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| **Who are Community Health Workers?** |
| AdvocatesEducatorsCaregiversLink to resourcesHave relationshipsOf and from the communityIntegrated into people’s livesProvide trust and empathyBridge the gap between the community and the system, addressing the social determinants of health |

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| **What can we do on our own?** | **What can we do with some help?** | **What is someone else’s job?** |
| Attend and participate in public meetingsAsk questions and stay engagedBe enthusiastic about learning (i.e., children and parents)Advocate and maintain a positive attitudeMaintain routine(s)Educate yourselfBe strong role modelsOffer services- (i.e., assist with afterschool activities and share about services)Empower one another and create an accepting environmentBe a good communicatorBe supportive to othersReach out for help from othersRealize that everyone knows something  | Participate in school wellness teamsParticipate in school-based management teamsAccess services from schoolFacilitate communication (i.e., conversations with board members, principals, etc.)Build relationshipsInitiate programsNavigate the system and information sourcesJoin committees of interest (e.g. parent-teacher organizations)Stay informed about new ideas/ factsBrainstorm solutions for opportunities in physical activity (e.g., recess and physical education)Introduce healthy foodsLocate nutrition resources (e.g., getting nutritious foods at reasonable times) Gain access to homework assistancePartner with teachers, parents, and studentsAdvocate with other parents for good teachers | Comply with state education policy and regulations (i.e., recess and physical education regulations)Establish accountability measures for these regulationsDevelop a curriculum and solicit the voices of parents and studentsMaintain an accurate, culturally inclusive and responsive curriculumPass school’s budget (e.g., voting)Expand after-school and early education programsAssemble teacher contracts Ensure school discipline policy is in placeEnsure environmental safetyA student’s job is to advocate for themselves Provide resources and access to strategies to navigate and select supports and provide assessmentsOversee and implement establishes process |