

REDWOOD CITY 2020

A healthy community partnership

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Redwood City 2020 Tuesday Tidbits

Inside this edition: Community Youth Development, Immigrant Heritage Month, Bicycle Friendly Community Award, and Make Time for Fitness



Community Youth Development Initiative Trainings Increase Youth Leadership Skills

Redwood City 2020's [Community Youth Development Initiative](#) creates positive environments for youth by 1) building partnerships between youth development organizations; 2) cultivating youth and community leadership; and 3) facilitating professional development trainings for practitioners serving youth. This spring, our collaborative partnered with Reba Rose from [Stand Tall](#)

[Leadership](#) and Al Gonzales from [Learnistic](#) to offer youth development practitioners trainings and coaching hours on topics such as growth mindset, facilitative leadership, diversity, and educational equity. After participating in up to six community-wide trainings and receiving organization-specific follow-up coaching, our youth development partners were excited about the results. Feedback from one organization summarized the positive reception: "Thank you for this great training. We need more trainings like this." Ongoing coaching and training are poised to sustain the extensive summer programming available for youth throughout our community.

Celebrate Immigrant Heritage Month

June is Immigrant Heritage Month and Redwood City 2020 is honored to be celebrating the incredible contributions that immigrants have made, and continue to make, to our country. The #IAmAnImmigrant movement declares that no matter our background or family's history, America's strength as a nation is reflected in our diversity built across

generations. Two recent stories effectively highlight the potency of our diversity. Watch a video presenting [José Hernández's journey from migrant farmworker to NASA astronaut](#). Or, read the article [Opening the Doors to Education for Undocumented Students](#) which identifies three things legislators, universities, and social sector advocates can do to make sure we don't lose out on the many contributions undocumented students can make to society.

IMMIGRANT
HERITAGE
MONTH



Safe Routes to School Helps Nab Bronze Award for Redwood City

This May, the League of American Bicyclists named the City of Redwood City a Bicycle Friendly Community, placing it in the [Bronze level](#). The award recognizes communities that work towards making bicycling friendly to all members of the community, regardless of age or riding ability. Thanks to the dedicated efforts of the City of Redwood City, the Redwood City Complete Streets Committee, and Redwood City 2020's Safe Routes to School, bicycling in our community

continues to grow and improve the health and wellness of students, families, and residents.

Safe Routes to School Makes Time for Fitness

The 17th annual [Make Time for Fitness](#) event on May 19th, was spearheaded by Dignity Health Sequoia Hospital. This year, over 1,000 4th grade Redwood City School District students convened at Red Morton Park to learn about the importance of eating well, getting exercise, and living smoke-free. Redwood City 2020 and its [Safe Routes to School initiative](#) was pleased to join our core partners at the [Sequoia Healthcare District](#), [Redwood City School District](#), [San Mateo Health System](#) and many, many others in participating in this important event. Students from schools within 1.5 miles of Red Morton walked to the event and all students received refillable water bottles to promote the Safe Routes to School program and provide a healthy alternative to sugary beverages.



Correction: June 14, 2016. This article has been revised to reflect the following correction: An earlier version of this story did not acknowledge Dignity Health Sequoia Hospital's leadership in spearheading the Make Time for Fitness event.

Missed a previous edition? Find it on our [Resources page](#).

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