

## Healthy Schools Working Group Meeting Highlights

January 17, 2018

**Don Chisholm/Center for Healthy Lifestyles & Nutrition  
610 E. 22<sup>nd</sup> Street, Kansas City, MO 64108**

**Attendees:** Robyn Stuewe, Midwest Dairy Council; Jordan Carlson, Emily DeWit & Bryce Miller, Children's Mercy; Michelle Dake, KC Healthy Kids; Karl Kraemer, BikeWalkKC; MaryAnna Henggeler, Kansas City Community Gardens; Jason Geering, Alliance for a Healthier Generation; John Hornbeck, 20/20/20 & HCWyCo; Amy Vance & Denise Sullivan, MU Extension; Patti Whittington-Burton, Firsthand Foundation

### **Partner Spotlights**

Jason Geering, Healthy Out-of-School Time manager from Alliance for a Healthier Generation gave an overview of the Healthy Schools Program, Healthy Out-of-School Time, and Intermediary Approach. Within the Healthy Out-of-School Time programming, they work to increase student access to healthy foods and exercise. They also help sites to meet NAA and HEPA standards. Jason also shared the following resources to support school wellness:

#### **Alliance for a Healthier Generation Website**

<https://www.healthiergeneration.org/>

Once you enter the website homepage you can click on the "Take Action" tab on the top menu and that will give you options to look at our different programs and initiatives. I recommend for everyone to register on our website as that will give you access to our resources, online trainings, and Healthy Schools/Healthy Out-of-School Time assessments, tools, and resources. Creating an account is FREE.

#### **Amazon Prime/Business Account Question Link**

[https://www.amazon.com/gp/help/customer/display.html/ref=b2b\\_faq\\_ot\\_upwyba?ie=UTF8&nodeId=201633530](https://www.amazon.com/gp/help/customer/display.html/ref=b2b_faq_ot_upwyba?ie=UTF8&nodeId=201633530)

#### **Amazon Healthier Generation Store Link**

The Healthier Generation Store with Amazon Business is the first verified online store dedicated to exclusively selling Smart Snacks compliant products. The Healthier Generation store makes it easy for your team to compare prices, offers free two-day shipping on orders of \$49 or more. These products can easily stock your school stores, vending machines, snack bars, and be used by the PTO/PTA and afterschool programs. Spread the word about the store today and serve healthier products tomorrow:

[www.amazon.com/healthiergeneration](http://www.amazon.com/healthiergeneration)

MaryAnna Henggeler, Schoolyard Garden Coordinator from KC Community Gardens shared an overview of their Schoolyard Garden programming. 216 KC metro-area schools (with pre-K through 12<sup>th</sup> grade students) have already partnered with the program. This program offers site evaluation, training workshops, garden construction guidance, planting assistance and low cost supplies, seeds, and plants. Memberships are only \$2.00. Classroom resources such as lessons, activities, and book lists are included. Students gain many skills from participating in gardening. They learn about plant science, healthy eating, making observations, all while being physically active. Learn more at <http://kccg.org/>.

## **Research Update**

Dr. Jordan Carlson, *Children's Mercy* gave an overview of a study he is conducting that aims to identify successful models of Walking School Buses in an effort to increase participation in the program. A survey has been developed to gather data from schools that have a Walking School Bus program that operates at least once a week. Another study he shared is examining current classroom-based physical activity programs and the types of components within the program (videos, etc.). A table that shows what components are in program will be developed to aid teachers in finding a program that best meets their needs. The next step will be to develop implementation strategies to increase uptake of classroom activities by teachers.

## **Updates & New Resources**

Robyn Stuewe, *Midwest Dairy Council* shared posters available to schools that promote careers in agriculture. Virtual farm tours are available to schools that may be too far to visit a farm firsthand. Students are able to interact with a farmer throughout the tour and ask questions.

Every Kid Healthy Week is April 23rd-27<sup>th</sup>. A free webinar Feb. 22<sup>nd</sup> will show how to host an event and join the national movement. Details are at <http://www.actionforhealthykids.org/>

**Next Healthy Schools Meeting:** April 11th, 2:30-4:00 at Don Chisholm/Center for Children's Healthy Lifestyles and Nutrition. 610 E. 22<sup>nd</sup> Street, Kansas City, MO 64108

**Next Weighing In Quarterly Meeting:** March 29<sup>th</sup>, 9:00-11:00 a.m. at Kauffman Conference Center, 4801 Rockhill Road, Kansas City, MO 64110