supports for families and students

Meet the Therapist

Kimberlin is a Licensed Marriage and Family Therapist (LMFT). She holds her B.S. in Psychology and Criminal Justice and her M.A. in Clinical Mental Health Counseling. Kimberlin has worked in the school and agency settings providing both group, individual, and parent counseling services. She specializes in Educationally Related Mental Health Services in Charter and Non-public schools in San Diego. Kimberlin believes in taking a person-centered approach and values building a strong therapeutic relationship in order to provide and a safe and empathetic environment. Kimberlin has experience working in multidisciplinary teams to ensure students are getting the most comprehensive support. She specializes in helping students with a variety of mental health challenges learn skills to help them meet their full potential.

The Focus

The main focus of school-based counseling is to help the student learn skills to help them succeed in the classroom. Counseling sessions can focus on the following areas: identifying and learning about emotions, self-esteem, motivation, attention, social skills, coping skills, anger management, anxiety, depression, self-advocacy and time management. Therapist will consult with teachers, staff, and parents/guardians in a collaborative approach to ensure student progress.



Promoting Tobacco-Free Schools


Result: Did not apply for the Tobacco-Free Schools topic area. Reach out for support as you implement additional best practices in whole-child health.



Spirit Weeks to promote anti-bullying and health



Celebration Guidelines




At LdV, we are committed to promoting a healthy and supportive environment for our students meaning **sugar-free celebrations**. In alignment with our focus on healthy living, we kindly request that parents and guardians follow these guidelines when sending items to school for birthdays, holidays, class parties, and other celebratory occasions. **Our aim is to encourage the well-being and nutrition of our students, and we appreciate your cooperation in maintaining a healthy atmosphere in our school community.**




We request that parents and guardians do not send any items that contain high amounts of sugar to school including, but not limited to: soda, candy, cookies, cake, donuts, chocolate, etc. Please also refrain from bringing fast food items as they have limited nutritional value.

Instead, we encourage the consideration of healthier alternatives that align with our commitment to healthy living.

Some examples of **healthy alternatives** include:

- 
- Holiday-themed erasers
 - Pencils with fun designs
 - Themed-Stickers
 - Small toys
 - Pre-packaged healthy snacks (e.g., fruit popsicles, fruit platters, healthy alternative snacks like Skinny Pop)

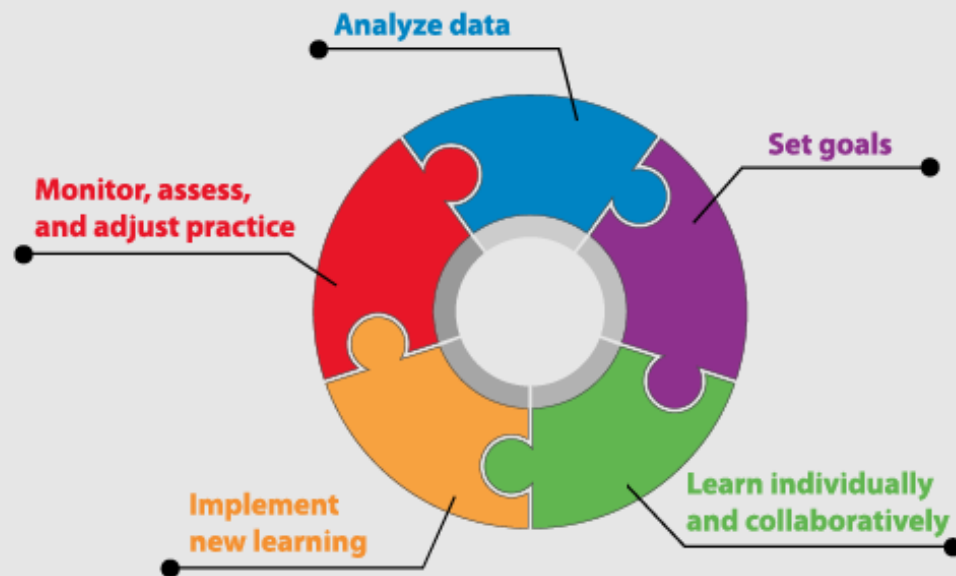
Implementing Local School Wellness Policy
Result: Did not apply for the Local Wellness Policy topic area. Reach out for support as you implement additional best practices in whole-child health.



Cultivating Staff Well-Being

Result: Did not apply for the Staff Well-Being topic area. Reach out for support as you implement additional best practices in whole-child health.

Teacher learning team cycle



Source: *Becoming a Learning Team: A Guide to a Teacher-Led Cycle of Continuous Improvement*

Thank you!

