



CENTER FOR
CITIES+SCHOOLS
UNIVERSITY OF CALIFORNIA BERKELEY



Sacramento City Unified School District

Y-PLAN SACRAMENTO PLANNING PILOT 2015-16

90
STUDENTS

4
EDUCATORS

1
CIVIC PARTNER

2
SCHOOLS

4
CLASSES

*Developing college,
career, and community
readiness*

1
PROJECT

*Building healthy,
joyful, and sustainable
communities*

Y-PLAN is a cross-sector, multi-disciplinary strategy that empowers young people to effect community change through Common Core aligned project-based civic learning experiences.

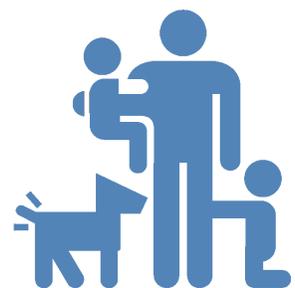
Y-PLAN SACRAMENTO HEALTHY CITIES INITIATIVE



PHYSICAL



MENTAL



SOCIAL

Y-PLAN: Youth-Plan, Learn, Act, Now! 2015-16 Sacramento Healthy Cities Initiative

Overview

The Y-PLAN Sacramento Healthy Cities Initiative is a two-year action research effort to provide direct support to Health/Linked Learning Pathways and The California Endowment Building Healthy Communities through the Y-PLAN (Youth-Plan, Learn, Act, Now!) educational strategy. Rather than being another add-on to already demanding school activities, Y-PLAN is aligned to the Common Core and fulfills Linked Learning Pathway and Academy requirements as an (a) integrated project and (b) innovative form of in-school civic work based learning.

This year, CC+S worked with Sacramento City Unified School District and the City of Sacramento to plan and implement pilot Y-PLAN projects across two high school health academies, engaging 90 students

Y-PLAN Sacramento Healthy Cities Initiative 2015-16 at a Glance					
High School	Academic Fit	Students	Teachers	Client/Community Partner	Project
Hiram W. Johnson Health Academy	10 th Grade English	50	Nicole Hamlin, Manisha Simms	Walk Sacramento	<i>Assessing how community design affects health opportunities.</i>
Arthur A. Benjamin Health Professions High School	10 th Grade Medical English	40	Christin O'Cuddehy	Walk Sacramento	<i>Assessing how community design affects health opportunities.</i>

Project Question

- *As a teenager, how does the design of your community affect your health?*
 - *Access to Healthy Food?*
 - *Physical Activity?*
 - *Personal and Physical Safety?*

Why Y-PLAN? What we offer to Sacramento/SCUSD

- **The Challenge:** Students who engage in experiences that connect learning to the real world are more likely to stay in school, and graduate with the skills necessary for college, career, and community readiness. Work Based Learning is a critical part of this Linked Learning approach. However, creating high quality, high exposure Work Based Learning opportunities remains a challenge. Work Based Learning experiences and internships are all too often disconnected from the curriculum, and industry partnerships can be difficult to initiate and sustain.
- **The Goal:** To expand the number of high school students who engage in rigorous and relevant Work Based Learning experiences, and graduate with the skills and resources to be college, career, and community ready.
- **The Opportunity:** Y-PLAN offers a strategy for high quality, rigorous work based learning *inside* the classroom, connected to core curriculum and academic goals, and expanding the number of students engaged in high quality Work Based Learning experiences. Y-PLAN flips the script and engages the often overlooked *civic sector* as partners, and students as consultants, creating reciprocal and mutually beneficial relationships that keep industry partners coming back to the table.

