

Healthy Schools Working Group Meeting Highlights

September 6, 2017

North Kansas City District Office (Board Room at Doolin)

1900 NE 46th St, Kansas City, MO 64116

Attendees: Robyn Stuewe, Midwest Dairy Council; Shelly Summar, Children's Mercy Hospital; Emily DeWit, Children's Mercy Hospital; Tiffany Svorinic, North KC School District; Kate Place, North KC School District; Travis Mauzey, North KC School District; April Anderson, North KC School District; Rachael McGinnis Millsap, KC Healthy Kids; Michelle Dake, KC Healthy Kids; Abigail Heff, KC Healthy Kids; Michelle Kruse, Center School District; Matt Chrisman, UMKC; Laura Steele, BikeWalkKC; Tory Anderson, KCK Public Schools

Partner Spotlights

Travis Mauzey, ELL Teacher at Staley High School. Gardening project

Juniors and seniors taking an ELL Leadership class started a gardening project last year at Staley High School. It was based on the tag line Go Local, Help Local, and Stay Local. Students constructed 6 outdoor beds and enlisted 60 summer volunteers to sustain the gardens over summer break. Students grew a variety of fruit and vegetables including strawberries, squash, watermelon and cantaloupe. Additional outdoor beds were added this year. Indoor garden towers were constructed so produce could be grown inside throughout the school year. Mr. Mauzey is looking for ways to integrate the garden project within other learning standards such as art, English and biology. To learn more, you can contact Travis Mauzey at travis.mauzey@nkcschools.org.

Kate Place, Principal at Briarcliff Elementary. New wellness initiatives at Briarcliff Elementary

A supportive team of parents and teachers worked with the principal at Briarcliff Elementary to implement new wellness initiatives that support student health and equity. Physical activity breaks, birthday celebrations and class parties all took on some healthy changes that were well received by the school community. Sweet treats are no longer a part of birthday celebrations. Instead, students look forward to a celebration that focuses on the student and includes a special birthday pencil they receive from the office/principal. Class parties now have a more focused theme with less food as part of the celebration (ex. Popcorn will be the universal healthy treat for Halloween parties this October). All changes were thoughtfully communicated to parents through several platforms such as newsletters, meetings and emails.

Research Update

Dr. Matt Chrisman, Assistant Teaching Professor in School of Nursing and Health Studies at UMKC. MyPlate project

Dr. Chrisman has collected data from K-12th grade teachers and principals to better understand their knowledge of the MyPlate nutrition guide published by USDA. Once the study is complete, his goal is to address any gaps that exist to improve nutrition education for all students.

Updates & New Resources

Rachael McGinnis Millsap, Director of Farm to School, KC Healthy Kids. *Eat Local Recipe Challenge*

- KC Healthy Kids is sponsoring an eat local recipe challenge for kids in pre-k through 8th grade in Wyandotte and Johnson counties in Kansas and Cass, Clay, Jackson, and Platte counties in Missouri. The deadline for entries is November 30th. Learn more at <https://www.kchealthykids.org/eat-local-recipe-challenge/>
- October is National Farm to School month, visit <https://www.kchealthykids.org/> for ideas and information.

Michelle Dake, Youth Advocacy Educator, KC Healthy Kids. *I Am Here Photo Contest*

The “I am Here” photo contest helps kids better understand their communities and to begin to advocate for healthier communities. The contest is open to 3rd- 8th grade classrooms and is incorporated in schools in Johnson and Wyandotte counties in Kansas and in Cass, Clay, Jackson, and Platte counties in Missouri. For details, go to kchealthykids.org.

Shelly Summar, Children’s Mercy Hospital. *Kansas City Kids Marathon*

The KC Kids Marathon is a 1.2 mile non-competitive, fun run for kids of all abilities in grades K-8. Kids are encouraged to track 25 miles on their own and finish their mini-marathon on race day. The race will take place on Saturday, October 21st at 9:30 a.m. To learn more, visit <http://www.sportkc.org/marathon/register/kids-marathon/>

Next Healthy Schools Meeting: December 6th, 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: September 21st, 9:00 a.m.- 11:00 a.m. at Kauffman Conference Center. Featured speakers are Vicki Collie-Akers, Ph.D., M.P.H., Jerry Schultz, Ph.D., and Stephen Fawcett, Ph.D. from the Center for Community Health and Development at the University of Kansas. They will be sharing lessons learned from the national Healthy Communities Study, as well as from their local work promoting nutrition and physical activity through the Latino Health for All Coalition.