

Healthy Schools Working Group Meeting

Date: July 28, 2016

Where: Don Chisholm – Conference Room

<u>Attendee Name</u>	<u>Place of Business</u>
Michelle Dake	KC Healthy Kids
Julie Alsup	YMCA
Beau Heyen	ECS
Kim Wilson	KCMO Health Dept
Connie Farakhon	KCMO Health Dept
Tamra Thole	Hy-Vee
Barbara Sansberry	YMCA Head Start
Rachel McGinnis-Millsap	KC Healthy Kids
Emily DeWit	CMH
Jordan Carlson	CMH
Jennifer Oakley	CMH
Shelly Summar	CMH

Notes

- **Beau Heyen - ECS Current Ongoing Projects**
 - o Harvesters for Parkville schools
 - o Hunger Free Hospitals with SMMC (Shawnee Mission Medical Center)
- **Shelly Summar Updates**
 - o KCMO Health Dept. in process of developing policy workbook
 - Specific to schools implementing wellness policies
 - 46-48 schools responded to wellness policies when assessed in 2012
 - What is the gap? **Implementation** of wellness policies within schools
 - Value added benefit to schedule a workshop that is using the workbook?
 - The implementation of one policy opens the door to work on others.
 - Workshop would show how the implementation process works.
 - Networking opportunity
 - Thoughts....?
 - Barriers? Resources? Benefits? Support staff?
 - Possible September scheduling date for workshop
 - Include school resources and faculty
- **Connie and Kim – KCMO Health Dept. Division of Health Education and Health Communication, Maternal, Child and Family Health Program**
 - o Webinar, August 3rd – Hosted by KCMO Health Dept.
 - Walk-through of injury prevention workbook
 - Injury Prevention setting
 - The workshop mentioned above will mirror the Aug 3rd webinar, but drilling down to school setting & focus on implementing school wellness policies.
 - o Connie provides injury prevention education to providers and children on topics including bicycle safety, pedestrian safety, fire safety, seatbelt safety, poison safety, bus safety, proper hand washing, bullying prevention, calling 911 and nutrition. These education modules are for early & elementary education.
 - o Kim provides violence prevention education to teens (most in KCMO schools & Jackson Co. courts). Resources available to check out.

- **Emily DeWit – CMH**

- CMH Regional School Nurse Conference, Aug 6th—school policy resources and Healthy Lifestyles Initiative will be shared through interactive exhibit
- Beau asked in regards to connections between CMH and schools
 - Have not found our “spokesperson” to bring a “sales pitch”
 - Need to bring in individuals from schools to these meetings to share info with their peers
 - *ACTION ITEM: Beau to compile a list of networking connections.*

- **Tamra Thole – Hy-Vee Liberty Dietician**

- Discussed healthy snack options, lists available to parents/schools
- Share the Smart Snack Database search tool.
- Working with schools and parents to implement healthy options for children.
- Working with schools to implement “Free breakfast and lunch to students in poverty”.
- Hy-Vee has approved lists of healthy snacks that are shared & will be revised to align with USDA Smart Snacks guidelines
- Monthly Kids Cooking Club offered at Hy-Vee
 - 3 recipes
 - Trying everything, introduction of new foods
 - Follows the My Plate model
 - \$10 per month
- One Stop Garden at Hy-Vee
 - 1 hour
 - Ages 5 – 10 yrs.
 - 4 week sessions
 - Harvest, plant
 - Cooking activity
 - Kids Fit – Fun games, encourage healthy eating habits
 - Free of charge
- Community Involvement
 - Store tour groups for kids/schools
- Physical Activity
 - Need to promote more marketing strategies
 - Engaged in LCHAT – Utilizing resources to engage school and community involvement
- All Hy-Vee stores have Registered Dietitians on-site.
- Dietician Lunchbox available to purchase at Hy-Vee (vary by location)
 - 5 types
 - Includes calorie count and ingredients
 - \$5 per box

- **KC Healthy Kids Updates**

- 44 sites signed up for I am Here program
- Photo contest starts next week (grades 3-8)
- Farm to School program begins recipe project soon
- KCPS will have school nurses pilot adapted school garden lessons and include education on handwashing & food safety