

# CALIFORNIA PROJECT LEAN 2015 TRAINING CATALOG

*Trainings that inform and educate your staff or stakeholders through direct or train-the-trainer activities*

## **California Project LEAN Trainings and Technical Assistance:**

- Support public health professionals, parents, youth, school board members, teachers, early childcare or out-of-school time/after school personnel, and other advocates to create healthy environments
- Available in English or Spanish
- Tailored to meet your needs



California Project LEAN (Leaders Encouraging Activity and Nutrition) (CPL) is a program of the Public Health Institute that works to advance nutrition and physical activity policy in schools, early childcare and communities in order to prevent obesity and its associated chronic diseases. For over two decades, CPL has specialized in program development, Policy, Systems, and Environmental change (PSE) strategies, and stakeholder and community engagement.

CPL provides a variety of training options in English and Spanish that address Local School Wellness Policy (LSWP), parent, youth, promotores, and other community stakeholder capacity building, engagement and PSE strategies. Every community is unique. CPL understands this and therefore, trainings can be tailor-made to meet the specific needs and goals of your organization and community. To follow is an overview of the training options CPL can provide utilizing practice-based materials and resources.

For training quotes, requests, or more information, please contact:

Katherine Hawksworth, M.P.H., C.H.E.S  
Katherine.Hawksworth@phi.org  
(925) 708-7027



[www.CaliforniaProjectLEAN.org](http://www.CaliforniaProjectLEAN.org)

 @Project\_LEAN

# TABLE OF CONTENTS

<b>School Wellness</b> .....	<b>1</b>
• School Wellness Councils: Facilitation Support	
• School Wellness Policy 101	
<b>Parents in Action! Training – Engaging Parents in School Wellness Policy</b> .....	<b>2</b>
<b>Engaging Parents - Train-the-Trainer:</b> .....	<b>3</b>
• Promoting Healthy Beverages at School	
• Promoting Physical Education and Physical Activity at School	
• Promoting School Meals and Healthier Competitive Foods and Beverages	
<b>Engaging Youth in Creating Healthier School and Community Environments</b> .....	<b>4</b>
<b>Early Childcare and Out-of-School Time/After School</b> .....	<b>5</b>
• Training Option 1: Center Leadership and/or Staff	
• Training Option 2: Parent Engagement	
<b>Increase Water Access and Promotion</b> .....	<b>6</b>
California Project LEAN's H <sub>2</sub> O4Kids - Increase Access to and Promotion of Water in Schools and Communities	

# School Wellness



## TWO OPTIONS

### **School Wellness Council: Facilitation Support**

Is your school wellness council in need of facilitation support to help identify and prioritize health and wellness components for a more comprehensive district and/or school-site Local School Wellness Policy? Does your school wellness council need support in communicating, implementing, or evaluating its Local School Wellness Policy? CPL can facilitate the process to help your district and/or school-site wellness council revise, strengthen, and identify strategies to communicate, implement, and evaluate your Local School Wellness Policy.

### **School Wellness Policy 101**

This 3-hour training provides participants with the understanding of how to advance a stronger, more comprehensive Local School Wellness Policy that not only meets but exceeds state and federal requirements leading to healthier school environments.

Topics covered include:

- Local School Wellness Policy overview
- 2010 Healthy, Hunger-Free Kids Act requirements
- Smart Snacks in Schools nutrition standards specific to California
- California physical education requirements and opportunities for physical activity
- Process to develop an Action Plan for change

*“California Project LEAN has exemplified extraordinary leadership and vision in California’s efforts to promote healthy eating, activity and overall community well being. They are a go-to group for training and consultation on work fostering effective school and community environments.”*

Larry Cohen, Founder and  
Executive Director  
Prevention Institute

# Parents in Action! - Engaging Parents in School Wellness Policy



Utilizing CPL's *Parents in Action: A Guide to Engaging Parents in Local School Wellness Policy* and *Parent Lesson Plans: Advocating for Healthier School Environments*, CPL's Parents in Action! Training provides participants with a process for engaging parents to advance improvement of the school environment, increased access to healthy food and beverages, and physical activity opportunities through the Local School Wellness Policy. CPL provides two options of this training that can either be provided directly to parents or as a train-the-trainer session for those working with parents and other stakeholders.

The six Parent Lessons are:

1. Health Happens Here: Parents and Schools Working to Improve Student Health
2. Foods and Beverages on Campus
3. Promoting Healthy Beverages on Campus
4. Physical Activity on Campus
5. Opening Up the Campus for Community Use
6. Parents Taking Action in Schools

## TWO OPTIONS

### **9-hour Training (each lesson is approximately 1.5-2.0 hours)**

Provides participants with information necessary to advance Local School Wellness Policy efforts to create healthier school environments. Training time is flexible (e.g., the training can take place over the course of six weeks addressing all six lessons, over three weeks with two lessons covered each week, or over two full days), depending on location and needs of the community.

### **8-hour Train-the-Trainer**

This hands-on training equips participants to deliver CPL's six Parent Lesson Plans. Participants will receive and review a copy of the *Parents in Action! Guide* and *Parent Lesson Plans*.

# Engaging Parents- Train-the-Trainer



## THREE OPTIONS

### **Promoting Healthy Beverages at School**

This 2-hour train-the-trainer session equips participants to deliver a one-hour lesson with parents. At the end of the lesson parents will be able to understand the link between sugary drinks and overweight and obesity, identify what sugary drinks are still allowable in schools, calculate the amount of sugar in beverages, and advocate for healthier beverages in their child's school and district.

### **Promoting Physical Education and Physical Activity at School**

This 2-hour train-the-trainer session equips participants to deliver a one-hour lesson with parents. At the end of the lesson parents will be able to state the benefits of daily physical activity, differentiate between physical activity and physical education, and identify barriers of and potential solutions to increased physical activity at school.

### **Promoting School Meals and Healthier Competitive Foods and Beverages**

This 2-hour train-the-trainer session equips participants to deliver a one-hour lesson with parents. At the end of the lesson parents will be able to describe the school nutrition programs that provide food and beverages to students as well as the nutrition standards for competitive food and beverages per the California Nutrition Standards and USDA's Smart Snacks in Schools.

# Engaging Youth in Creating Healthier School and Community Environments



Utilizing CPL's *Playing the Policy Game* and other materials and resources, this training can be tailored and geared specifically for adult allies or youth, or a combination of both. Key concepts such as Youth Development, Youth Engagement, Youth Adult Partnerships, and Action Planning will be covered. Similar to the Parents in Action Training, CPL provides a few options of this training to help adult allies and youth create healthier school and community environments through Policy, Systems, and Environmental change (PSE) strategies.

## THREE OPTIONS

### 6-hour Training

Provides both adult allies and youth with information to enable them to become advocates for improved nutrition and physical activity environments. Local health data, assessment tools and resources, and CPL's four-step advocacy process, among other resources, will be covered.

### 3-hour Training

Condensed version of the above 6-hour training that equips participants with the necessary information to support the development of an Action Plan for change.

### 6-hour Train-the-Trainer Model

Geared specifically for adult allies working with youth. This training provides an overview of key concepts necessary to work with youth as change agents by engaging youth in planning, developing and implementing projects that improve school and community nutrition and physical activity environments.

**Most of our training activities are USDA APPROVED for SNAP Ed!**

# Early Childcare and Out-of-School Time/After School



## TWO OPTIONS

### Center Leadership and/or Staff

This training engages early childcare or out-of-school time/after-school personnel to develop and implement policies and practices that support a healthy early childcare or out-of-school time/after-school environments. Topics include best practices, programs and policies for nutrition including food, snacks, and beverages with approaches for increasing children’s physical activity in these settings, and reducing screen-time.

- **6-hour Training**

Provides early childcare or out-of-school time/after-school personnel including directors, teachers, and line-staff with information to enable them to create healthier nutrition and physical activity environments.

- **3-hour Training**

Condensed version of the above 6-hour training that equips participants with the necessary information to support the development of an Action Plan for change.

### Parent Engagement

- **3-hour Training**

This training engages parents to become advocates for supporting healthy early childcare or out-of-school time/after-school environments.



# Increase Water Access and Promotion



## California Project LEAN’s H<sub>2</sub>O4Kids - Increase Access to and Promotion of Water in Schools and Communities

- **3-hour Training**

This training is tailored for parents, school and district administrators, childcare providers, community leaders and other stakeholders to increase access to and promotion of water in school and community settings. Materials include model survey, beverage standards, factsheets and more.

# 2015 TRAINING CATALOG



2015  
[www.CaliforniaProjectLEAN.org](http://www.CaliforniaProjectLEAN.org)