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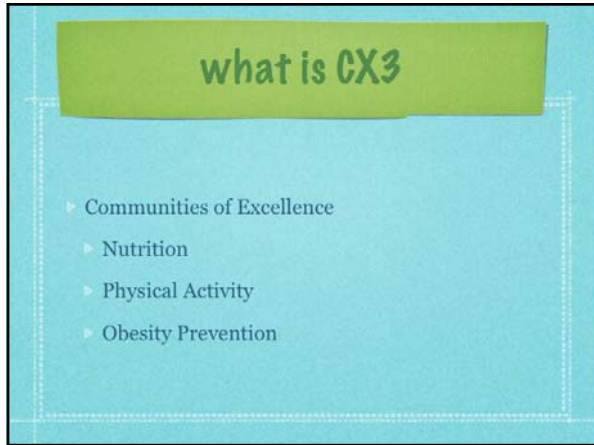
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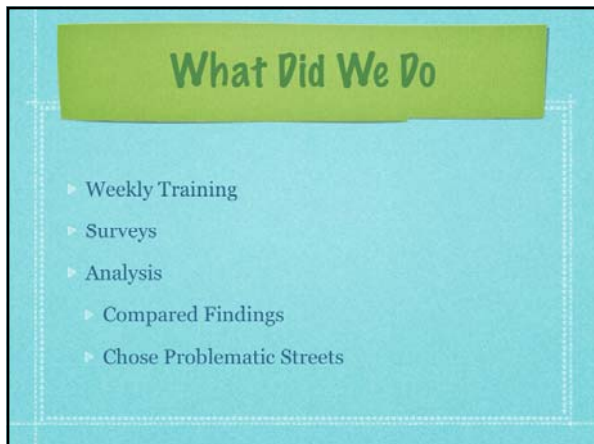
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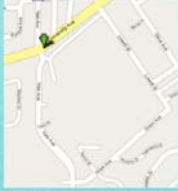
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### Our Focus

- Streets Surrounding Helix High School
  - Normal Ave.
  - Yale
  - University Ave.
  - Orien
  - Lowell



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### What We Saw

- Little\No Sidewalks
- Poor Lighting
- Unmarked Crosswalks
- Little\No Vegetation
  - No Shade
  - Overgrown Plants
  - Poles in Sidewalks



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### Necessary Changes

- Sidewalks
- Shade
- Plants



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## Now and Future



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## Presentations

- ▶ Youth Advisory Board
- ▶ Helix High School
- ▶ City Council

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## Trip to Sacramento

- ▶ Met with:
  - ▶ Assemblymen Joel Anderson
  - ▶ Senator Hollingsworth's Staffer

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## Safe Routes to School Grant

- ▶ Letter of Support and Photo Journal for Safe Routes to School Grant application
- ▶ \$550,000 grant was given to the City of La Mesa in order to improve the streets, as we suggested

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## Governor's Spotlight Award

- ▶ Gold Medal from governor's Council on Fitness Spotlight Award for the Communities of Excellence Project
- ▶ \$10,000 award for continuing project goals

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# Urban Trail Blazers



Crissy Field Center  
San Francisco, CA



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## Who?

### • Urban Trail Blazers

- Summer environmental leadership program for 36 middle school students
- 4 week program (5 days a week)
- Target: *underserved communities*
- Students receive a \$125 award for full participation in the program
- Going into our 6<sup>th</sup> summer



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## Who? continued...

### • Trails in two sense

- Physical
  - Backpacking / Hiking trails in the Parks
  - Site restoration work
  - On site exploration / education
- Metaphorical (*decisions*)
  - Healthy choices (food, consumerism)
  - Connection to the local and global community (consumerism, ecological footprint, climate change)
  - Personal trail quest (historical and present context.. Angel Island [immigration], Alcatraz [Native American occupation])



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## What do we do?

- Workshops

- Students take interactive inventive workshops connecting environmental issues to their personal, local, and global communities

- Climate change
- Consumerism
- Conservation
- Ecological Footprint
- Variety of food issues
- Leave No Trace
- And more



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## What do we do?

- Outdoor educational fieldtrips

- Hiking trails of interest within the parks (historical, ecological)
  - Interactive scavenger hunts learning about a place's history, meeting park rangers, doing surveys and documenting information for projects
- Kayaking / Canoeing in the Bay
  - Enjoy and learn about our local marsh ecosystems
- Exploring the Solar Living Center
- Community Garden



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## What do we do?

- Trail work within the parks

- Work side by side with a Park Ranger weeding and restoring
- Learning about and working in a plant nursery



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## What do we do?

- Promote healthy lifestyles
- Developing activities that encourage movement, active participation and fun.
- Integrated in curriculum



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## What do we do?

- Culminating backpacking trip in a National Park
  - Point Reyes National Seashore
  - Yosemite National Park



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## What do we do?

- Teambuilding / Camaraderie Activities
  - Capture the Watermelon
  - Steal the Bacon w/ Waterballons
  - Waterballon volleyball toss



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## Results / Achievements of UTB

- On Environmental Concepts

- "...[participants] gain a basic understanding of environmental concepts such as recycling, composting, saving energy, and global warming issues"
- "The children revealed their desire to share their newly learned information with their peers and family."

Source: Nina S. Roberts, Ph.D.  
San Francisco State University

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## Results / Achievements of UTB

- On Connection to the Park

- "They perceive their activities such as restoration work, trail maintenance, etc. as a very personal activity, which has a deeper meaning than just helping the environment."
- "One reason why they feel so special at the Crissy Field Center is because they know they are able to do valuable activities at the Center and within the Park that other people may not do and see."

Source: Nina S. Roberts, Ph.D.  
San Francisco State University

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## Results / Achievements of UTB

- On Healthy Lifestyles

- "Mental and emotional gratification received through tangible results they experience by hands-on opportunities..."  
(trail restoration, tracking amount of miles hiked)
- 81% of the students responded they ate healthier and were more active that summer than normal
- "I told my parents to eat more organic and not too much processed food because you don't know what's in there." – 11 year old participant

Source: Nina S. Roberts, Ph.D.  
San Francisco State University

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- For more information about Urban Trail Blazers or Crissy Field Center's programs please visit:  
[www.crissyfield.org](http://www.crissyfield.org)

Thanks!

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- Waterballons! The idea of fun + productive!!!! To get kids out—the hook.

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