

## Healthy Schools Committee Meeting Highlights

April 15, 2016

Don Chisholm Center, 610 E. 22<sup>nd</sup> Street, 1<sup>st</sup> Floor Conference Room Kansas City, MO

**Those Attending:** Michelle Dake, KC Healthy Kids; Amanda Grodie, Jackson County Health Department; Kayla Nazario, Healthy Communities Wyandotte; Kate Lesnar, LCHAT; Alma Hopkins, Department of Health & Senior Services; Robin Stuewe, Midwest Dairy Council; Rachel Wolf, KC Public Schools; Melanie Beard, NKC Hospital; Karen Fournier, NKC Hospital; Christine Toliver, Kauffman School; Jennifer Zorich, St. John LaLande School; Vivian McKinney, St. John LaLande School; Shelly Summar, Children's Mercy; Emily Meissen-Sebelius, Children's Mercy & Emily DeWit, Children's Mercy Hospital.

### Partner Spotlights

#### Emily Meissen-Sebelius (CMH) Shares process & outcomes from pilot that used the HLI framework in 2 Wyandotte Co. Elementary Schools

- Parent & staff focus groups helped guide work & development of MAPPS for change action plans
- Backbone support and infrastructure are important
- Start small and narrow focus when making changes, experiment with different changes to see what works before putting into policy
- Look for ways to infuse Fit-Tastic within existing events (Health & Science Nights, etc.)
- HLI framework is great opportunity to engage parents and staff wellness
- Some policies these pilot schools chose to address were Healthy Celebrations, Healthy Fundraising, Not withholding recess as punishment, Increasing opportunities for physical activity or enhancing environment to support physical activity and Increase access to water.

#### Alma Hopkins (MO DHSS)

- Team Nutrition (CDC) creates/develops programs for schools. They assist schools in identifying low or no cost action steps for healthier environments. Plans are based upon school assessment.
- Jennifer Zorich from St. John LaLande School shared how using the School Health Index helped guide many changes within their school including the middle school increasing PE from 2 to 5 days per week, addressed their Snack Shack program to ensure healthier snacks, soda machines now offer only water, a breast feeding space was added, PE teacher purchased SPARK curriculum and they are looking into purchasing a health curriculum.
- Culinary Skills Institute- advances culinary skills of food service staff. Can accept 20 schools. Alma encouraged those interested to download the application and write (not type) the application. This culinary training is free!

- MO Taking Action sub grants (deadline April 15<sup>th</sup>) are available. Fall initiative grants will start soon, check the website for latest information. Note that parent groups and food services can both apply for the \$1,000 stipend.
- I Made A Rainbow- educational campaign for elementary schools offering salad bars.
- Fresh Life Enjoy a Salad Today- educational campaign for middle schools, \$200 stipend
- Let's Move Salad Bars to School- online educational series of free webinars on topics all relating to salad bars.

Michelle Dake, (KC Healthy Kids)

- I Am Here program for 3<sup>rd</sup>-8<sup>th</sup> graders teaches kids how to set personal health goals and investigate how neighborhoods can promote or discourage healthy habits. Students become advocates by writing letters to city leaders to address barriers they see in their community.
- PE edition of curriculum offers active lessons
- Classroom edition engages students in Common-Core aligned lessons
- Both editions explore Healthy Habits (learn about 12345 Fit-Tastic!), Healthy Communities and Speaking out for Healthy Kids
- Photo Contest rewards a classroom with \$2,500 for health and wellness projects within the school. The contest runs during the summer and fall semesters and is open to 3<sup>rd</sup>-8<sup>th</sup> graders.

Robin Stuewe (Midwest Dairy Council)

- Grants available for Fuel Up to Play 60 participants.
- Applications for School Nutrition Equipment Grants are available now and will be accepted until June 30. Grants give up to \$5,000 for new cafeteria equipment or to renovate existing tools. Visit the [Fuel Up to Play 60 School Nutrition Equipment Grant](#) page to get started.

**Next Meeting:** July 28<sup>th</sup>, 3:00-4:30