

Healthy Schools Working Group Meeting Highlights
May 17, 2017
KC Public Schools District Office, 2901 Troost Avenue, KCMO

Attendees: Michelle Sproat, Root 4 Health/UMKC Pharmacy; Molly Ticknor, KC Public Schools; Leslie Wilson, KC Healthy Kids; Robin Stuewe, Midwest Dairy Council; Emily DeWit, Children's Mercy Hospital; Stephanie Dickson, KCK Public Schools; Lauren Grimes, KC Public Schools (MO); Kristen Hankins, STAR Power; Tiffany Svorinic, NKC School District; Carla Peuser, KCKPS Head Start; Candace Woodland, The Family Conservancy; Rachael McGinnis Millsap, KC Healthy Kids; Connie Farakhan, KC Health Department; Gwen Childs, KC Public Schools Foods Services & Michelle Kruse, Center School District.

Partner Spotlights

Michelle Sproat, Root 4 Health UMKC Pharmacy Program

- Pharmacy students provide classroom education on drug safety, MyPlate, and Healthy Lifestyles (using 12345 Fit-Tastic! lessons).
- Program offered to 3rd-6th grades (best suited 3rd & 4th) which consist of 4, one hour visits.
- Students take pre and posttests over knowledge of healthy lifestyle habits. During this past school year, improvement in knowledge ranged from 35% to 85% increase over the 4 weeks of active learning lessons.
- Contact Michelle at (816)383-3894 if interested in having Root 4 Health visit your classroom.

Molly Ticknor, KC Public Schools Mental Health Services

- KC Public School District has a trauma sensitive school focus as a part of their strategic plan. Many initiatives are tied into board policies.
- Current efforts include training staff to identify child abuse, training counselors and nurses in suicide intervention plans, and equipping security officers with crisis intervention training. Additionally, nurses, counselors, and support staff receive mental health first aid training.
- Summer Institute trains administration and leadership staff in mental health support.
- Referral system becoming streamlined, more effective.

Gwen Childs

- KC Public Schools has a 3 year USDA Fresh Fruit and Vegetable Program/grant that provides 28 schools the ability to offer students fresh fruits and vegetables 3 times each week during non-meal times. Early childhood receives 2 snacks daily.
- This grant also provides education to parents. It encourages teachers to use produce for classroom lessons (ex: math lesson on fractions using fruit).
- Fresh fruits and veggies provided to all students during MAP testing.

- Students have especially enjoyed jicama, multiple colors of peppers, golden kiwi and rambutan.

Updates & New Resources

Stephanie Dickson, KCK Public Schools

- Shared the current Draft of Kansas School Wellness Policy Guidelines on Nutrition, Nutrition Promotion and Education, Physical Activity, and Integrated School Based Wellness. The new guidelines address policies in each of the *Implementing*, *Transitioning*, and *Modeling* stages.

Robyn Stuewe, Midwest Dairy

- USDA Summer feeding program is open for children and teens 18 and younger. KS has served 1.3 million meals and MO has served 4.5 million. To learn more and find out where meals are available, visit:

USDA Summer Meal Site Map - <https://www.fns.usda.gov/summerfoodrocks>

USDA's Summer Food Service Program homepage - <https://www.fns.usda.gov/sfsp/summer-food-service-program>

Emily DeWit, Children's Mercy Hospital

- Missouri School Board's Association has just finalized their ***District Wellness Program Resources*** guide.
- New fruit and vegetable brochures are available at FitTastic.org. These could support education through food services or parent education activities. Partners can download the resource here: <http://fittastic.org/partners/resources>.

Leslie Wilson, KC Healthy Kids

- ***Community Use of School Facilities in Missouri*** is a series of guides that helps communities and neighborhood groups work with school districts to establish or modify community use policies and develop and maintain highly successful agreements. To learn more about the new tool or sign up for a webinar, visit: <https://www.kchealthykids.org/community-use-school-property-missouri/>

Rachael McGinnis Millsap, KC Healthy Kids

- KC Healthy Kids is a national/core Farm to School partner. Farm to School Academy trains teachers, partners with KC Community Gardens and has a toolkit to aid implementation. Learn more at <https://www.kchealthykids.org/>.

Next Meeting: TBD