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| **Who are Community Health Workers?** |
| Advocates  Educators  Caregivers  Link to resources  Have relationships  Of and from the community  Integrated into people’s lives  Provide trust and empathy  Bridge 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 meetings  Ask questions and stay engaged  Be enthusiastic about learning (i.e., children and parents)  Advocate and maintain a positive attitude  Maintain routine(s)  Educate yourself  Be strong role models  Offer services- (i.e., assist with afterschool activities and share about services)  Empower one another and create an accepting environment  Be a good communicator  Be supportive to others  Reach out for help from others  Realize that everyone knows something | Participate in school wellness teams  Participate in school-based management teams  Access services from school  Facilitate communication (i.e., conversations with board members, principals, etc.)  Build relationships  Initiate programs  Navigate the system and information sources  Join committees of interest (e.g. parent-teacher organizations)  Stay informed about new ideas/ facts  Brainstorm solutions for opportunities in physical activity (e.g., recess and physical education)  Introduce healthy foods  Locate nutrition resources (e.g., getting nutritious foods at reasonable times)  Gain access to homework assistance  Partner with teachers, parents, and students  Advocate 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 regulations  Develop a curriculum and solicit the voices of parents and students  Maintain an accurate, culturally inclusive and responsive curriculum  Pass school’s budget (e.g., voting)  Expand after-school and early education programs  Assemble teacher contracts  Ensure school discipline policy is in place  Ensure environmental safety  A student’s job is to advocate for themselves  Provide resources and access to strategies to navigate and select supports and provide assessments  Oversee and implement establishes process |