

# WHAT'S HAPPENING

**Healthy Kids Las Cruces Newsletter**

**JUNE 2016**

On behalf of the Public Health Division of the NMDOH, Dawn Sanchez, Southwest Region Director recognized Superintendent Rounds with a Public Health Division Performance Excellence Award at the LCPS School Board Meeting on May 24th. These awards are for any person or organization who



has made a significant contribution to a healthier New Mexico, which is the Vision of the NMDOH. Superintendent Rounds was nominated for **his superlative effort and contribution to student and staff wellness at Las Cruces Public Schools.**

A few quick reasons why Superintendent Rounds was nominated:

Over the past 2 years he was supportive of the update of school wellness policies and the development of goals in response to the Federal Healthy Hunger-Free Act of 2010. These goals are to improve all aspects of Comprehensive School Health across the District from nutrition, physical activity, Emotional Well-being, health services to safety. Totaling nine areas

Superintendent Rounds was instrumental in the district's receipt of a Healthy Eating Active Living (HEAL) grant from the Paso Del Norte Health Foundation to support student and staff wellness. With the grant came the hiring of a Health and PE Staff Development Specialist who focuses on strengthening PE and health education through a standards based sequential curriculum; and a staff wellness program to bring awareness to the importance of health and help school staff become wellness roles for their students

Superintendent Rounds has been a supporter of the Safe Routes to Schools Program from its inception and also supportive of the grant funding (DOH/DOT) to keep the program in place. LCPS has the largest program in the state with 100% of participation of elementary schools in the October International Walk and Roll to School Day.

There are many other items that show Super Rounds support of health and wellness such as school nurses in each school, SBHC to school nutrition through tastings and snack programs to name a few.

## Upcoming Events

**June 4th  
National Trails Day**

**June 5th, 12th, 19th, &  
26th  
2016 Music in the Park  
Young Park,  
1905 E. Nevada  
7:00 PM**

**For more information on  
the Music in the Park  
Series presented by Pic  
Quik, contact the Parks  
& Recreation Department  
at 575/541-2550.**



**June 19th  
Father's Day**



Go to [https://  
www.facebook.com/  
HKLasCruces](https://www.facebook.com/HKLasCruces)

**Education Setting**  
Lead: **Barbara Berger**  
[bberger@lcps.net](mailto:bberger@lcps.net)  
LCPS Health & Nutrition Specialist

## Summer Recreation Mobile Unit Schedule

The City of Las Cruces Parks & Recreation Department will visit local parks with its Summer Recreation Mobile Unit, which provides fun and games for the entire family! The events are free and offered on Tuesdays, Wednesdays and Thursdays from 10:30 a.m. to 1:30 p.m.

During the visits, the free summer meals program will be available to children up to age 18. The Summer Recreation Mobile Unit will be at the following locations on dates specified:

June 7, 8, 9	Apodaca Park, 801 E. Madrid Ave.
June 14	Sunset Hills Park, 3333 Lunaridge St.
June 15, 16	Metro Park, 7125 Metro Park St.
June 21, 22, 23	Young Park, 1905 E. Nevada Ave.
June 28	Klein Park, 155 N. Mesquite St.
June 29, 30	Pioneer Park, 500 W. Las Cruces Ave.
July 5	Veteran's Memorial Park, 2651 Roadrunner Pkwy
July 6, 7	Sagecrest Park, 489 N. Roadrunner Pkwy
July 19	Vista de la Montañas, 5700 Porter Dr.
July 20, 21	East Mesa Recreation Center, 5589 Porter Dr.
August 2	Gomez Park, 2125 S. Espina St.
August 3, 4	Valley View Park, 716 S. Espina St.
August 9	Country Club Estates Park, 2800 Spitz, St.
August 10, 11	Jason Giron Park, 355 Three Crosses Ave.

No registration is needed. Join in celebrating Parks & Recreation month in July! Get up, get out and let's play! For more information call CLC Parks and Recreation at 575-541-2550 [parkandrecadmin@las-cruces.org](mailto:parkandrecadmin@las-cruces.org)

### Community & Families

Lead: Phil Catanach  
[pcatanach@las-cruces.org](mailto:pcatanach@las-cruces.org)  
 City of Las Cruces Parks and Recreation  
 Youth Programs Director

### Community & Regional Planning

Lead: Andy Hume  
[ahume@las-cruces.org](mailto:ahume@las-cruces.org)  
 Downtown Coordinator, Las Cruces Community



**Its that time again...**  
 Farmers & Crafts Market Evening Wednesdays. That right, the market is open in the evening the 2nd Wednesday of the month through October from 5-9 pm. In June and July Healthy Kids Las Cruces will be sponsoring the mobile unit. Mark your calendar for June 8<sup>th</sup>, July 13<sup>th</sup>, Aug.10<sup>th</sup>, September 14<sup>th</sup> & October 12<sup>th</sup>. Come Join Us!



### The HEAT is on!

It is heating up and time to make sure you and your children are pool and swimming safe. Remember to use good sun care. Apply sunscreen often, wear long loose, light colored clothing, a ball cap or sun hat, drink plenty of fluids and watch sun exposure time. If by water make sure one person has always got an eye on the children.

### Healthcare Setting

Lead: Dr. Danielle Nixon  
[drnixon@fullbloompediatrics.com](mailto:drnixon@fullbloompediatrics.com)

Pediatrician at Full Bloom Pediatrics

**Thank you for participating in the Healthy Kids Las Cruces Spring Semi-Annual Stakeholders Meeting**  
**\*Date of next Semi-Annual Meeting: November 2016**



**LA SEMILLA**  
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## Urban Ag Policy Update

The Las Cruces Urban Agriculture and Food Policy Plan was presented to the Las Cruces City Council at a work session on May 24th, with a lot of great input and support from city councilors. The plan now moves to a discussion and a vote at the June 6th regular council meeting. The plan will be the first of its kind in New Mexico and will lay the groundwork for the city to support and incentive healthy food activities in Las Cruces. If you'd like to show support for the plan, the City

Council meeting takes place at 1:00 pm on Monday, June 6, in council chambers at City Hall.

### Food System

Lead: Aaron Sharratt

[aaron@lasequillafoodcenter.org](mailto:aaron@lasequillafoodcenter.org)

Director of Development & Administration



**Farm Fresh Mobile Market** soft opening celebration. Approximately 100 fresh produce sales. La Semilla is happy with the openings success. We featured the mobile market sites in our May HKLC Newsletter edition. The picture above is Shaggy (gentlemen in the red bandanna making the 1st sale).



## Las Cruces Recognized as 2016 Playful City USA Community

The City of Las Cruces has been honored as a 2016 Playful City USA designation for the 8<sup>th</sup> time, for making the city more playable. Las Cruces is recognized for engaging youth through sports, mobile recreation, after school and summer programs, art, community service opportunities, family-friendly community events, fitness, quality facilities, mentoring, health and wellness education, and job programs.

“We are thrilled to recognize these communities that have invested their time and efforts to put kids first,” said KaBOOM! CEO James Siegal. “Balanced and active play is crucial to the well-being of kids and the communities that they thrive in. By integrating play into cities, the leaders of Playful Cities USA are working to attract and retain the thousands of families that want homes in close proximity to safe places to play.”

To learn more about these cities, and to see the full list of the 257 communities named 2016 Playful City USA honorees, or for more information on the Playful City USA program, visit [www.playfulcityusa.org](http://www.playfulcityusa.org).

For more information on the City of Las Cruces' recognition contact the Recreation Administrator at, 575/541-2553.



## SANDRA MORENO

Sandra is a student in the Bachelor of Public Health program at New Mexico State University. She will graduate with her second bachelors degree, her first is a Bachelor of Science in Biology in August 2016. During her summer internship she will be helping input BMI data into the SPSS data program, working with HKLC to roll out the Play Healthy Park Prescription Program, and Farmers WIC Tastings to name a few. In her not so free time you can find Sandra at NMSU as the Community Assistant for Family Housing or playing in her backyard with her 3 year old son Liam. Please join me in welcoming Sandra to our team.