

More than 1.5 million students nationwide to participate in this year's event

SACRAMENTO, Calif., Feb. 14, 2025 [PRNewswire](#)/ -- [Health Net](#), one of California's most experienced Medi-Cal managed care health plans and company of [Centene Corporation](#) (NYSE: [CNC](#)), is proud to support [No One Eats Alone@ Day](#), a prevention initiative aimed at fostering inclusion to end social isolation and help students get to know one another, so that every student feels like they belong. California schools will host events, with the help of Health Net. National No One Eats Alone Day is February 14, 2025. [Centene Foundation](#), the philanthropic arm of Centene Corporation, sponsors the events.

"It's our mission to transform the health of the community and that means caring for California's most vulnerable residents, which includes our youth," said Dorothy Seleski, senior vice president for Medi-Cal at Health Net. "We are honored to support No One Eats Alone Day and its mission to end social isolation. By fostering stronger connections among students and promoting a sense of belonging, we can help ensure they feel seen, supported and included."

According to the Centers for Disease Control, social isolation and loneliness put a person at risk of [developing](#) serious mental and physical health conditions. Peer-to-peer support programs help build connection, self-esteem and a culture of belonging at schools, which underscores why, each year, schools nationwide and in many countries around the world celebrate National No One Eats Alone Day.

"Health Net is helping address social isolation in our schools, creating a brighter, healthier future for our communities," said County of Sacramento Supervisor Patrick Kennedy. "As leaders, it is our responsibility to encourage initiatives that strengthen the well-being of our youth. National No One Eats Alone Day is a powerful reminder of the importance of belonging and connection."

"Today's youth represent the leaders of tomorrow, and it's crucial that we continue to promote inclusion and connection to help them thrive," said Sacramento City Unified School District Board of Education Member Taylor Kayatta. "I commend Health Net for partnering with local schools to host events that empower students and foster a strong sense of belonging."

The nonprofit organization [Beyond Differences](#) established No One Eats Alone as an initiative to end social isolation and has been providing free Social Emotional Learning curriculum and programs to schools since it was founded in 2010. On September 16, 2024, Beyond Differences became part of [Sandy Hook Promise](#). The integration brings together two youth-centered, national nonprofit organizations with aligned missions and complementary strengths – a win-win for youth across the country.

"Social isolation is a critical warning sign that can precede school shootings and violence," said Nicole Hockley, co-founder and CEO of Sandy Hook Promise. "By encouraging interpersonal connections and empowering students with the knowledge and skills to co-create a positive, welcoming school climate, we can make our schools, homes and communities safer and more supportive for our nation's youth."

Participating schools will receive a free Belonging Box, which includes in-class lesson plans on social isolation and actionable steps to cultivate belonging. The Belonging Box also includes a student leadership guide, conversation starters to help students connect with someone new, and materials for an art project that encourages students to build connections with their classmates. All student-facing materials are available in English and Spanish.

During lunch, students are encouraged to meet someone new and complete a "Hearts and Hands" activity sheet. This interactive art activity prompts students to share unique things about themselves and discover common ground with others. Schools can display the completed sheets in a two-winged mural installation that doubles as a selfie photo opportunity for students.

"We've supported National No One Eats Alone Day for years because we know that social isolation significantly impacts a child's mental health and well-being," said Centene Foundation President Keith Williamson. "We are proud to provide resources that help students make meaningful connections, creating a positive ripple effect that strengthens relationships and enhances the mental health of the entire school community."

In 2024, the Centene Foundation registered 443 schools across 12 states to participate in No One Eats Alone. Sandy Hook Promise will send more than 3,200 Belonging Boxes to schools in all 50 states, reaching over 1.5 million students on National No One Eats Alone Day. All Belonging Boxes are provided at no charge to schools.

About Health Net

Founded in California more than 45 years ago, Health Net, a company of Centene Corporation, believes that every person deserves a safety net for their health, regardless of age, income, employment status or current state of health. Today, we provide health plans for individuals, families, businesses of every size and people who qualify for Medi-Cal or Medicare. With more than 90,000 of our network providers, Health Net serves more than three million members across the state. We also offer

access to substance abuse programs, behavioral health services, employee assistance programs and managed healthcare products related to prescription drugs. We make these health plans and services available through Health Net, LLC and its subsidiaries: Health Net of California, Inc., Health Net Life Insurance Company and Health Net Community Solutions, Inc. These entities are wholly owned subsidiaries of Centene Corporation (NYSE: [CNC](#)), a leading healthcare enterprise committed to transforming the health of the communities we serve, one person at a time. Health Net and Centene employ more than 5,700 people in California who work at one of five regional Talent Hub offices. For more information, visit www.HealthNet.com.

About Centene Foundation

The [Centene Foundation](#) (the "Foundation"), a private nonprofit focused on investing in economically challenged communities, is the philanthropic arm of [Centene Corporation](#) (NYSE: [CNC](#)) ("Centene"). The Foundation supports projects and initiatives strategically aligned with Centene's mission-driven culture and enhances the work Centene is doing to remove the barriers to wellness underserved and low-income populations face. The Foundation is committed to addressing social determinants of health and improving health equity in three distinct areas of focus: healthcare access, social services and education. To learn more, visit the Centene Foundation's [website](#).

About Sandy Hook Promise

[Sandy Hook Promise](#) (SHP) envisions a future where all children are free from school shootings and other acts of violence. As a national nonprofit organization, SHP's mission is to educate and empower youth and adults to prevent violence in schools, homes, and communities. Creators of the life-saving, evidence-informed "Know the Signs" prevention programs, SHP teaches the warning signs of someone who may be in crisis, socially isolated, or at-risk of hurting themselves or others and how to get help. SHP also advances school safety, youth mental health, and responsible gun ownership at the state and federal levels through nonpartisan policy and partnerships. SHP is led by several family members whose loved ones were killed in the tragic mass shooting at Sandy Hook Elementary School on December 14, 2012.

About Beyond Differences

Nonprofit [Beyond Differences](#)' mission is to inspire students nationwide to end social isolation in middle schools and create a culture of belonging for everyone. Founded in 2010, Beyond Differences is a youth-led social justice movement, empowering students to become activists and change the culture in their schools. Beyond Differences provides Social-Emotional Learning (SEL) tools to disrupt social isolation and change the world, starting with how students treat each other at school and online. Programs include Know Your Classmates®, No One Eats Alone®, and Be Kind Online®. All curriculum and activity kits are provided free for schools. Currently, more than 10,000 schools use Beyond Differences' programs and materials. Beyond Differences is a part of Sandy Hook Promise.

SOURCE Health Net

<https://investors.centene.com/2025-02-14-California-Students-Build-a-Culture-of-Belonging-Through-National-No-One-Eats-Alone-R-Day-Thanks-to-Health-Net-The-Centene-Foundation>