

Healthy Schools Initiative Grants 2019-20

A total of \$520,000 was awarded to 22 school-based programs for the 2019-20 grant cycle:

Social Emotional Health: \$336,000

Organization/Program	Program Description	Award
Acknowledge Alliance Resiliency Consultation Services	Provides social emotional learning (SEL) curriculum and direct services to K-8 students	\$50,000
Adolescent Counseling Services On-Campus Counseling Program	Provides free, mental health assessments, depression screenings, ongoing individual therapy, supportive services, and education	\$30,000
Center for Wellness and Achievement in Education (CWAE) Quiet Time	Offers lessons connecting meditation to wellness, leadership, and social-emotional development at dTech High	\$50,000
Friends for Youth Connect Mentoring Initiative	Aims to ensure that students are safe, thriving, healthy, and succeeding in school, with the positive support of a community mentor	\$40,000
One Life Counseling Building Resiliency	Provides mental health therapists to administer preventative SEL to students in schools	\$35,000
YMCA Project Cornerstone	Addresses the SEL needs of students to improve school climate and create caring communities	\$6,000
San Carlos Learning Center School Counselor	Supports students' social emotional learning	\$35,000
StarVista Arbor Bay	Offers mental health counseling to Arbor Bay students	\$10,000
StarVista Crisis/Suicide Prevention	Offers educational presentations covering topics such as stress, depression, anxiety, coping skills, and suicide prevention.	\$20,000
StarVista Youth Development Initiative	Youth Leadership and peer program focused on student health concerns at Sequoia HS	\$30,000
Summit Prep High School School-based Counseling	School-based StarVista mental health services	\$15,000
Everest Public High School School-based Counseling	School-based StarVista mental health services	\$15,000

Preventive Education/Health/Screening: \$95,000

Organization/Program	Program Description	Award
EI Centro Prevention Education	Uses classroom-based Prevention Education Program curriculum providing drug and alcohol prevention education for youth in RCSD	\$20,000
Families United United Through Education	A 9-session family engagement workshop to low-income RCSD families	\$25,000
The Parent Venture Parent Education Series	Provides high-quality parent education	\$40,000
San Carlos Learning Center Nurse	Provides health and nursing services	\$10,000

Physical Education/Activity: \$64,000

Jasper Ridge Farm HorseBuddies	Equine therapy and fitness program for special needs youth attending local schools	\$15,000
RCSD PE Adapted Access	Provides physical activity to students with disabilities access through community-based instruction	\$7,500
Redwood City 2020 Safe Routes to School	Provides a Safe Routes Coordinator for RCSD	\$12,500
Siena Youth Center of St. Francis Center Holy Family Outdoor and PE Program	Outdoor Education and Physical Fitness at Holy Family School in North Fair Oaks	\$17,000
Footsteps PE Yoga & Mindfulness	Offers Yoga and Mindfulness to BRSSD Transitional Kindergarten children afterschool	\$12,000

Nutrition Education: \$25,000

John Gill Elementary PTO Education Outside Garden Program	Teaches hands on nutrition science and health education	\$10,000
Mary Meta Lazarus Child Center Healthy Eats, Active Feet	An early intervention program that contributes to young children's lifelong eating/exercise at College of San Mateo	\$15,000