



COMMUNITY RESOURCE GUIDE

Holladay Intermediate Magnet School

Promoting Health and Wellness

Through Enhanced Community Relationships

Published August 2009

TABLE OF CONTENTS

INTRODUCTION	Page 3
HEALTH AND WELLNESS	Page 4
Physical Activity	Page 4
Pima County Health Department	Page 4
YMCA	Page 5
Quincie-Douglas Neighborhood Center	Page 5
Nutrition	Page 6
Arizona Cancer Center	Page 6
Community Food Bank	Page 6
Sunflower Markets	Page 7
TUSD Food Service	Page 7
Social Wellness	Page 8
Big Brothers/Big Sisters of Tucson	Page 8
Boys and Girls Club	Page 8
1:1 Mentoring	Page 9
Quincie-Douglas Neighborhood Center	Page 9
“Making Mealtime Family Time”	Page 10
Our Family Services: School Mediation	Page 10
Behavioral/Mental Health	Page 11
Behavioral Health Network	Page 11
CPSA (Community Partnership of Southern Arizona)	Page 11
La Frontera	Page 11
Providence of Arizona, Inc	Page 11
Pantano Behavioral Health Services	Page 12

Substance Abuse/Violence Prevention	Page 13
Mike Tully, Attorney at Law	Page 13
Kino Weed & Seed	Page 13
Tucson Police Department	Page 13
TUSD Department of School Safety	Page 14
CAST (Clean and Sober Theater)	Page 14
Our Family Services: School based Prevention	Page 14
Community Wellness	Page 15
Tucson Urban League	Page 15
South Park Neighborhood Association (SPNA)	Page 15
Quincie-Douglas Library	Page 16
Kino Weed & Seed	Page 16
Environmental Wellness	Page 17
City of Tucson: Clean & Beautiful	Page 17
Community Food Bank	Page 18
Tucson Botanical Garden	Page 18
Arizona Cancer Center	Page 18
Oral Health	Page 19
General Dentistry for Kids	Page 19
TUSD Dental Services	Page 19
TEACHER/SCHOOL COMMUNITY EDUCATIONAL AND TRAINING RESOURCES	Page 20
COMMUNITY REFERRAL/RESOURCE ORGANIZATIONS	Page 24
SUMMER CAMP OPPORTUNITIES	Page 25
GRANT OPPORTUNITIES	Page 27

Introduction

This guide was initiated when several parents at Holladay Intermediate Magnet School noted that relationships between the school, neighborhood businesses and organizations could be developed to encourage more school and neighborhood interaction. With the loss of many school services, loss of key positions increased academic standards and teacher workloads, concerns arose over students receiving less than adequate services to promote health and wellness. An internship was created with a graduate student from the Mel and Enid Zuckerman College of Public Health at The University of Arizona to create a community resource guide. The resource guide includes local businesses, service organizations and agencies that could assist the school community in promoting health and wellness through enhanced community relationships.

The focus of this guide through research and school community identified needs is on the promotion of health and wellness for the students and community of Holladay Magnet School. Of benefit to the school and community is the utilization of community agencies along with promotion of these issues by businesses and organizations. Research on youth health and a PTO survey was utilized to prioritize the resource guide to the identified areas. Health is defined as physical activity, nutrition, and oral health. Wellness is defined as social wellness, mental health wellness, substance abuse/violence prevention, community and environmental wellness. Included within the guide are educator and school community opportunities for training and educational resources for the promotion of health and wellness. Summer camp opportunities are listed to continue a safe, healthy and active learning environment for students during the summer break. Finally, grant opportunities are provided as options to fund participation in some of the programs. Attempts were made to keep the resources within the Holladay immediate community, however, the guide branches out to the Tucson community in order to provide a more comprehensive list of services.

It is the hope that through use of this guide, the Holladay School community can enhance the education of the students, promote health and wellness and develop community relationships.

Although correctness was strived for, this guide makes no claim with respect to accuracy or any entirety of information to the published contents. The author has no implied responsibility for any inaccuracy of information.

Inclusion in the Holladay Community Resource guide does not imply any endorsement or recommendation of the resource.

HEALTH AND WELLNESS

Physical Activity

Regular physical activity improves health and reduces the risk of developing many chronic diseases including cardiovascular disease, hypertension, overweight and obesity, osteoporosis, diabetes, and certain cancers. The recommendation for children and adolescents is 60 minutes of physical activity on most, preferably all, days of the week. Make physical activity an integral part of your classes, programs, meetings, and events.

Pima County Health Department

Website: www.pimahealth.org

Contact: 520-243-7904

(a) Promoting Lifetime Activity for Youth

Description: A free, minimum 12 week program designed by the Arizona Department of Health Services to promote physical activity by introducing new and fun activities and encouraging students to dedicate themselves to be self-motivated active youth. The program has three steps: first, introduction of the program to staff and students with a visit to the classroom to demonstrate various physical activities for students. Second for three weeks, new and fun physical activity is promoted by the teacher for 15 minute breaks during the school day. Third, for the last 8 weeks, the students log their personal exercise time in a log book. Equipment is provided to the schools for these activities and certificates are awarded to students who log a certain number of exercise minutes during the program.

(b) Tobacco Prevention Program

Description: A school-based tobacco prevention program that provides an anti-tobacco and anti-drug curriculum to schools. Teachers are provided with curriculum, workbooks, and supplies for the classroom and education activities that focus on tobacco prevention in youth in fourth through eighth grade. Staff is available to contact for presentations at PTO or staff meetings depending upon needs of school community.

YMCA

Website: www.tucsonymca.org

(a) Jacobs City Center/Lohse Family YMCA

Contact: 520-888-7716

Description: In the fall of 2009, YMCA is promoting and developing a school program where the YMCA staff will come to the schools during recess or after school during physical playtime to demonstrate and promote continuing physical activity at home. After school programs that focus on activities and the

YMCA, cont.

Arizona Nutrition Program. eleven week long summer camps (can participate one week at a time) for kids ages 5-12 that provide breakfast, lunch and a snack with sports, fitness, art & crafts activities. Facilities may be used for P.E. classes for a reduced fee. Classes may be led by school's Physical Education teacher, assisted or led by YMCA staff.

(b) Triangle Y Ranch and Camp Retreat

Contact: 520-884-0987

Description: The Camp features lodging, a dining hall, and a multitude of obstacle courses and skills activities in a serene yet exciting environment. The camp is available for school retreats or overnights.

Quincie-Douglas Neighborhood Center

Website: www.ci.tucson.az.us/parksandrec

Contact: 520-791-2507

Description: Please see page ten for a full description of programs. As part of Tucson Parks and Recreation, the center has weekend swim programs for children. Center facilities may be available for school use for a nonprofit fee.

Nutrition

Healthy nutrition can reduce the risk for many diseases, including the three leading causes of death: heart disease, cancer, and stroke. Healthy nutrition in childhood and adolescence is important for proper growth and development and can prevent health problems such as obesity, dental caries, and iron deficiency anemia.

Arizona Cancer Center: Healthy Children Arizona Program

Website: www.azcc.arizona.edu/sci/education/educators

Contact: plattner@email.arizona.edu

Description: Healthy Children Arizona offers a special educational program for teachers in Arizona. The program consists of five lessons. These lessons emphasize eating more fruits and vegetables, and knowledge of healthy food groups. They introduce food groups and their role in keeping the body healthy by eating a "rainbow of foods". There is a review of healthy food choices and convenience foods (snack and fast foods) using the nutrition facts label. Physical activity is reviewed using a puppet show with two characters, "Physical Edna" who teaches "Lazy Lionel the Lion" the importance of getting up and moving six days a week or more for more than 30 minutes. Finally, there is education on sun safety using puppets, "Sun Safety Coyote Cowboy" and "Blanco the Duck." This is a creative classroom presentation that helps children in grades K-3 learn about sun safety and other cancer prevention behaviors.

Staff can also provide a Family Health Evening where there are evening presentations for families or school organizations promoting nutrition and physical activity.

Community Food Bank

Website: www.communityfoodbank.com

Contact: Family Advocate: 520-622-0525

Description: Participates with the KidsCo program through Parks and Recreation to provide five days of snacks to participants. The Community Food Bank administers the SnackPack Program which provides weekend feeding to identified youth. The Food Bank partners with the school to identify chronically hungry kids and also provides nutrition education to parents and youth. The Food Bank manages a Summer Meals Program which provides breakfast and lunch at schools during summer break. A family advocate is available to present at health fairs and PTOs about nutrition and healthy eating. The Food Bank also promotes nutrition through gardening courses which is a partnership with schools to start and help maintain a school garden.

Sunflower Markets

Website: www.sfmarkets.com/tucson, Nutrition Section

Contact: (520) 440-1657

tuc20events@sfmarkets.com

Description: Sunflower Markets can promote nutrition and healthy eating choices through grocery store tours, school-based nutrition lectures, programs that feature a snack of the week, provide produce donations and colorful nutrition flyers to classrooms to assist in the education of nutrition. Youth cooking classes may be an option to continue education on healthy eating. Staff members may be available for school events or presentations to provide education on nutrition.

TUSD Food Services Department

Website: www.tusd.k12.az.us/contents/depart/food/index.asp

Contact: Food Services Department Director: 225-4700

Description: TUSD Food Services Department staff can offer nutrition information and related activities for the school community.

Social Wellness

Knowledge and practice of appropriate social skills can allow youth to be more empowered, increase confidence and enhance and improve relationships. Childhood is an important time to develop social and character skills and is beneficial through relationships with peers, family and adults.

Big Brothers/Big Sisters

Website: www.tucsonbig.org

Contact: 520-624-2447

Description: Community Based: Big Brothers/Big Sisters can provide 1:1 mentoring to youth. Mentoring is provided by community volunteers at least two times a month for a commitment of one year. Matches are chosen by volunteers based on the age range and activity level of the youth, as well as general geographic location. By doing everyday things and having fun a relationship is formed with that child, leading to trust building and productivity in their lives.

Site Based: School mediation programs that are formed through contracts with schools. Volunteers meet with their Little Sisters or Little Brothers at a designated site one time a week. This program is ideal for High School students, college student or busy adults who want to make a difference, but need a structured time to fit into their schedules. Typically, the adult would meet his or her match during the youth's after school program. Elementary schools, community centers or other after school programs interested in partnering with Big Brothers Big Sisters should call and speak with the Site Based Coordinator.

Boys and Girls Club

Website: www.bgctuc.org

Contact: Holmes Tuttle Clubhouse: 520-622-0694

Description: The Boys & Girls Clubs of Tucson offers programs that have been nationally field-tested and developed by the Boys & Girls Clubs of America and are proven to be successful in helping youth develop self-esteem and to reach their full potential. The clubs are open five days a week during the entire year. The Holmes Tuttle Clubhouse is open from Tuesday-Friday 3:00-9:00pm and Saturday from 10:00 am-4:00 pm. Any boy or girl between the ages of 7 - 17 may become a member of the Boys & Girls Clubs of Tucson. The Boys and Girls Club offers daily access to a broad range of programs in five core program areas: Character & Leadership Development, Education & Career Development, Health & Life Skills, The Arts and Sports, Fitness & Recreation. These programs can be accessed through after-school and summer programs. Boys and Girls Club also offers mentoring with community business members with identified students. The summer programs are a continuation of the after-school programs and are offered from 12:00-4:00pm, Monday through Friday.

1:1 Mentoring

Website: 1on1mentoring.org

Contact: 520-297-0702

Description: A mentoring program that receives referrals through secondary sources such as teachers, counselors, school personnel but no parental referrals. Three programs offered to children ages 6-17 years old to provide social building skills, life skills and growth through a relationship with a mentor. Mentors are ages 18+ from all over the community that undergo background checks, fingerprinting and a personal interview for clearance to become a mentor. 1:1 Mentoring holds monthly activities for their members including; attending Diamondbacks games, Reid Park Festivals, Mentor day at the U of A, U of A events, a fall fishing trip and community service events.

Community at Risk (CAR): 1:1 mentoring match with volunteer. Matches are made through interviews with mentor, student and parents on interests and all matches are same sex matches. Commitment is for one year, 12 hours per month. Mentoring can be wherever is convenient for the mentor and student. Matches can attend all 1:1 Mentoring events.

Esperanza Program: A program developed for children on the waiting list for a mentor. Students can attend 1:1 Mentoring events and be paired with a mentor for that day.

Job Readiness Program: A career education program for 4th-7th graders that partners with an after-school program to hold the course for one to two hours a week. The program has career speakers that focus on education, skills, and personality traits for that career. In the summer, the program has field trips to businesses to learn more about the organization. The program only requires a partnership with the school to provide space for the program.

Drug Education/Prevention Program: A fee-based program offered by the staff of 1:1 Mentoring that provides a drug education curriculum to elementary and middle school age children. The program is a Life Skills Program that focuses on practicing behaviors, increasing self esteem and peer behavior. It is a 36 week program for one and a half to two hours per week in the classroom. Funding may be available through grants.

Quincie-Douglas Neighborhood Center

Website: www.ci.tucson.az.us/parksandrec

Contact: 520-791-2507

Description: Provides many after school programs including KidsCo for ages 5-11 and In-Betweeners Club, a drop-in after school program for kids aged 11-14 yrs. Quincie-Douglas provides the Schoolzout program which is held during school breaks (except holidays) from 7:30am-6pm. The center has weekend swim programs for children. The center collaborates with Quincie-Douglas Library. Center facilities may be available for school use for a nonprofit fee. All programs are available on a sliding fee scale.

Making Mealttime Family Time

Website: www.makemealttimefamilytime.com

Contact: dpark@provcorp.com

Description: A universal prevention program for elementary schools that encourages families to share meals. Studies show that the more often children and teens eat dinner with their families, the less likely they are to smoke, drink and use drugs. Making Mealttime Family Time partners with schools to provide students and families with conversation starters and information on nutrition to promote healthy eating and family socialization. The program is available for presentation at schools upon invitation to classrooms or events with materials and staff to promote the program. Each month electronic information is sent to the school about nutrition, called "Hot from the Kitchen" that the school can incorporate into their newsletter or "Snack Talks", information for teachers to incorporate into their lesson plan. Materials are bilingual.

Our Family Services

Website: www.ourfamilyservices.org

School Mediation

Contact: 520-323-1708 Ext. 122

Description: A program that teaches peer mediation training in schools. The training is designed for school counselors and educators who would like to implement a peer mediation program at their school or agency. The focus is to train teachers to train kids and set up peer mediator program within the school. The training is a two day workshop for 12 hours total. Please contact the program for fees as the program is working to include grants in the funding of the program. Materials included in the workshop are a complete Facilitator's Guide, Student Peer Mediation manual, training DVD, and Implementation Guide.

Behavioral/Mental Health

Left untreated, mental health disorders in children and adolescents lead to higher rates of suicide, violence, school dropout, family dysfunction, juvenile incarcerations, alcohol and other drug use, and unintentional injuries.

Community Partnership of Southern Arizona (CPSA)

Website: <http://w3.cpsa-rbha.org/>

Contact: Health Promotion Director: 520-325-4268

Description: CPSA is the Regional Behavioral Health Authority (RBHA) designated by the state of Arizona to coordinate and manage publicly-funded behavioral health services for children, adults and their families in Cochise, Graham, Greenlee, Pima and Santa Cruz counties. CPSA coordinates, by way of a provider network, the delivery of mental health and substance use treatment services, and behavioral health wellness and prevention services.

Providers

(a) La Frontera

Website: www.lafrontera.org

Contact: 520-838-3898

Description: At La Frontera, a child and family team approach is used for all children and families seeking services. All team members work together to create a service plan that reflects the family's unique wishes, strengths, culture, needs, and values. Services offered include Outpatient counseling, parent/guardian education/support groups, and the Division of Developmental Delays summer program for children ages 4-10 years with developmental disabilities. Services are provided for children enrolled in KidsCare (Title 21) or AHCCCS (Title 19) and some limited services to other insurance plans. Children need to have a clearly identified need to receive services and a referral must be made through the parent, as there are no secondary (i.e. teacher, school personnel) referrals.

(b) Providence Service Organization

Website: www.provcorp.com

Contact: 520-748-7108

Description: Providence provides accessible, effective, high quality community-based counseling and social services as an alternative to traditional institutional care. Providence ensures that all clients have access to professional community-based care, proven treatment methods and comprehensive service planning. Services provided include counseling and support services in home- and community-based settings and emphasizes the strengths and uniqueness of each youth and family. Services are on an outpatient basis to children that are enrolled in AHCCCS (Title 19) or Kids Care (Title 21). Parental and secondary referrals are accepted.

(c) Pantano Behavioral Health Services

Website: www.pantanobh.org

Contact: 520-623-9833

Description: Parent referred mental health services for children. Pantano provides outpatient clinical services to the Title 19 (AHCCCS) and Title 21 (KidsCare) population. Limited services may be provided to non-AHCCCS children. Services provided are based on the needs of the client and can include psychiatric services, therapy, counseling, rehab, peer support and advocacy services. Services can be provided on site or at a location preferred by the family, including schools. Referrals can be made by CPS, PCPs (Primary Care Physicians), and probation in addition to parents.

Substance Abuse/Violence Prevention

"An ounce of prevention is worth a pound of cure." It is better to prevent a problem, rather than waiting to deal with the aftermath. By making early investments in the positive development of children and youth, it can cost far less than failing to prevent youth substance abuse and violence. Prevention programs should be designed to enhance protective factors and move toward reducing known risk factors. In order to prevent substance abuse and violence among youth, there needs to be a coordinated, collaborative approach between the individual, peers, school, family, and community.

Mike Tully, Attorney at Law

Contact: 520-975-4142

Description: Can provide after-hours consultations, education or presentations on bullying prevention. A member of the Anti-Bullying Association. Focus on cyber-bullying. A resource for anti-bullying information.

Kino Weed & Seed Coalition

Contact: Community Liaison #: 623-3533 ext. 3014

Description: A US Department of Justice community-based initiative funded through grants to develop crime prevention and community revitalization plans. "Weeding" partners can enforce the law to chase criminals out and prevent their return. "Seeding" partners bring necessary services, support and revitalization into the area. The four area neighborhoods involved in Kino Weed & Seed include South Park, Pueblo Gardens, Las Vista and Western Hills II with businesses and community members from all the neighborhoods. The Coalition meets on the first Wednesday of each month from 3:30-5:00 pm. It participates in community events such as neighborhood events, community clean-ups, park adoptions, designates Safe Havens for neighborhood residents and the National Night Out Celebration. The coalition is available to schools to participate in school events to promote drug prevention/implementation and neighborhood safety.

Tucson Police Department: Santa Cruz Substation

Contact: Rachel Marquez: 520-791-4949

Description: Two former School Resource Officers (SROs) who now are in patrol in the Santa Cruz substation. Officers may be able to participate in classroom settings presenting on drug/violence prevention, bullying and school safety.

TUSD Safety Officer

Website: www.tusd.k12.az.us/contents/depart/safety/officers.html

Contact: 520-584-7676

Description: School Safety Officers work to implement violence prevention measures, reduce student truancy, promote crisis prevention and educate students, parents, and staff about school safety techniques. The officers coordinate their efforts closely with law enforcement and public safety agencies. One officer is provided for a community of a high school, middle schools and several elementary schools. An officer can provide conflict or crisis resolution/mediation, drug/violence prevention presentations, provide security at TUSD events and education for students, parents, and staff or community groups.

CAST (Clean & Sober Theatre)

Website: www.compasshc.org

Contact: 520-882-5608

Description: An alcohol and drug prevention and education theater program. Actors are kids ages 13-23 who have been personally affected by substance abuse. Ninety minute presentations that include developed personal stories of substance abuse and an anonymous question/answer education session. A teacher in-service may be provided the week prior to the performance and a written guide on how to prepare students for the presentation. The show is fee based but subsidies are possible to fund program.

Our Family Services

School Based Prevention

Contact: 520-323-1708 Ext. 149

Description: A program that provides school and community workshops on such issues as cultural awareness by getting students to stop judging each other based on the cliques they belong to on campus, or their racial backgrounds. The program provides training of trainers in the areas of conflict resolution, peer mediation, resiliency building. Education on teaching anti-bullying curriculum in the classroom, teaching life-skills curriculum that is designed to decrease alcohol and drug abuse, and other risky behaviors for students. The program can facilitate small groups of youth interested in learning how to manage their anger, build self-esteem and set self-improvement goals for themselves. Offers youth retreats to encourage students to identify issues at their own schools and coordinate activities to address them. Our Family also provides referrals to parents, students and staff in need of outside services. PTO presentations can be organized on the interests of the organization for a fee of \$100 for a presentation.

Community Wellness

Through the interaction of a school and its neighborhood and community, many opportunities can be found for increased activities and programs for the students. Enhanced community relationships can lead to safer school environments and community partners to assist in school events. Students can learn how to interact and participate in their communities, promoting positive societal values.

Tucson Urban League

Website: www.tucsonurbanleague.com

Contact: 520-791-9522 ext. 2509

Description: Tucson Urban League is open to working with and creating relationships with schools. Please contact TUL for interest in collaborating on identified community/school issues.

HIV/AIDS Education: Developing a public education program on HIV/AIDS education for school age population. The program may be held at the INTEL clubhouse or within the schools. As of August 2009, the program is waiting for grant acceptance.

Parenting Program: A four hour English only parent instruction program that can be held at the school or TUL facilities. The program provides instructional support to parents to help them acquire the skills needed to raise healthy, responsible children. Time can be split but four hours must be completed.

South Park Neighborhood Association (SPNA)

Website: www.Neighborhoodlink.com/Tucson/spark

Contact: 520-622-7932

Description: The neighborhood association of the neighborhood around Holladay. SPNA is interested in connecting with the community of Holladay to improve neighborhood relationships. SPNA meets every second Tuesday of the month at Quincie-Douglas Library at 6pm. Some of the neighborhood projects SPNA participates in include a yearly block party in October, a Holiday dinner, collaboration with Kino Weed & Seed projects, community clean-ups, collaboration with Quincie-Douglas Library on National Night Out and sponsored rewards for the Quincie-Douglas Library Chess Club and bought books for the library. A monthly newsletter is published to promote neighborhood events.

Quincie-Douglas Library

Website: www.library.pima.gov/locations/quinciedouglas

Contact: 520-594-5335

Description: Partners with Holladay on Quincie “CATS”, a program for 4th graders that is a leadership development program through which students, chosen by their teachers, are engaged in team building activities, volunteer at library events, and develop their own library programs. Display student art projects at the Children’s Art gallery each term. The Children’s Librarian is available for school and classroom presentations. Group visits are welcome from the Holladay community. The Children’s Librarian is available to the Holladay community for participation in projects or events.

Kino Weed & Seed Coalition

Contact: Community Liaison #: 623-3533 ext. 3014

Description: Please see page fourteen for a complete description of Kino Weed & Seed programs and services. Kino Weed & Seed Coalition is a community-based organization and promotes community wellness and relationships through its various programs.

Environmental Wellness

Youth need to be taught to understand the environment in which they live in order to learn to protect the environment. If youngsters start learning about the environment at a young age, they'll be better able to incorporate being environmentally responsible into their lives. State standards require that students learn about the environment and many organizations have hands-on programs that will help make learning about the environment and protective behavior interactive and fun as well as assist teachers in science education.

City of Tucson: Tucson Clean & Beautiful

Website: www.tucsoncleanandbeautiful.org

Contact: 520-791-3109

Description: Several free programs offered to schools and community to promote keeping Tucson clean.

"E Pluribus Recycles!" Play, a 30-minute presentation relating to recycling and recycling waste. This program is geared toward the Kindergarten through 4th Grade age group. Different presentations are also available for 5th grade and up, as well as parent and teacher/school staff groups. To schedule a recycling & waste reduction related presentation, call 520-791-5000.

Trees for Tucson: trees and training for appropriate planting and maintenance are available for school students and community volunteers to plant to shade buildings and playground areas. Educational presentations are available for all ages K-12. These activities typically last from 45 minutes to over an hour, and can be customized to meet the needs of the school. For more information, call 520- 250-8220.

Adopt-a-Park & Public Areas, volunteer litter cleanup projects are available for school-age groups at area parks, neighborhood streets and washes as appropriate for the age group of the volunteers. Projects typically last between 1/2 to 1 1/2 hours. For more information, call 520 791-3109.

Most programs are free of charge for schools and typically include a loan of many of the tools necessary to complete the projects. Tucson Clean & Beautiful will work with the school to schedule an appropriate time for the presentation. Two to four weeks notice is greatly appreciated.

Typically, all of these programs are applicable to one or more of the state standards relating to science, environmental education and social sciences. These programs help to demonstrate the link between environmental improvement and the social/physical health and economic well-being of our community that leads to a better quality of life for all ages.

Community Food Bank

Website: www.communityfoodbank.com

Contact: Family Advocate: 520-622-0525

Description: Please see the Community Food Bank description on page six for further program details. The Food Bank also promotes environmental wellness through gardening courses that are a partnership with schools to start and help maintain a school garden.

Tucson Botanical Garden

Website: <http://tucsonbotanical.org>

Contact: Education Director: 520-661-4470

Description: Provides students with exposure to nature, the environment and science through an ecological perspective. Please schedule reservations three weeks in advance.

Outreach Program: An experienced docent or staff member will come to a classroom with the teaching kit to deliver a one-hour hands-on program. Each kit is filled with activities and supplies to enhance your curriculum or badge goal. Students will gain a greater understanding with each kit's interactive activities, colorful posters and experiments. Programs can include education on butterflies, caterpillars, learning about growing seeds, and native environments.

Field Trips: Field trips can be either self-guided, docent-led or the Butterfly Magic Tour (seasonal). The guided tour will be through two of the four gardens; Herb Garden, Tohono O'odham Path, Cactus and Succulent Garden and Butterfly Garden (Arizona Native).

Arizona Cancer Center: Healthy Children Arizona Program

Website: www.azcc.arizona.edu/sci/education/educators

Contact: plattner@email.arizona.edu

Description: Please see description on page six for further Arizona Cancer Center programs. Focusing on environmental wellness, there is education on sun safety using puppets, "Sun Safety Coyote Cowboy" and "Blanco the Duck." This is a creative classroom presentation that helps children in grades K-3 learn about sun safety and other cancer prevention behaviors.

Oral Health

Poor oral health can contribute to poor physical health. Poor dental hygiene can and does lead to challenges in speech development, expressiveness and nutrition for children. The consequences of poor dental care can also lead to long term negative impact on self-esteem. It is imperative that youth be taught proper dental hygiene and encouraged to continue these practices at school and at home.

General Dentistry for Kids

Website: www.gd4k.com

Contact: 520-661-3250

Description: Mobile service unit that can provide comprehensive dental care for children with insurance and a complimentary oral exam for children without insurance. The mobile service unit will travel to the school and being a self-contained unit will not occupy any classroom space for treatment. Staff will also provide classroom presentations on dental health and dental care.

TUSD Dental Services

Website: www.tusd.k12.az.us/contents/depart/health/dental.html

Contact: 520-225-6000 (Dental Services)

Description: TUSD Dental Services can provide free annual or by request dental screenings, classroom dental education and Grayline services to TUSD students grades K-5. Grayline services include free care for urgent dental needs from community dentists and hygienists for students who do not have health insurance or meet income requirements. TUSD also provides ReachOut Healthcare America, which provides students on AHCCCS or KidsCare with comprehensive dental services at school and a 50% discount to uninsured students.

EDUCATOR/SCHOOL COMMUNITY EDUCATIONAL & TRAINING RESOURCES

Resources that can provide the school community with information, curriculum, and training on the promotion of health and wellness within the school environment.

CDC: Division of Nutrition, Physical Activity and Obesity

Website: <http://www.cdc.gov/nccdphp/dnpao/index.html>

www.cdc.gov/healthyyouth/CSHP

Description: A website that educates on the Coordinated School Health Program; a model of eight interactive components to promote health and social living. The website provides resources and links to program for educators on nutrition, physical activity, violence and substance abuse prevention.

Office of the Pima County School Superintendent

Website: www.pimaregionalsupport.org

Contact: 520-740-8213

Description: A teacher and educational community resource library. The office houses extensive resources including books, pamphlets, and DVDs providing education on Life Skills, Safeguarding our Children, Protective Schools, Bullying Prevention, and Substance Abuse. The office has a working relationship with the Attorney General's office focusing on safety initiatives. No summer closure. Access is provided to information on Internet Safety through police offices that teach classes on internet safety. The office provides teacher training/courses on various prevention and safety education.

Teaching Tolerance

Website: www.teachingtolerance.com

Description: Teaching Tolerance is dedicated to reducing prejudice, improving intergroup relations and supporting equitable school experiences for our nation's children. The program provides free educational materials to teachers and other school practitioners. Web-exclusive offerings include downloadable curricula, other classroom activities and materials for youth and parents/guardians.

Stop Bullying Now!

Website: www.stopbullyingnow.hrsa.gov

Description: A website that provides resources and education for adults, including parents and teachers about bullying awareness, prevention and intervention. The site also includes education and activities for youth.

Olweus (Anti-Bullying Prevention)

Website: www.olweus.org

Description: A bullying prevention program developed at Clemson University, available online. The Olweus Bullying Prevention Program is the most researched and best-known bullying prevention program available today. Implemented at the school, classroom, and individual levels, the Olweus Bullying Prevention Program is designed to reduce bullying, prevent future bullying, and improve relationships at every level.

Arizona Nutrition Network

Website: www.eatwellbewell.org

Description: The Arizona Nutrition Network is a program of the Arizona Department of Health Services. The program partners with other organizations to provide funding and technical assistance that supports nutrition and nutrition integrated physical activity education in qualifying schools and community programs and assists in implementing local wellness policies. This website provides education and resources for children, parents and educators on the importance and practice of physical activity and healthy eating.

Arizona Nutrition Network-The University of Arizona

Website: <http://nutrition.arizona.edu/new/aznn.phtml>

Description: A branch of the Arizona Nutrition Network based out of the University of Arizona. The website offers free nutrition and nutrition integrated physical activity resources, nutrition education videos and curriculum guides.

Arizona Department of Education

Websites: <http://ade.state.az.us/health-safety/coorschoolhealth>

Description: A coordinated school health program (CSHP) model consists of eight interactive components. Schools by themselves cannot—and should not be expected to—solve the nation’s most serious health and social problems. The Arizona Department of Education (ADE) received a grant funded by the Centers for the Disease Control-Division of Adolescent and School Health (CDC-DASH) to develop and implement a statewide Coordinated School Health program. The administration of the AzCSHP is a collaborative effort between ADE and the Arizona Department of Health Services (ADHS). AzCSHP will be focusing on three areas: Physical Activity, Nutrition, and Tobacco Use Prevention. This website offers resources and links for the AzDE curriculum and standards in Health and Nutrition.

Arizona Dept of Health Services

(a) Healthy Worksites

Website: www.azhealthyworksites.com

Description: This website provides information and tools to help businesses in Arizona have healthier worksites and healthier employees. The Program Design page lists the eight steps for developing, implementing, and evaluating a comprehensive worksite program.

(b) Nutrition and Physical Activity Program (NUPA)

Contact: (602) 542-1886

Website: www.eatsmartgetactive.org

Description: A website of the State of Arizona Bureau of Chronic Disease Prevention and control that promotes nutrition, physical activity and obesity prevention.

TUSD EMC (Educational Materials Center)

Website: <http://instech.tusd.k12.az.us/emc/index.asp>

Description: An educational center that houses materials to support TUSD staff in curriculum, instruction, professional development and research. Materials available include: Films/videos/DVDs, professional books, professional journals, gold files (ready-made packets of 10-20 articles on educational issues and curriculum topics), and various cultural materials. Educators may check out materials, parents may not but can access materials at the center with a letter from an educator.

North Carolina Physical Education is Active!

Website: www.ncpe4me.com

Description: Provides physical activity resources and information and downloadable Energizers program. The Energizers program is a way for teachers to integrate physical activity with academic concepts. Energizers are classroom based physical activities that integrate physical activity with academic concepts. These are short (about ten minutes) activities that classroom teachers can use to provide activity to children.

Child & Family Resources, Inc

Website: www.childfamilyresources.org

Contact: 520-881-8940

Description: A non-profit, private community-based agency that offers programs that positively impact children and families. The programs focus on building stronger children and families through education and training of healthy child care for providers and families. Services include parental resources and education for childcare centers, preschools, homes and after school programs, Healthy Families home visitation program, Father to Father training, and Liberty Partnership which provides services to enhance the neighborhoods in Southside Tucson.

COMMUNITY INFORMATION/REFERRAL SERVICES

Resources that make additional community resource information available.

United Way

Website: www.unitedwaytucson.org

Contact: Director of Health and Nutrition: 520-903-9000 ext. 433

Description: United Way is a focused, results-driven system working year-round to change community conditions and create lasting solutions. Through strong partnerships with volunteers, local business, government and nonprofit organizations, United Way accomplishes what no one can do alone.

YES (Youth Empowerment Services) Network

Website: www.yes-network.org

Contact: 520-297-0702

Description: YES partners with different community agencies to connect needs with resources. They provide support to direct service partners in the community to coordinate services to youth, families and neighborhoods.

Directory of Community Resources for Southern Arizona HelpLine

Published by Information & Referral, a program of Our Family Services

Website: www.ourfamilyservices.org

Contact: 520-325-2111 or 1-888-575-2111

Description: A comprehensive guide to community services in Cochise, Graham, Greenlee, Pima and Santa Cruz counties. Information can be accessed through the HelpLine or purchase of hardcopy of guide.

SUMMER CAMP OPPORTUNITIES

Resources to provide parents and students continued opportunities for safe, healthy learning environments during the summer break.

YMCA of Tucson: Summer Camps

Website: www.tucsonymca.org

Description: The YMCA offers children of all ages the experience of a lifetime at Summer Day Camp! Whether it's through swimming or games, singing or field trips, counselors at YMCA Day Camps have led kids in developing good values and creating relationships that can last a lifetime. Each of our child care sites (Jacobs, Lighthouse, Mulcahy, Northwest and Ott) hold day camps during the summer months to give kids a fun way to enjoy the season. Parents can relax knowing that they've found a safe and positive environment for their children. YMCA offers financial assistance and scholarships for members.

Troubadour Theatre

Website: www.troubadourtheatre.com

Contact: 520-401-4833 or alex@troubadourtheatre.com

Description: Students will learn acting and theatrical design from theater professionals and perform a musical play for friends and family. The camp will cover the entire theater experience from acting and directing to theatrical design including costumes, lighting, scenic and sound. Please see website or contact for camp fee details.

U of A Camp Wildcat

Website: <http://uofacampwildcat.org>

Contact: mail@uofacampwildcat.org or 520-621-7048

Description: Camp Wildcat is a student-run organization at the University of Arizona devoted to improving the lives of Tucson's financially, mentally, and physically disadvantaged youth. Over 100 dedicated volunteers work each year to facilitate cost-free activities for fun, friendship, and to portray college as an attainable goal for everyone. Activities include weekend-long camps, a week-long summer camp, day activities, mock camps in the UMC Pediatrics Ward, backpacking trips for middle school students, and other special events for children.

Boys and Girls Club: Holmes Tuttle Clubhouse Summer Programs

Website: www.bgctuc.org

Contact: Holmes Tuttle Clubhouse: 520-622-0694

Description: Please see a full description of Boys & Girls Club programs on page eight. The summer programs are a continuation of the after-school programs and are offered from 12:00-4:00pm, Monday through Friday during the summer break.

Zoobot Camp-Tucson Botanical Gardens

Website: <http://tucsonbotanical.org/education/families-kids/zoobot-camp/>

Contact: Youth Education Department: 520-326-9686 ext.18 or ext.24

Description: This camp has been revitalized to be bigger, better and more educational. Activities during the week-long camp include a trip to Saguaro National Park, trip to Agua Caliente Park, trip to Reid Park Zoo, hands-on gardening activities, cooking, arts and crafts, and making a solar oven. Camps are divided up into age groups of 3rd & 4th, 5th & 6th grades, and the camp runs from 8:00am-4:00pm. Please see website or contact for fee details.

GRANT OPPORTUNITIES

To assist in the funding of health and wellness programs within the school community.

Fry's "Cool Cash" Program

Website: www.frysfood.com/myFrys/660/cool_cash/Pages/cool_cash.aspx

Description: Help your child's school earn cash with every shopping trip to Fry's. For every \$50,000 in V.I.P purchases, Fry's Food Stores will mail a \$500 check to the school to spend as they please. Any public, charter, private, nonprofit accredited or home school can participate that is accredited by the Arizona State Board of Education or an equivalent agency. Once the school enrolls in the program, the coordinator will receive their Cool Cash barcode to distribute to students and parents. Present the barcode to the Fry's cashier. The cashier will scan the school's "COOL CA\$H" barcode and the V.I.P card, which will automatically attach the school to the card.

EcoPhones

Website: www.ecophones.com

Description: EcoPhones recycles cellular phones, ink jet printer cartridges, laptop / notebook computers, iPods, digital cameras & digital video cameras for fundraising. Working with over 30,000 educational, civic and religious organizations throughout the United States, EcoPhones performs large scale collection of electronic waste through the EcoPhones Drive® concept. EcoPhones offers a simple, no-cost fundraising solution while at the same time safeguarding the environment.

Basha's Community Support Card

Website: www.bashas.com/community.php

Description: The organization purchases the Community Card and receives a 6% discount. The new Community Card offers members a choice where to shop as it is accepted at all Basha's, Food City and AJ's stores. The organization then sells the Community Card to supporters at face value and receives a 6% profit. Supporters can recharge their Community Card at Basha's, AJ's Fine Foods and Food City stores and your organization will earn 6% of the recharge amount. Earnings from recharged Community Cards will be distributed once a month.

Albertson's Health/Nutrition Grants

Website: <https://shop.albertsons.com/eCommerceWeb/CommunityAction.do?action=beginCommunity>

Description: Albertsons provides grants to school programs that meet these focus areas: Hunger Relief, Health, through health and wellness awareness, education and programming and Nutrition through healthy lifestyles and nutrition promotion and education as well as access to healthy foods.

Community Food Bank: Punch Woods Endowment Grant

Website: <http://communityfoodbank.com/community-food-security-center/punch-woods-endowment/>

Description: The Punch Woods Endowment for Community Food Security is dedicated and limited to supporting Community Food Security programs. Community Food Security (CFS) is the state in which persons obtain a nutritionally adequate, culturally acceptable diet through local non-emergency sources. CFS programs build strong, sustainable, local food systems that ensure access to affordable, nutritious and culturally appropriate food to all people at all times. This includes physical and economic access to sufficient food to meet their dietary needs for a productive and healthy life. This can include but is not limited to: urban agriculture, community and back yard gardens. Increased access to affordable fresh produce, farmers' markets, training on food processing, preservation, preparation and marketing, nutrition education and food self-reliance, training and support expenses of volunteers and staff dedicated to CFS, workshops, video productions and retreats.

US Department of Health and Human Services

Website: www.grants.gov

Description: Grants.gov is the source to find and apply for federal government grants. The U.S. Department of Health and Human Services is the managing partner for Grants.gov. Grants.gov is a central storehouse for information on over 1,000 grant programs and provides access to approximately \$500 billion in annual awards.

Team Nutrition Training Grants

Website: <http://teamn nutrition.usda.gov/grants.html>

Description: Team Nutrition (TN) Training Grants for Healthy School Meals have been identified in USDA's National Strategic Plan for Training and Technical Assistance as one of the anchor delivery systems for supporting the implementation of USDA's nutrition requirements and the Dietary Guidelines for Americans in school meals. TN Training Grants offer funding to State agencies to establish or enhance sustainable infrastructures for implementing TN.

Pro Neighborhoods

Website: www.proneighborhoods.org/grants.php

Description: PRO Neighborhoods offers two grant opportunities.

Money Grants: PRO Neighborhoods offers grants ranging from \$500 to \$5,000 to groups working together to mobilize and build upon existing talents and resources within the community.

PDSA Grants: The PRO Neighborhoods Planning and Design Service Award Program is intended to help neighborhood groups undertake conceptual planning and design for physical changes to the neighborhood.

Lowe's Charitable/Education Foundation

Website: www.lowes.com/lowes/lkn?action=pg&p=AboutLowe's/Community

Description: Lowe's Charitable and Educational Foundation recognizes that they must increase their focus on basic, one-time project needs. Lowe's seeks ways to provide the tools that help educators and communities manage through these challenging times efficiently and with the greatest impact. In 2009, basic needs will take priority. Lowe's sees students needing essentials and communities striving to create and maintain safe gathering places. Lowe's Charitable and Educational Foundation is determined to do what they can to provide for the communities' basic needs.