WHAT’S HAPPENING

Healthy Kids Las Cruces Monthly Newsletter

October 2015

http://archive.healthykidsnm.org/

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Upcoming Events

Oct. 1, 2, 6, & 7
International Walk and Roll to School Day

Oct. 17 – Food Day
8:30-1:00 pm In conjunction with Las Cruces Farmers Market and Craft Fair at La Placita

Oct. 24 – Pumpkin Splash Patch
12-3:30 pm
Las Cruces Regional Aquatics Center
1401 E. Hadley Ave
See Page 2 for more info

Oct. 31 – Boo to Flu
Flu Immunization Clinic at Memorial Medical Center
8 am-2 pm

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

Fall Semi-Annual Stakeholders Meeting is Coming Up…..

Mark your calendar and make plans to attend!

Healthy Kids Las Cruces Fall Semi Annual Stakeholders Meeting

NOVEMBER 4, 2015
1:30 - 3:30pm
Community Action Agency
3880 Foothills Rd, Las Cruces, NM 88011
Agenda to follow.

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

NEW Tasting Lesson
The newest tasting lesson is called Measuring Good Nutrition. It deals with teaching elementary students how many cups of fruits and vegetables they need and how much water they need to drink to stay healthy. Each student will receive a water bottle with measurements on it to keep as a reminder.

Launching Staff Wellness Program
Las Cruces Public School is launching a staff survey to determine staff interests for a staff wellness program that will be developed this year. Funding from a HEAL grant from Paso del Norte Health Foundation will make staff wellness programs a reality in the district.
Community & Regional Planning Setting

**International Walk to School Day Continues to GROW in Las Cruces**

Last month 15 schools had signed up to participate in the international event. Today we are proud to report that for the first time ever all Las Cruces Elementary Schools & Holy Cross Elementary will participate in International Walk and Roll to School Day!!! Ashley Curry and the Safe Routes to School Team have really hit this one out of the park. This is no easy task and it takes all hands on deck to make sure every detail is planned out accordingly. It really does take a village to make sure that kids arrive to school safely. International Walk and Roll to School Day occurs the first weeks of October traditionally, however its really a kickoff day meant to inspire young walkers and bikers to utilize this mode of travel year round. Most of Las Cruces Elementary schools have at least one day set a side a week for walking and biking to school. From the graph you can see that having all 25 elementary schools participate this year has really been a nine year process!!!! Wow!! If you ‘ve played even the smallest part in this success you deserve a pat on the back!! Go Las Cruces!!

MUNSON GARDENERS

**WE WERE BIG WINNERS AT THE SO. NM STATE FAIR!**

- 7 BLUE RIBBONS
- 1 RED RIBBON
- 1 WHITE RIBBON
- 1 BEST IN CATEGORY (BUTTERNUT SQUASH)

**A BIG THANK YOU TO DIXIE WHO WASHED THE VEGGIES AND TOOK THEM TO THE FAIR!!**

Communities and Families Setting

**Lead: Mark Johnston**

mjohnston@las-cruces.org

City of Las Cruces Parks and Recreation Director

Dawn Sanchez is the “NEW” New Mexico Department Of Health SW Regional Director

We are happy to announce that Dawn Sanchez is the new Director NMDOH, Public Health Division, Southwest Region. For those of you who are unfamiliar with the structure of DOH. The SW Region includes; Catron, Grant, Socorro, Sierra, Otero, Dona Ana, Luna, and Hidalgo counties. Dawn is now overseeing a vast amount of programs and staff; Women, Income, & Children (WIC), Children's Medical Services, Clinical Services, Disease Prevention, Emergency Preparedness, Health Promotion, Community Wellness, School and Adolescent Health. She is well qualified with 20 years of experience working for the Department. Her leadership, management and openness to change have been instrumental in the foundation of Healthy Kids Las Cruces. Congratulations to a well deserved women.
Healthcare Setting

What is SKIIP?

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

SKIIP is a school located influenza immunization clinic that provides a public service to children to protect them and their communities from influenza. It was developed as a partnership with NMDoH and the NM Immunization Coalition. It is offered at a no cost to the parent and convenience of happening at the child's school, during school hours, without the need for the parent to take time off from work.

Elementary and Middle schools in the Las Cruces Public School district will be participating in the SKIIP (School Kids Influenza Immunization Program) in the months of November and December.

Food System Setting

Volunteers Needed for “FOOD DAY” Celebration
We're looking for volunteers to help out at the Las Cruces Food Day Celebration. The event will be held on Saturday, October 17, held concurrently with the Farmers' Market. It will be in La Placita, the little plaza next to Main Street Bistro.

We’ll need people to help with set up (7:30-9:00), tear down (1:00-2:00) and a few people to help out during the event (8:30-1:00). If you can help volunteer, please email me at krysten@lasemillafoodcenter.org!

If you know of anyone who would be interested, please spread the word.