

A meeting of the Action For Healthy Kids Zone 4 was held on May 5, 2009 at the Ashtabula county Health Department in Jefferson, Ohio.

Present were: Betsy Barringer, Mel Milliron, Lisa Hamper, Kathy Mio, Tom Mitchell and Debbie Iliff.

On conference call: Marie Economos, Bonnie Hoppel and Jan Meyer.

Excused: Sue Lefferd, Carrie Clyde, Carol Dambrogio and Stephanie Rider.

Debbie hosted the meeting with a Cinco de Mayo theme which included a Mexican omelet burrito, and No- garitas complete with party favors and decorations....

Trumbull County Workshop: Mel mentioned that his training on April 30 went very well. 27 nurses were in attendance. The evaluations were very favorable for the speaker Dr. Nancy Mosca.

Mel mentioned that the evaluations for topics the nurses were interested in for a conference were nurse issues such as asthma, allergies and BMI.

Physical Education For Life Long Fitness: Betsy talked about the June 12 conference. 8:30 am- 4:00 pm at the Kilcawley Center at Youngstown State University. \$10 registration plus \$5 for parking. Lunch on your own. 5.5 contact hours available. Registration deadline June 5, 2009.

The group assembled the folders for the conference.

Marie will introduce Lisa Hamper, Gymnastics.

Mel will introduce Jim Amick, Tennis

Betsy will introduce Ted Ossoff, Golf

Kathy will introduce Doretta Hegg, Dance

Lisa Henry from Ohio Department of Education will be speaking on the Ohio Physical Education Standards.

Betsy mentioned she has 48 pedometers that could be given out as a door prize. It was suggested that maybe we could purchase a tennis racquet or two. Playground kits that include jump ropes, hip hoops, playground balls, potato sacks for races. Gifts cards to sporting goods stores was also an idea. It was decided that maybe we would do a "Chinese Auction" where people would put their name on tickets and place those tickets into cups in front of the door prize, and then they could win a door prize they would be interested in.

CATCH Training: Betsy had passed out letters that will soon be going out to the schools. August 13 at Youngstown YWCA and August 14 at Kent State University Geauga campus. Registration deadline is June 30, 2009. Five people per school is

required. Representatives from Physical Education, Nurse, Administration, Food Service and an alternate such as a parent, wellness team member or K-6 teacher.

Fall Conference: Idea for the Fall Conference- October 21, 2009 were about building on the Parent Engagement component." Coordinated School Health and Family Engagement" was an idea for a title for the conference. Jan suggested the new parent toolkit AFHK is working on. This could be given to each PTA or PTO in each school.

Betsy mentioned that a school in Salem is growing a garden as part of the Game On program. It was suggested that maybe Jan Ritter could do a presentation on that for the conference.

It was suggested that maybe Marie Economos could do a presentation on extending food budget.

Julie Walcoff Safe Routes to School was suggested as a presenter.

Bonnie will do a presentation on Children and Nature. www.childrenandnature.org Exploring outdoor activities that could be linked with science objectives.

State Update: Jan mentioned that there is not much new on the State Level since our meeting two weeks ago. National AFHK is continuing to look for funding.

Next meeting will be June 30, 2009 at the Shepherd of the Valley on Silica Road in Austintown. 9am to 11 am.

Respectfully Submitted,

Debora Kay Iliff, CHES
Health Educator
Ashtabula County Health Department