

WHAT'S HAPPENING

Healthy Kids Las Cruces Newsletter

MAY 2016



Salad Bar Art Contest Winners

Logo Contest 2016, sponsored by Supplemental Nutrition Assistance Program Education ran from February 1-29, 2016. There were thousands of entries. Judging took place in early March. There is one winner for elementary school level, middle school level, and high school level. The winners were presented their certificates at their schools in late March. Each winner will have their art work printed on sling back packs. Artwork is pictured here. Congratulations for great work!

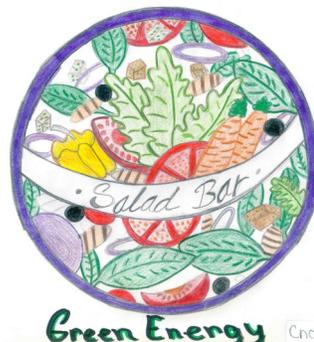
Elementary School Winner: Salad Bar
 Victoria Gollo, 1st grade, Mrs. Reyes, Desert Hills Elementary

Middle School Winner:
 Healthy Hearts Healthy Lives
 Kevin Guzman-Hernandez, 8th grade, Mr. Mueller, Picacho Middle School

Middle School Honorable Mention: Green Energy
 Keneth Chavez-Alvarado, 8th grade, Mr. Mueller, Picacho Middle School

High School Winner: Wearable Vegetables
 Anna Chavez, 12th grade, Ms. Train, Las Cruces High School

High School Honorable Mention: Just Eat It!
 Malia Reyes, Ms. Train, Las Cruces High School



Education Setting
 Lead: Barbara Berger
bberger@lcps.net
 LCPS Health & Nutrition Specialist

Upcoming Events

May 4

Healthy Kids Las Cruces
 Spring Semi-Annual Meeting
 9-1:30 pm City of Las Cruces Hall
 Room 2007B

May 7th

Crop & Cuisine
 Saturday from 11am-1pm, at
 Branigan Cultural Center,
 hosted by La Semilla Food
 Center. Visit the website at: <http://las-cruces.org/museums> or call 575-541-2154.

May 10, 12 & 17th

The Southern NM Diabetes Outreach
 Locations: MountainView Senior Circle
 Association 3948 E. Lohman Ave, Ste 1,
 (Behind Walgreens on Lohman)
 Las Cruces, NM 88011

Dates/Times: Afternoon Classes

Tuesday, May 10
 2 p.m. - 5 p.m.

Thursday, May 12
 2 p.m. - 5 p.m.

Tuesday, May 17
 2 p.m. - 5 p.m.

May 18th

Ride of Silence, Mesilla
 Wednesday 6:15 PM
 Eleventh Annual
 Located at Mesilla Plaza
www.rideofsilence.org



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



National Walk & Bike to School Day

Safe Routes to School - Las Cruces Public Schools, Las Cruces New Mexico

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. Please join us at any of the event. A complete listing of events to participate can be found on the Healthy Kids Las Cruces Facebook or the [LCPS website](#).

For more information, please contact Ashleigh Curry: acurry@lcps.k12.nm.us or 575-202-1317

Name the Downtown Plaza

The new downtown plaza is nearing completion, but it needs a name. The Community Development is asking the public to submit their entries to name the new facility.

Those interested can send in a written submission to:
Name the Downtown Plaza,

ATTN: Community Development

P.O. Box 20000, Las Cruces, NM 88001.

Email your submission to downtown@las-cruces.org.

Or go to las-cruces.org and click on the Name the Plaza Hot Topic Link. Suggestions must include a name for the plaza, contact information for the person or group making the suggestion, and a reason why they choose the name they are proposing. Suggestions will be taken through Friday, May 27, 2016 at 5 p.m. For more information call Raymond Burchfield at (575) 528-3094.

Community & Regional Planning

Lead: Andy Hume

ahume@las-cruces.org

Downtown Coordinator, Las Cruces Community Development

Melanoma/Skin Cancer Detection & Prevention Month

Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV damage can also cause wrinkles and blotches or spots on your skin. The good news is that skin cancer can be prevented, and it can almost be cured when its found and tested early.

Healthy Kids Las Cruces is proud to participate in Melanoma/Skin Cancer Detection and Prevention Month by helping to spread the prevention message.

- Take simple steps today to protect your skin and your children's;
- Stay out of the sun between 10 a.m. & 4 p.m.
- Use sunscreen with SPF 15 or higher. Put on sunscreen every 2 hours and after you swim or sweat.
- Cover up with long sleeves and a hat.

Healthcare Setting

Lead: Dr. Danielle Nixon

drnixon@fullbloompediatrics.com

Pediatrician at Full Bloom Pediatrics

New!!! A new splash pad at the Metro Verde Splash Park located at 7125 Metro Park St. (across the street from Monte Vista Elementary School) will be available to the public May 4, 2016. The



splash pad will be the first for the City of Las Cruces with a second set to open this fall at the new downtown Civic Plaza.

Community & Families

Lead: Phil Catanach

pcatanach@las-cruces.org

City of Las Cruces Parks and Recreation
Youth Programs Director



Coming Soon to a neighborhood near you!

La Semilla has finalized the Farm Fresh Mobile Market schedule and as soon as the truck is all finished they will be ready to go! Look for more announcements at the end of this month for the start date.

Farm Fresh Mobile Farmers' Market Locations

Vado Elementary School
330 Holguin Rd. Vado, NM 88072
1:30-3:30pm every Wednesday

Beck's Coffee Shop
130 N Mesquite St. Las Cruces, NM 88001
9-11am every Thursday

La Semilla Food Center Office
101 East Joy Drive. Anthony, NM 88021
2-5pm every Friday

Las Cruces Farmers' Market
125 N Downtown Mall, Las Cruces, NM 88001
9am-1pm every first Saturday of the month

Downtown Artist and Farmers Market
117 Anthony St, El Paso, TX 79901
9am-1pm every second Saturday of the month

Ardivino's Desert Crossing Farmers Market
1 Ardivinos Dr, Sunland Park, NM 88063
9am-1pm every third Saturday of the month

Anthony Public Health Office
865 N Main, Anthony, NM 88021
10am - noon every first and third Wednesday of the month

Chaparral Public Health Office
317 McCombs Rd, Chaparral, NM 88081
1:30-3:30pm every second & fourth Tuesday of the month

Food System

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

What's Happening in Education?

The HEAL film festival is scheduled for May 12 at 5:30pm for healthy snacks and 6:00 pm for film screening at Arrowhead Park Early College High School auditorium in building 8. All are welcome. HEAL videos are made by middle school media students on nutrition and physical activity topics. Keynote speaker Barbara Chamberlain from NMSU Ag Communications and awards given to students following the screening. FUN!

The Veggie Meter is coming back to screen our staff following a semester of staff wellness programming. After school exercise classes have been held this semester at 20 sites around the district and contracted company Wellable has been providing a platform for collecting wellness data on our staff. A team challenge was held during April and winning teams will be announced in May with prizes given. Activity parties for the top two teams will be provided by the City of Las Cruces teen van.

Education Setting

Lead: Barbara Berger
bberger@lcps.net
LCPS Health & Nutrition Specialist



Movies in the Park for May and June:

May

7 - Inside Out
14 - Jurassic World
21 - Pixels
28 - Point Break

June

4 - Max
11 - Paul Blart: Mall Cop 2
18 - Star Wars: The Force Awakens
19 - Avengers: Age of Ultron