



## Healthy Living Ambassador Program Spring Session Application

The Healthy Living Ambassador Program (HLA) aims to meaningfully engage teens in service-learning activities that promote the health and well-being of their communities while providing them with skill building and leadership opportunities. Teens can earn Community Service hours, network with professionals in various fields, build skills for any resume or college application, and volunteer with friends!

The Spring Session is an 8-week Garden and Nutrition Program where Teens help deliver the lessons to Elementary School Kids once-a-week after school. The lessons are fun, informative, and a chance to learn or practice a valuable skill!

First Name:

Last Name

Spirit  
Animal:

E-mail

Phone  
Number

Grade Level:    7th            8th            9th            10th            11th            12th

School:

Birth Date:

We will be sending info to your e-mail mostly, but what is the *next* best way to contact you?

Phone Call            Text Message

Do you speak any language(s) besides English?

If yes, which  
language(s)?

Yes            No

How/where did you hear about the HLA Program?

**\*\*Please limit your responses to 3-10 sentences\*\***

What interests you about the Healthy Living Ambassador Program? What do you hope to learn?

Describe what makes a good role-model or leader, and why:

What is a mantra/motto/piece of advice that resonates with you? What does it mean to you?

Describe a success or challenge you are facing in trying to be environmentally friendly:

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Remember to look at HLA website:  
<https://ucanr.edu/hla>

We ask HLAs to be on site for 2 hours:  
**3:30 - 4:00** (Lesson preparation and add'l Training)  
**4:00 - 5:00** (Teach the lesson with Kids)  
**5:00 - 5:30** (Lesson Debrief, Breakdown, prep for next week)

HLAs volunteer once-a-week.  
Lessons start week of March 9, 2020  
Lessons end early May 2020

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Availability: *Please select any days that you are available*  
*Your volunteering day will be confirmed before the Orientation*

Monday                      Tuesday                      Wednesday                      Thursday                      Friday

HLA sites: *What Elementary Schools are close to you?*  
*Your volunteering site will be confirmed before the Orientation*

Jefferson Elementary School District, Daly City, CA

San Mateo-Foster City Elementary School District, San Mateo, CA

Redwood City Elementary School District, Redwood City, CA

Pescadero Unified School District, Pescadero, CA

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Can you attend these HLA Events? More info to come

Orientation- March 7, 2020 (mandatory) - 10am to 4pm - Elkus Ranch, Half Moon Bay

Midway Meeting- April 4, 2020 (mandatory) - Time and location TBD

Appreciation Event (recommended) - Date, time, and location TBD

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### Volunteer with a Friend!

*Recommend a friend and we will try to schedule you together*

Do you have a friend you want to volunteer with? What is their name?

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When your application is complete, please send it via email to the HLA coordinator, Will Easlea, at [wgeaslea@ucanr.edu](mailto:wgeaslea@ucanr.edu) with the Email Subject line:

HLA Application: (*your name*)

**\*\*If you are a NEW Healthy Living Ambassador, you must submit the *Teacher/Adult Recommendation Form* as well\*\***

Find the form online and send the *Online Form* or *PDF Form* to a Teacher or Adult

Important links for more info:

<https://ucanr.edu/hla>

<https://ucanr.edu/hlaapply>

Thanks,

Will, [wgeaslea@ucanr.edu](mailto:wgeaslea@ucanr.edu), Calfresh Healthy Living Program

Mary, [mcarp@ucanr.edu](mailto:mcarp@ucanr.edu), 4-H Youth Development