



**Organization:** America On Track

**Category of Services (i.. e. Physical Activity, Parent Engagement, etc.):**

Nutrition Education and Obesity Prevention Classes for Youth and Parents

**Main Contact Name:**

Diana Bejarano

**Phone Number:**

(714) 531 – 7144

**Email:**

[Nutrition@AmericaOnTrack.org](mailto:Nutrition@AmericaOnTrack.org)

**Services Offered:**

- Community / School Gardens
- Environmental Changes
- Food Demonstrations for Youth and Parents at Events
- Handout Distribution
- Healthy Policies
- Healthy Shopping Store Tours
- Interactive Booths at Health Fairs and other School Events
- Nutrition Education Classes for Youth in Class (Yummy Curriculum)
- Nutrition Education Parent Classes in English and Spanish

**Costs Related for Any Above Services (if applicable):**

No costs associated to any of our services

**Website:** <http://www.americaontrack.org>

**America On Track is about hope, opportunities,  
and life-transforming programs.**



**Organization:**

America's ToothFairy/National Children's Oral Health Foundation

Adult/Parent/Youth Engagement, Education

**Main Contact Name:**

Jo Jass

**Phone Number:**

714-307-3892

**Email:**

jjass@ncohf.org

**Services Offered:**

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Oral Health Education Materials

Train the Trainer classes

Oral Health Education Presentations

Youth Leadership Programs and Scholarships

**Costs Related for Any Above Services (if applicable):**

**Website:**

Ncohf.org



<b>Organization: TOYAMA KARATE DO STUDIO</b>		
<b>Category of Services (i.. e. Physical Activity, Parent Engagement, etc.):</b> PHISICAL ACTIVITY, PARENT ENGAGEMENT		
<b>Main Contact Name:</b> ARACELI CAZALES	<b>Phone Number:</b> 714-293-4759	<b>Email:</b> ARACELI.CAZALES. NQND@STATEFARM.COM
<p><b>Services Offered:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> <p>Toyama is a community martial arts organization serving youth since 1991.</p> <p>We offer martial arts as a form of curriculum based training, after school program, karate day camps, Saturday bully prevention classes, and youth mentorship seminars.</p> <p>Parent classes are also provided (Raising Highly Capable Kids) is one of them.</p> <p>Our mission is to teach and expose students to discipline, social emotional learning, structured environment, character development, and educational growth.</p>		
<p><b>Costs Related for Any Above Services (if applicable):</b></p> <p>Our Saturday Programs are absolutely Free the entire school year for grades K-12 students. Any other program is based on stipend or cost based of program and volume of students.</p> <p>Any other program is based on stipend or cost based of program and volume of students Our Saturday Programs are absolutely Free the entire school year for grades K-12 students.</p>		
<b>WEBSITE:</b>		



<b>Organization: Kid Healthy</b>		
<b>Category of Services (i.. e. Physical Activity, Parent Engagement, etc.):</b> Physical Activity, Parent Engagement, Health Education, School Wellness Policy Implementation		
<b>Main Contact Name:</b> Linda Franks	<b>Phone Number:</b> 949-874-7701	<b>Email:</b> Linda@mykidhealthy.org
<b>Services Offered:</b> <ul style="list-style-type: none"><li>● <b>Padres en Acción:</b> A parent-led active recess and health education program. Parents are trained to be active leaders at the school site. A comprehensive 6-class series trains parents in: school wellness policy, advocacy, health, nutrition and physical activity. These parents then implement a 3-day per week active recess program and a monthly health education series.</li><li>● <b>Health Education:</b> we offer various topics for parent classes. Topics are chosen based on assessments conducted at each school community to identify needs and interest of the parent groups. Examples of topics are: nutrition, recipe demonstrations, cooking classes, menu planning on a budget, hands only CPR, access to healthcare, physical activity, gardening and more.</li><li>● <b>School Wellness Policy Implementation:</b> Support on formation and implementation of a School Welless Committee; provide tools and train staff on implementing an assessment and action plan.</li></ul> <p>Meet with Kid Healthy to learn more about program options that meet your school's individual needs.</p>		
<b>Costs Related for Any Above Services (if applicable):</b> <b>Padres en Acción Program:</b> \$8,000 (Year 1) and \$6,000 (renewal). <i>*Program cost reflects a 30% discount. We work diligently to secure grant funding in order to keep program costs at an affordable rate. Program options and cost may be modified to meet a school's individual needs.</i>		
<b>Website:</b> <a href="http://www.mykidhealthy.org">www.mykidhealthy.org</a>		

**Organization: Orange County Health Care Agency**

**Category of Services (i.. e. Physical Activity, Parent Engagement, etc.):**  
Youth and parent engagement, physical activity (obesity prevention), injury prevention

**Main Contact Name:**

Megan Beard, MPH  
Maria Minaglia, MPH

**Phone Number:**

714-667-8336  
714-834-6770

**Email:**

[mbeard@ochca.com](mailto:mbeard@ochca.com)  
[mminaglia@ochca.com](mailto:mminaglia@ochca.com)

**Services Offered:**

- Are you concerned with safety of students walking to campus?
- Do you have students that have difficulty getting to school on time?
- Do you have issues with traffic congestion at drop-off and pick up times?

The Orange County Health Care Agency can help identify solutions and offer program recommendations that can help address these issues.



The Walking School Bus (WSB) is a safe and fun way for children to get physical activity as they travel to and from school with adult supervision. Each "bus" walks along a set route with one or more adults leading it, picking children up at designated stops along a predetermined route and walking them to school. The process is reversed in the afternoons on the way home from school. It is that easy. You may find that families are already doing this with their children and would be delighted to help more students get to school in this healthy, safe, and fun way! (Safe Routes to School National Partnership, 2016)



Walk to School Day (WTSD) is an annual event that takes place on the first Wednesday of October. WTSD encourages adults and children to walk together with a purpose: to promote safety, health, physical activity and concern for the environment. The Orange County Health Care Agency has a limited number of FREE Walk to School Day toolkits for schools throughout Orange County. Toolkits include banners (for newly participating schools), yard signs, stickers and other incentives to make your event successful!

**Other Programs:**

- Helmet Safety Education and Distribution
- Buckle Up: Car Seat Inspection, Installation and Distribution



**Costs Related for Any Above Services (if applicable):**

No cost

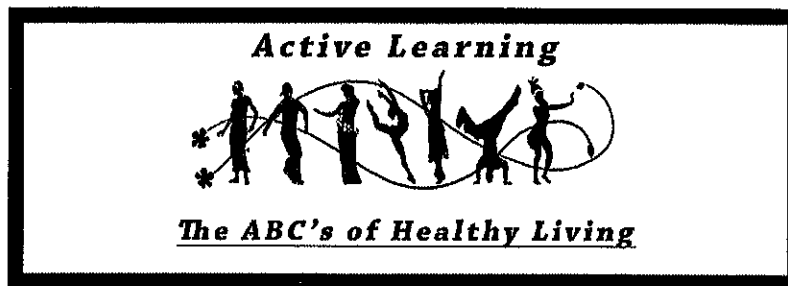
**Website:**

Health Promotion: [www.ochcahealthinfo.com/phs/about/promo](http://www.ochcahealthinfo.com/phs/about/promo)

Buckle Up (Car Seat): [www.ochcahealthinfo.com/phs/about/promo/cdip/safety/buoc](http://www.ochcahealthinfo.com/phs/about/promo/cdip/safety/buoc)

Walk to School Day: [www.ochcahealthinfo.com/w2s](http://www.ochcahealthinfo.com/w2s)

Walking School Bus: [www.ochcahealthinfo.com/phs/about/promo/w2s/wsbp](http://www.ochcahealthinfo.com/phs/about/promo/w2s/wsbp)



## **Active Learning**

Founded in 1999, Active Learning's vision was to incorporate a sanctuary in the school setting that models healthy behaviors, allowing individuals to recognize their inner strengths and infinite talents with trusted mentors. Our award-winning dance education organization has over 50 teachers and is led by Executive Director Hiba Shublak, who has a reputation for developing dance and Physical Education programs that inspire creativity and passion in every student.

**Mission:** Our Mission is to create emotional & physical wellness through arts education for children & their caregivers.

**Goal:** Our goal is to provide comprehensive education in dance and fitness through creative movement, technical workshops, cultural diversity and performing arts.

- **Programs & Services:** We partner with school districts and organizations to promote health, happiness and movement throughout Orange County and Los Angeles.
- **Community:** We set healthy trends in schools specifically, that expand out into the community at large, by actively participating and sponsoring events.
- **Classes:** We teach dance, fitness and performing arts education throughout Santa Ana and recently launched an Arts & Cultural Program at Delhi Center. This includes classes for the whole family to get fit, feel inspired and express themselves.

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### **Elementary School Programs:**

We provide hourly, daily and weekly assemblies and field days in dance, yoga, PE and musical theater. We concentrate on efforts to ensure high-quality, personalized learning and instruction. Our dance curriculum is divided into different classes based on the CA Dance, Performing Arts & Health Standards integrated with the Common Core State Standards to ensure the appropriate developmental level for each grade is met and implemented through our structured classes. Each hands-on learning class encompasses the development of English-Language skills as well as providing opportunities for children to explore, create and innovate their ideas through movement.

### **After School Programs:**

We provide daily and weekly programs in musical theater, dance and art education for elementary, intermediate and high schools. We have proudly delivered services in dance, fitness and musical theater since 2003 as an enrichment provider of After-School Education for K-8 with SAUSD.

**Teen Classes:** We provide extensive dance education classes and technical workshops in classical, cultural and street styles.

**Parent Education:** We provide daily and weekly programs in physical activities, fitness and fundamental nutrition education.

- Zumba/Yoga/Stretch
- Healthy Home: Vacuum your way to healthier you! Cleaning the house is another form of exercise.
- Kitchen Calisthenics: This innovative and interactive class features a comprehensive workout and a healthy snack!
- Peri-Natal: This fitness workout is designed for peri-natal moms.
- Growth of a Healthy ME: This interactive workshop teaches parents about children's gross and fine motor skills and how to enhance them through physical activity.

**Community:** Active Learning proudly supports all community efforts to educate and inspire people for healthier lives through physical activity, dance, fitness, nutrition and art inspired events. **Party in the Park:** Each year we sponsor an event called Party in the Park. This FREE event held in Santa Ana, brings awareness to local parks and resources and encourages family togetherness in dance and fitness through fun filled activities and the arts.

**Active Learning Believe & Inspire (ALBI)** Active Learning's nonprofit corporation, is designed to offer a safe sanctuary for children and their families to develop the artist within and relieve emotional & physical ailments through classical and cultural dance & fitness, theater and art education.



**Our Mission:** ALBI is dedicated to teaching the community ways to sustain health and wellness, through preventive care and educational workshops that include healthy eating, stress relief, dance, fitness, cultural competence, theater and art.

**Our Goal:** Our goal is to inspire healthy living through artistic and cultural expression in our communities that makes art, movement and education accessible to all.

We provide **FREE programs** for Santa Ana families at multiple locations to make health/wellness educational workshops accessible to the community.

- **Programs & Services:** We provide after school programs, out of school programs in musical theater, dance, singing and acting for children 5-15 years old in multiple locations throughout Santa Ana.
- **Community:** Our students strengthen the community with performances, education and involvement.

**Contact: Hiba Shublak**

**Phone: 714.717.4534**

**Email: [hiba@activelearningusa.org](mailto:hiba@activelearningusa.org)**

**Address: 505 E. Central Ave. Santa Ana, CA 92707**

**Website: [www.Activelearningusa.org](http://www.Activelearningusa.org)**