



# SOME SCHOOLS LACK TREES AND NATURE

## ... With your help, Canopy can change that.



### Top 5 reasons to support Healthy Trees, Healthy Kids! and plant trees at schools:

1. Create beautiful, inviting areas for kids (and parents) to exercise and play
2. Protect kids from ultraviolet radiation and help prevent skin cancer
3. Clean the air, produce fresh oxygen, and help prevent childhood asthma
4. Break up heat-islands and save energy costs with shade trees and asphalt removal
5. Provide healthy snacks by planting fruit trees!

#### Why Do Schoolyards Need Trees?

A growing body of local, national, and international research shows that the lack of access to healthy, natural environments is associated with childhood asthma, obesity, and diabetes. Additionally, healthier, natural environments are needed at schools to reduce depression, stress, and a diminished sense of place and community.

#### To Expand Access To The Outdoors

Through tree planting projects we endeavor to narrow, and ultimately eliminate inequities between schoolyards with trees, and those without. We seek to provide neighboring underserved communities with safe, accessible, and inviting tree landscapes.



#### To Create Healthier Environments

By planting vibrant and green, forested spaces for passive and active recreation, we create environments that are safer and that contribute to improved health and well-being for the whole community.

#### And To Spur Community Renewal

School tree planting projects are a great way to build local pride, which leads on to economic and civic renewal. Through our tree-planting projects and coinciding education programs at the schools, we create and build community cohesion by bringing diverse people together to work towards a common goal.



Healthy Trees, Healthy Kids!

CANOPY





# Canopy's Healthy Trees, Healthy Kids!



*"Children who experience green school grounds are more physically active, more aware of nutrition, more civil to one another, and more creative."*










Richard Louv, Last Child in the Woods

**Canopy's Healthy Trees, Healthy Kids!** is a multi-year initiative to plant 1,000 shade and fruit trees on school campuses and parks in Palo Alto, East Palo Alto, Menlo Park and neighboring communities.

Schools with trees boast higher scholastic achievements, reduced rates of mental and physical health problems (depression, early onset diabetes, and obesity), and a more positive sense of school, place, and community.







## Progress So Far:

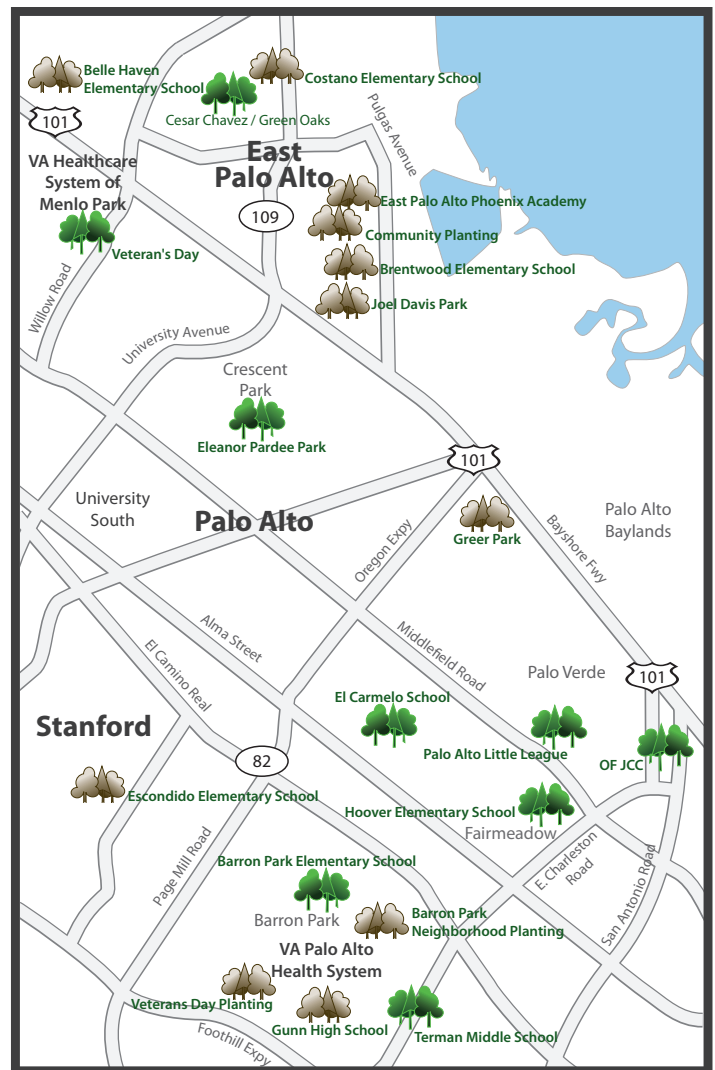
As of the end of October 2011, we have planted 326 trees to benefit 2,595 kids at the following schools, parks, and community centers:

-  Barron Park Elementary, Palo Alto
-  Cesar Chavez Academy, East Palo Alto
-  East Palo Alto Phoenix Academy
-  El Carmelo Elementary, Palo Alto
-  Eleanor Pardee Park, Palo Alto
-  Green Oaks Academy, East Palo Alto
-  Hoover Elementary, Palo Alto
-  Palo Alto Little League, Palo Alto
-  Terman Middle School, Palo Alto

## 2012 To Do:

Next year, with your support, we will plant more than 250 trees at the following schools

-  East Palo Alto Phoenix Academy
-  Escondido Elementary School
-  Brentwood / McNair Elementary Schools
-  Belle Haven Elementary School
-  Cesar Chavez Academy
-  Costaño Elementary School



Playground at Green Oaks Academy



One of the new playground shade trees



The playground in a few years