

## Mission



*The Urban Corps of San Diego County is a certified local conservation corps and charter school whose mission is to provide young adults with a high school education combined with job training and community service in the fields of conservation and recycling, which will assist youth in becoming more employable while protecting San Diego's natural resources and instilling the importance of community service.*

The Urban Corps of San Diego County is firmly committed to providing an educational program that emphasizes the integration of "learning, earning & conserving." Urban Corps Charter School offers young adults ages 18-26 with a second chance to earn a high school diploma. Academics are accelerated yet flexible, providing students with an opportunity to participate in community service projects and receive targeted vocational job training in the green economy which simultaneously connects with their school studies.

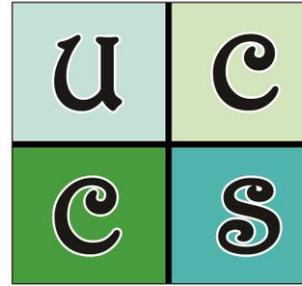
For most participants this is their last opportunity to obtain a high school diploma, making the commencement exercises, held twice per year, a monumental occasion in the lives of these young people. Scholarships are available to Corpsmembers who achieve extraordinary academic success while at the Urban Corps, and express broad goals for future achievement in post-secondary education.

Our educational vision is bold and far-reaching, yet practical. We develop literate, educated thinkers and achievers who understand their political and social culture; can use mathematics and scientific methods to solve daily problems; contribute to society, and develop positive values.

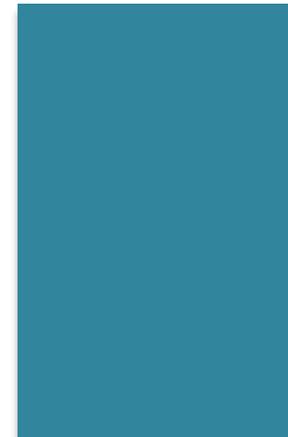
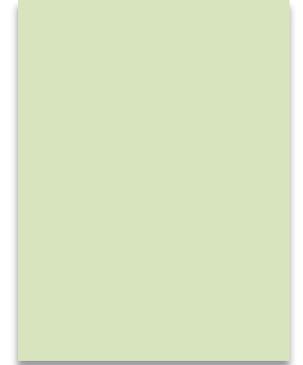
*\*\*This institution is an equal opportunity provider\*\**

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Urban Corps Charter School  
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San Diego, CA 92110  
(619) 235-6884  
[www.UrbanCorpsSD.org](http://www.UrbanCorpsSD.org)

## URBAN CORPS



## CHARTER SCHOOL



## Urban Corps Health & Wellness

## HEALTH & WELLNESS AT URBAN CORPS

Urban Corps of San Diego County Charter School recognizes that there is a link between nutrition education, the quality of the food served at our school, physical activity, and environmental education, access to social services and that wellness is affected by each of these.



## Promoting Healthy Lifestyles

**Our Health & Wellness (H&W) Policy was established to ensure the following requirements are met:**

1. Set goals for nutrition education, physical activity, and other school-based activities that promote school health and wellness.
2. Establish nutrition guidelines for all foods available on campus during the school day.
3. Ensure that guidelines for school meals are not less restrictive than those set at the federal level by the United States Department of Agriculture (USDA).
4. Establish a plan for measuring the impact and implementation of the local wellness policy.
5. Involve students, staff, the governing board, and the public in development of the Local Wellness Policy.

Urban Corps of San Diego County Charter School is a Provision 2 School and provides students with free healthy and nutritious meals daily for breakfast, lunch and after-school meal supplements (National City and the Vista location participate only in the free lunch program). We strongly encourage students and staff to join our Health & Wellness Committee to provide input and recommendations to our H&W Policy. To join, the next upcoming committee meeting (July 20, 2018) contact Myrna Contreras, Director of Student Services at (619)235-6884.

**Our school provides numerous resources for students including the following as part of our Health & Wellness Program:**

- Physical Education: Every morning
- Meal Services: Volunteers of America
- Medi-Cal/Cal-Fresh Enrollments: 3 to 4 times per month
- Registered Nurse: Available to answer medical questions
- Health Clinics that cover the following Topics: Sex Education, Sexually Transmitted Diseases (STD); Parenting; Vaccination Clinic (Hep. A/Flu Shots), etc.
- Mental Health Counseling Services: Onsite
- Life Skills Course: Relationship Building; Healthy Habits; Personal Hygiene; Banking
- Blood Drive: 1-2x times/year

