

Healthy Schools Working Group Meeting Highlights

November 1, 2018

Don Chisholm/Center for Healthy Lifestyles & Nutrition

610 E. 22nd Street, Kansas City, MO 64108

Attendees: Robyn Stuewe, Midwest Dairy Council; Michelle Dake, KC Healthy Kids; Areiona King & Karl Kraemer, BikeWalkKC; Chelsie Carter, Platte County Health Department; Emily DeWit & Alycia Cavazos, Children's Mercy.

Partner Spotlights

➤ Areiona King, BikeWalkKC

This October's Walk to School Day was a great success in Wyandotte County! There were nearly 200 kids walking from 15-30 schools. BikeWalkKC sparked this initiative with communications to parents, encouraging them to register their children for this opportunity. Many teachers and school staff worked together to create "stops" to help students safely walk to school in groups. Most schools had at least 20 students participate. New Chelsea Elementary has about 30 students who participate each week. Children loved earning slap bracelets and other incentives for their participation. One goal of the walking school bus effort is to create the mindset that walking to school is a fun way to be active!

➤ Robyn Stuewe, Midwest Dairy Council

Kansas was one of 6 states selected to attend the Share Our Strength/No Kid Hungry School Breakfast Leadership Institute and receive grant funding to expand school breakfast participation across the state. Grants have been awarded to schools across the state to implement innovative breakfast service options such as breakfast in the classroom and grab and go. The Food Research & Action Center (FRAC) reports that efforts to increase breakfast participation pay off; school breakfast leads to reduced food insecurity, better test scores, improved student health, and fewer distractions in the classroom. Research also indicates students participating in school meals consume more fruit, vegetables, and milk at breakfast and lunch.

Resources

➤ Karl Kraemer, BikeWalkKC

BikeWalkKC has a Traffic Calming Lending Library for individuals and community organizations to borrow for events. Traffic calming makes streets safer for people to bike and walk. You can find details on their site at <http://bikewalkkc.org/traffic-calming-lending-library/>

Additional Updates/discussion

- Emily DeWit shared school food program feedback from parents who participated in a focus group as well as recent concerns of food insecurity among students at local schools. The group plans to invite food service directors to a future meeting to learn more about the rules and regulations of existing programs (CACFP, etc.) in hopes of identifying gaps and potential areas to focus efforts of support. A recent KC Business Journal featured a table of experts addressing hunger in KC was also shared, you can find that article [here](#).

Next Healthy Schools Meeting: February 7, 2:30-4:00 at Don Chisholm/Center for Children's Healthy Lifestyles and Nutrition. 610 E. 22nd Street, Kansas City, MO 64108

Next Weighing In Quarterly Meeting: December 6, 9:00-11:00 a.m. at Kauffman Conference Center, 4801 Rockhill Road, Kansas City, MO 64110