

Healthy Schools Committee Meeting Highlights
February 8, 2017
KCK Public Schools Central Office, 2010 N. 59th Street

Attendees: Josh Mathiasmeier, KCK Public Schools, Leslie Wilson, KC Healthy Kids; Alma Hopkins, Department of Health & Senior Services; Robin Stuewe, Midwest Dairy Council; Emily DeWit, Children's Mercy Hospital; Dustin Parks, KCK Public Schools; Tory Anderson, KCKPS Preschool; Stephanie Dickson, KCK Public Schools; Lauren Grimes, KC Public Schools (MO); Areiona King, Healthy Communities Wyandotte; Paul Jones, Safe Routes to School; Eddie Toplikar, KCK Public Schools; Melissa Ussery, Score 1 for Health; Zach Davies, KCK Public Schools, Max Kaniger, Kanbe's Markets; Kristen Hankins, STAR Power; Tiffany Svorinic, NKC School District; Maggie Priesmeyer, Bike Walk KC & Donna Martin, MARC;

Partner Spotlights

Dustin Parks, PE teacher at Claude Huyck Elementary School in KCK

- Shared success with implementing twice daily (10 minutes each) recess.
- Started "Buddy Bench" at recess to make recess more inclusive of all students.
- Supported classroom teachers by offering healthy alternatives to withholding recess due to unfinished work (students finish while walking and using a clipboard). Discipline issues discussed with student while walking at recess instead of staying inside.

Eddie Toplikar, PE teacher at Silver City Elementary School in KCK

- Shared benefits of "Girls on the run" and "Let me run" programs aimed to give physical activity opportunities to girls and boys outside of the school day. Both programs connect students, build character and relationships with teaching staff. "Kids Zone" program gives bus service to these students to address transportation challenges.

Zach Davies, PE teacher at Rosedale Middle School in KCK

- Led the group through a variety of brain breaks that can easily be used in any classroom or workplace.
- Wants to provide "recess" or physical activity time to middle school students on a regular basis.

Updates & New Resources

Alma Hopkins, Missouri Department of Health & Senior Services, Team Nutrition

- Shared "Recess Before Lunch Toolkit" for Missouri schools, you can access this kit here: <http://health.mo.gov/living/wellness/nutrition/schoolwellness/pdf/recess-before-lunch-toolkit.pdf>

Emily DeWit, Children's Mercy Hospital

- Grant opportunity- Action for Healthy Kids is accepting applications for 2017-18 school year. School breakfast grants and game on grants to fund physical activity and nutrition initiatives. Deadline is April 7th. For more details, visit <http://www.actionforhealthykids.org/>.
- Wellness Policy Summit- The Child Nutrition & Wellness team of the Kansas State Department of Education is hosting an opportunity to provide input on how the USDA Wellness Policy Final Rule impacts the KS School Wellness Policy Model Guidelines. RSVP by February 15th to attend this free event in Wichita on February 24th. For details & to RSVP, visit ksde.org and click on the 9:00 a.m. event listed on February 24th.
- Shared "Can Parental Education Improve Effectiveness of Controversial School-based BMI Screening for Childhood Obesity?" This study was recently published in **Childhood Obesity**. You can read the study for free (until March 10, 2017) at: <http://online.liebertpub.com/doi/full/10.1089/chi.2016.0177>

Paul Jones, Wyandotte County Safe Routes to School

- Goal is to distribute 365 booster seats each year through the Booster to Belt program with State Troopers. Call 913-573-8816 to schedule your school, church or local organization for an event starting in March.

Donna Martin, MARC

- **Double Up Food Bucks Community Advisory Board Members Needed**
Double Up Food Bucks is a program that helps people who use SNAP (food stamps) double the amount of produce they can buy when they purchase local produce at participating farmers markets and grocery stores. **The program is looking for people who receive SNAP benefits — preferably those who have used the Double Up Food Bucks program — to help make the program better.** Click [here](#) for details and an application. Please share within your networks!

Melissa Ussery, KCU Score 1 for Health

- CHAMPS (Coaching Health and Movement Program) offers health coach follow up (KCU medical students) from screenings (vision, hearing, obesity). Coaches work with k-5th graders to improve food and activity choices to better their health.

Next Meeting: May 17th, 2:00-3:30- location to be determined