

WHAT'S HAPPENING

Healthy Kids Las Cruces Monthly Newsletter

May 2015

Upcoming Events/ Meetings

May 5-9 LCPS
Participating in National
Bike to School Week

May 6 Evening
Farmers Market
Mainstreet Downtown

May 11-15
Bike to Work Week

May 12 Healthy Eating
Active Living Project Film
Festival 5:30-7:30 pm
LCPS Early College High
School on the NMSU
Campus SE of Football
Stadium Building 8, Multi-
purpose Room

May 20 Healthy Kids Las
Cruces Semi- Annual
Stakeholders Meeting
Branigan Library
Roadrunner Rm
1:30-3:30 pm

May 22 LCPS
Last Day of School

celebrate!

Healthy Kids Las Cruces Spring Semi-Annual Meeting

Please join us as we **celebrate** our success and plan for our **FUTURE!!** On Wednesday May 20th from 1:30 pm to 3:30 pm at the Thomas Branigan Memorial Library in the Roadrunner Room. Come see what has been going on and how you can play a role in the future of Healthy Kids Las Cruces.



Thank you Nancy for your Leadership

We would like to sincerely thank Nancy Cathey for her dedication, time and leadership as our Education Lead for Healthy Kids Las Cruces since its inception. She is stepping down as our lead due to increased work commitments although is in total support of our continued efforts. Under Nancy's leadership, 18 LCPS elementary schools received the USDA *HealthierUS School Challenge* awards in 2011. Las Cruces Public Schools are the first schools in New Mexico to receive this designation. Another accomplishment that began this spring was the establishment of salad bars in 16 elementary schools, all 7 middle schools and 3 high schools with the remaining elementary schools and high school to be up and running in the Fall of 2015. Nancy has been a champion in bringing healthy options and fun opportunities to try out new fresh fruits and vegetables to all of our students at LCPS. She has also been a champion in promoting collaboration for broad outcomes. Thank you, Nancy!!!



New Education Setting Lead

Healthy Kids Las Cruces (HKLC) is happy to welcome Barbara Berger as the "NEW" Education Setting Lead. Barbara is the Las Cruces Public School Health and Nutrition Specialist. Best of all, she is no stranger to HKLC initiatives. She has been a part of the structure since its establishment. Those who have worked with her appreciate her integrity and passion for health. Welcome Barbara!!!

National Bike to School Day 2015

19 Las Cruces Public Schools Participating

Safe Routes to School

Walking and bicycling to school enables children to incorporate the regular physical activity they need each day while also forming healthy habits that can last a lifetime. Walking and biking programs increase safety by reducing traffic around schools as well as by teaching kids good pedestrian and bicycle skills. The sense of community also builds as children and parents develop walking and bicycling buddies and chat with neighbors on the sidewalk or path.

For more information, please contact Ashleigh Curry: acurry@lcps.k12.nm.us or 575-202-1317
Go to the Healthy Kids Las Cruces Facebook Page for a list of participating schools.



Education Setting **Film Festival with a Healthy Twist**

The film festival for the Healthy Eating Active Living project involving middle school media students is May 12 at 5:30 pm – 7:30pm at ECHS in the conference room. Fourteen winning videos on nutrition and physical activity subjects will be screened and prizes given.

White Sands Student Wins Slogan Contest

Fifth-grader Jenni Davis, 11, from White Sands Elementary School is the 2015 winner of the LCPS Breakfast Slogan and Poster Contest. She created a winning slogan — “Charge Up With Breakfast” — and an art piece that encourages other students to eat a healthy breakfast, said Barbara Berger, LCPS nutrition specialist. Her artwork depicts a computer tablet with a monitor that reads, “Super Charged. Ready to eat breakfast;” the tablet is also connected to a red apple.

“Her work is part of a campaign to bring attention to the importance of eating a well-balanced breakfast,” Berger said. “For her outstanding work, Jenni and all students and staff at White Sands Elementary will receive a custom-printed, drawstring tote bag displaying her unique slogan and artwork.”

The “Charge Up With Breakfast” entry was selected from hundreds of submissions received from students across all LCPS K-5 schools, Berger said. The contest was co-sponsored by LCPS Nutrition Services and the USDA’s Supplemental Nutrition Assistance Program – SNAP-Ed, which aims to encourage students to eat well-balanced meals.

On March 20th, Jenni was presented with a winning certificate by Berger and Leonor Lara from the LCPS Nutrition Services. Jenni’s mother, Cathy Davis; school principal, Thomas Bulger; school nurse, Rebecca Northrup; teacher, Elayna Martinez; and fellow classmates also were in attendance to help celebrate the announcement.

District officials said that parents are invited to eat breakfast with their children for only \$1.00. Many LCPS schools provide breakfast at no cost to students. For more information, contact Berger at 527.5943 or bberger@lcps.k12.nm.us.

Lead: Barbara Berger
LCPS Health & Nutrition
Specialist
bberger@lcps.k12.nm.us

Communities and Families Setting

City to Create Youth Campus in Mesquite Historic District

The City of Las Cruces will expand youth services in the Mesquite Historic District with the creation of a youth campus. The new campus will consist of the A. Fielder Memorial Safe Haven, which currently houses the Weed & Seed program, and will expand to include the Juvenile Citation Program (JCP) and the Afterschool Program in the adjacent, City-owned Mesquite Learning Center building, 890 Tornillo St.

The JCP, currently housed at the old City Hall, 200 N. Church St., will relocate to the Mesquite Learning Center building in the coming weeks. The move will allow staff time to assess youth to determine needed levels of education programs prior to formally vacating the old City Hall by July 1.

“This is tremendous opportunity for the City of Las Cruces to increase much needed outreach opportunities for youth in the Mesquite neighborhood,” said City Manager Robert Garza. “By creating a youth campus, we can physically co-locate three of the City’s most successful services; Weed & Seed, Afterschool Program, and Juvenile Citation Program. Having them in close proximity to each other will maximize staff efficiencies, youth participation and physical building space.”

Lead: Mark Johnston mjohnston@las-cruces.org
City of Las Cruces Parks and Recreation Director

Go to <https://www.facebook.com/HKLasCruces>

To read more



A. Fielder Memorial Safe Haven



The Learning Center Building

Food System Setting

La Semilla Awards Mini-Grants

Two schools from Gadsden Independent School District; Sunland Park Elementary and Santa Teresa Elementary were awarded \$1,000 school garden mini-grants from La Semilla. Both showed great potential for a broad reach of children k-5th grade.



Lead: Aaron Sharratt aaron@lasemillafoodcenter.org
Director of Development & Administration

Healthcare Setting



**Bike to Work
Week is
May 11-15**

Why not? Biking to work benefits your health, saves money, reduces water and air pollution and alleviates traffic congestion. Remember to wear your helmet and obey the rules of the road to ensure your safety and the safety of others.

Lead: Dr. Danielle Nixon
drnixon@fullbloompediatrics.com
Pediatrician at Full Bloom Pediatrics