



# WHAT'S HAPPENING



Healthy Kids Las Cruces Newsletter

DECEMBER 2016

## Staff Wellness at Las Cruces Public Schools is trotting along...

Since October 11<sup>th</sup>, Las Cruces Public Schools staff participated in the LCPS Turkey Trot Challenge a 5 week challenge that included 500 staff. Staff earned **6,669,510 Wellable Points** by taking **109,181,539 steps (54,590 miles)**, and completing **13,326 Daily Challenges!** All part of the newly implemented staff wellness program.

Based on final rankings, **40%** of participants successfully outran the hunter by earning a cumulative minimum of **14,112 points** over the course of the challenge! The staff did a great job staying active and keeping up with the weekly step increases. All of these survivors were entered into a final raffle and three lucky individuals won non-GMO turkeys. Congratulations to the following three raffle winners for "outrunning" the hunter by maintaining the minimum points required each week.

**Ricardo Rincon of Valley View Elementary School**

**Art Trillo of Vista Middle School**

**Brisa Miranda of Booker T. Washington Elementary School**

The top three leading schools from October 11th to November 14th are listed here. (Please note that points are based on team averages.) With four active participants, **Central Elementary School**, did a really great job finishing in first place! Woo-hoo! We would like to also give recognition to **White Sands School** for finishing in second place with 26 active participants! This really required everyone to keep a high level of activity in order to maintain such a high average. Last but not least, **Booker T. Washington Elementary School** came in third place with 29 active participants. GREAT JOB! And the Most Committed Challenger Award goes to...**Heather Stein**

According to Monte Vista Elementary staff members, Heather Stein is amazing! She has been the school's Staff Wellness Champion and has taken it upon herself to map out several routes for the staff to walk or run. Way to go Heather!



## Upcoming Events

**December 3rd**  
Tree Lighting Ceremony  
Plaza De Las Cruces  
5:00-8:00 pm

**December 4th**  
Jingle Bell Bicycle Ride  
Gather at 11 am at Milagro's  
Coffee Shop.  
More information on pg.2

**December 9th**  
Bicycle Friendly Taskforce  
Sub-Committee  
Planning & Engineering  
CLC Conference Room 1158  
11:00am-12:00pm

**December 21st-January 6th**  
Las Cruces Public Schools  
Winter Holiday



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



**Education Setting Happenings** In December we have no tasting lessons. We are working with La Semilla getting ready to fund three new school gardens...Zia Middle, Dona Ana Elementary and Tombaugh Elementary. We fund the infrastructure through SNAP Ed and their Food Corps workers provide the expertise and organize the labor with the school community.

Education Setting  
Lead: Barbara Berger  
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LCPS Health & Nutrition Specialist



### 5 tips for traveling with kids during the holidays

The holiday season is filled with excitement, euphoria and ... exhaustion. And nothing is more draining than traveling with kids during this time of year. Still having nightmares about that time you sat in holiday traffic for six hours or when you were stuck in an airport because of a blizzard?

Whether you're heading to Grandma's house by car or by air, here is traveling advice that will get you and your kids to your holiday destination on time -- reindeer optional.

#### 1. Pick the Best Time to Travel

As you would expect, the two days before and after the actual holiday are usually the busiest travel-wise. See if you can schedule your trips to avoid the extra chaos.

#### 2. Invest in the Best Travel Gear

Some of the best traveling items maximize comfort. Parents will be thankful for a car seat upholstery protector when messy spills happen. A neck pillow in the shape of a fuzzy dog or friendly frog will shut sleepy eyes in the early morning. Having entertaining toys within reach is a must. A car organizer that hangs off the back of your seat will allow tots to get to their toys and a family travel organizer that sits between kids is also great. Don't underestimate a good old-fashioned sand pail to hold toys. Fill it with interesting things to play with along the way.

**3. Pack the Best Toys** Packing some "old reliable" toys, as well as one or two your kids have never seen, adds to the excitement. Activities range with age and interests. If your kids are spaced a few years apart, it's best to come prepared with individual activities and common games the family can play. A fresh pack of cards, a Rubik's Cube, crayons, paper and stickers can get a creative family through some tight spots.

**4. Stock up on the Best Drinks and Snacks** The holidays are exciting, but so many new things can make little kids anxious too. Why add on an upset stomach? Eating foods that are new should be a part of the holiday experience, but while traveling, remember to keep familiar foods around for comfort and sanities.

**5. Plan the Best Routine** Although it is the "happiest time of the year", traveling can turn your sweet Cindy Loo Who in a crabby Grinch. Stick to your at-home routine as much as possible to keep mood swings in check. Get up at the same time (except on Christmas morning!), enforce nap time and weave familiar foods into the holiday table. Think ahead when you're traveling to pinpoint locations for naps and where to find familiar food or restaurants.

*Marissa Burke is a happily adventurous wife, mother, runner and free-lance writer.*

### Healthcare Setting

Lead: Dr. Danielle Nixon

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Pediatrician at Full Bloom Pediatrics

# Jingle Bell Bicycle Ride

A FUNdraiser ride to replace the Toys for Tots Ride



## Sunday, December 4th

Gather at 11 am at Milagro's Coffee Shop in the Pan-Am Plaza on University Ave near I-25. Ride less than 5 miles, ending at the Spotted Dog Brewery on Ave de Mesilla.

### \$10 suggested donation

will benefit The Hub Community Bike Shop and the Las Cruces Earn a Bike Program (see VeloCruces.org for more information)

### Join the fun:

Costumes and bike decorating contest. Top three winners receive gently used cycling related prizes.

### Helmets Required

Follow traffic laws and signals

Tickets for lunch and non-premium beer at the Spotted Dog \$10 per person (100 tickets available) in advance from Spotted Dog, Velo Cruces board members or at Outdoor Adventures until November 30th



For more information:  
velocruces.org on the Events page  
[www.facebook.com/velocruces](http://www.facebook.com/velocruces)  
575-323-0883



### Special thanks to our sponsors:

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Orange Leaf Frozen Yogurt  
Run Culture  
Antix Inc.

Melissa Reeves – Attorney at Law  
Milagro Coffee y Espresso  
Toucan Market  
Teofilo Borunda

### Thanks to our community partners:

Community of Hope  
Doña Ana Arts Council  
Green Chamber of Commerce  
Bike and Chowder Riding Club  
ZiaVelo Cycling  
NMSU Outdoor Recreation

11/15

## Plan4LasCruces

The Plan4LasCruces Team would like to share the Final Report titled, "Healthy City Design: Healthy People, Healthy Economy," prepared by Blue Zones LLC. Please see attached.

Thanks again for being involved with the Comprehensive Planning process in Las Cruces. Stay tuned for events and activities by visiting our website at: <http://www.las-cruces.org/plan> We look forward to working with you.

Best,  
The Plan4LasCruces Team

Community &  
Regional Planning  
Lead: Andy Hume  
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Downtown Coordinator, Las Cruces  
Community Development

## Grinch fruit skewers

### What you need

Green grapes

Banana slices

Strawberries

Mini marshmallows

Tooth picks (I found decorative Christmas picks at a party store)



### What you do

Skewer one green grape. Top it with a banana slice (cut about 1/4 inch thick or so). Top the banana slice with a hulled strawberry. The strawberry should be about the same diameter as the banana slice. Top the strawberry with a mini marshmallow. Enjoy!

Food System

Lead: Aaron Sharratt

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Director of Development & Administration



## Spring 2017 After School Program Registration

The City of Las Cruces Parks & Recreation Department is now accepting returning participants' payment for the 2017 spring session of the After School Program at the Parks & Recreation Administrative office, 1501 East Hadley Ave.

For current participants only, payments will be taken Monday, Nov. 28 – Tuesday, Dec. 20. Monday – Thursday 8 a.m. to 5 p.m. and Friday 7 a.m. – 4 p.m. Any slots not paid for by Tuesday, Dec. 20, will be opened to the public on Wednesday, Dec. 21 and remain open until the site is filled.

The school sites (50 participants per site) for children kindergarten through fifth-grade are Alameda Elementary, Cesar Chavez/Sunrise Elementary, Fairacres Elementary, Hermosa Heights Elementary, Highland Elementary, Mesilla Park Elementary, Monte Vista Elementary and Valley View Elementary.

The cost per semester is \$360, or four payments of \$90. All session program hours are Monday through Friday, 2:30 – 5:30 p.m. and follow the LCPS school calendar. A 10% discount will be offered for full payment of the spring semester before January 9, 2017!

If monthly payments are not made by the specified deadlines, participation in the program will be halted and the participants spot forfeited.

Acceptable payments include cash, check, money orders, and major credit cards (VISA, Discover or MasterCard) and debit cards.

For more information regarding the After School Program please call, 575/541-2610.

### Community & Families

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City of Las Cruces Parks and Recreation  
Parks Director