

**Ohio Action for Healthy Kids**  
**November 12, 2009**  
**9:00-11:00 am**  
**American Cancer Society, Perrysburg, OH**

**ZONE 1** – Defiance, Fulton, Henry, Lucas, Ottawa, Paulding, Sandusky, Seneca, Williams, Wood

**Mission:** Ohio Action for Healthy Kids is dedicated to improving children’s nutrition and physical activity in schools by collaborating with stakeholders in advocating, educating, promoting and implementing state initiatives to enhance the school health environment, so children can learn and participate in positive lifestyle behaviors.

**Present:** Lisa Ambrosetti, Mary Bottoni Kristen Ewers, Tekla Madaras, Gina Veres, Lindsay Wiemken

**Agenda**

**1. Introductions**

**2. Minutes** Tabled

**3. Treasury** A review of current finances were shared..

a. Expenditures so far:

i. Parent Workshop-\$428.99 for printing, mailing, postage, packets, door prizes. Not included yet is a possible \$300 food cost.

ii. Mini Grant Mailing-\$99.96 for printing and mailing. Not included yet is postage for mailing of \$280.

iii. Workshop Series-\$752.07 for printing, mailing and postage.

b. Total amount in checking-\$10,103.49

i. UPS funds-\$4242.90

ii. Zone funds-\$5860.59

**4. National/Ohio AFHK Update**

**a. National**

i. New Website

1. National AFHK has launched their new revised web site. It has a nice look and flow and still provides tremendous resource information.

ii. Individual Giving Raffle

1. National AFHK is starting an Individual Giving Campaign where people interested in supporting AFHK can donate funds. On the national web site there is a DONATE button for people to learn more about donating to the cause.

2. They have also started a donation raffle where people who donate funds can earn entry points into a raffle for a Dream Package to the 2010 Super Bowl in Florida. For each \$5 donated, you earn 1 point; tell a friend about AFHK and earn a point, sing up on the web site and earn 5 points. The raffle should be fully launched the week of the 15<sup>th</sup> of November.

**b. Ohio**

i. December Meeting Ohio AFHK is collaborating with the Ohio School Based Health Care Association to provide a conference on December 4<sup>th</sup> in Columbus, *Healthier Kids Conference: Innovative School Based/Linked health and Wellness Strategies*. Ohio AFHK is providing funds for three team members from each Zone to attend free of charge. If anyone from Zone 1 is interested in attending, contact Jan Meyer.

## **5. UPS Grant 2009-10 Update**

### **a. Workshops**

- i. The UPS Action Plan requests that we provide two workshops this school year, one for parents and another. Based on the success of the recent Parent Workshop held at Owens Community College, Jan asked if the Zone would want to repeat that workshop in the Four County area and/or the Fremont area. It was decided to try to accomplish this.

### **b. Mini Grants**

- i. Information and the RFP for the General Wellness Mini Grants on breakfast, nutrition and PA was posted on our Zone 1 web page. An email was sent to all people on the Zone 1 email roster regarding the RFP and a bright yellow post card about the RFP was mailed to SFS Directors, School District grant writers, school principals, school nurses and health/PE instructors.
- ii. The post card was mailed this year directing people to download the RFP instead of mailing the full RFP to save money in printing and postage. The funds saved in printing allowed Zone 1 to include the health/PE instructors in the mailing.
- iii. Deadline for grant proposals is December 11<sup>th</sup>

### **c. Outreach and Recruitment**

- i. The Zone 1 Action Plan has in it to hold outreach meetings in Archbold in December and Fremont in February. Jan asked to change those times because it does not make sense to hold a meeting in December so soon after the November 12<sup>th</sup> meeting. She also suggested that outreach meetings be held in January in both Archbold and Fremont and then return to the regular meeting schedule in February. It was decided to follow that plan. Jan will begin arrangements for January meetings in those areas.

### **d. Zone Funding** No activity

## **6. National AFHK Grant Funding**

### **a. Parent Initiative**

#### **i. Parent Workshop**

1. A very successful workshop was held at Owens Community College on November 5<sup>th</sup>. Jan shared the evaluation summary. All objective, speakers and workshop review received a rating of 4 or higher on a 5 point scale. Gina Veres mentioned that many people commented on how good the workshop was as they were leaving that evening.
2. Estimated cost of the workshop, including printing, mailing, packets, door prizes and food will be approximately \$728.00 well within our \$800.00 budgeted.
3. Parent Toolkits were given to 10 individuals representing different schools.

#### **ii. Parent Mini Grant**

1. On the workshop evaluation form, 11 people indicated that their school would apply for the Parent Organization Mini Grant. Deadline for grant proposals is December 11<sup>th</sup>.

### **b. "Fuel Up to Play"**

#### **i. Mini Grant**

1. The RFP for Fuel Up to Play 60 Mini Grant was posted on the Zone 1 web page. An email was sent to all Zone 1 members on the email roster regarding the RFP. Deadline for the grant is November 30<sup>th</sup>.
2. One school in the Zone will be selected to receive this \$500.00 grant to implement Fuel Up to Play 60 in their school. The school will also receive technical assistance from the Ohio AFHK grant Program Manager, Mary Chase.
3. The American Dairy Association has selected 20 schools in the state to implement an 'enhanced' Fuel Up to Play 60 program with their help. These schools will receive \$5000.00. Hicksville High School in Defiance County has been selected as one of the schools.

## 7. Zone Initiatives

### a. Workshop Series

- i. The Workshop Series registration brochure has been posted on the Zone 1 web page, emailed out to all people on the Zone 1 email roster and mailed to SFS Directors, the six Educational Service Centers, and via the school secretary to the school principal, school nurse, wellness team chair, health/PE instructor, cafeteria staff and home ec instructor.
- ii. Only one registration so far. Attendance may be low due to economy and difficulty in getting school staff release time.
- iii. Several school nurses have called to see if CEUs are offered for the workshop. Nursing CEU are very difficult to get, Jan is not aware of a School Nurse CEU specifically, however a certificate of attendance is provided to participants to submit to their professional organization to get CEU credit. Jan has been working with the Lucas County ESC to try to arrange teacher CEUs. Their professional development board meets in January and will review the workshops for possible credit.

## 8. Meeting Dates

- a. **December 3 cancelled**
- b. **January, meetings in Archbold and Fremont. Dates TBD**
- c. **February 3, April 7, June 2,**

## 9. Sharing

- a. Jan Meyer- shared that the State Planning Committee for Health Education in Ohio (SPCHEO) has a new name, Buckeye Healthy Schools Alliance (BHSA). They will be holding the 2010 Coordinated School Health Conference with some changes and a return to the old format. The conference will be held on June 23-24 at the Cherry Valley Lodge in Newark Ohio. There will be an optional pre-conference on the afternoon of June 22<sup>nd</sup>. The pre-conference will either target SPARK (a CATCH type of nutrition/PE program or dealing with Childhood trauma. The School Health Conference will be a two day event instead of the past three day event and will return to the multiple concurrent session formation providing information on successful school programs. There will be programs addressing sexual health, mental health, oral health, access to school based health care, nutrition, physical activity, staff wellness and more. Save the Date information will be coming soon.
- b. Gina Veres-Gina is working with the SFS directors in the county to host an informal Roundtable Discussion meeting on November 30<sup>th</sup> in Fayette. Topics include; breakfast and lunch, recess before lunch, and healthy vending.
- c. Mary Bottoni-Three elementary schools in Maumee have started a breakfast program that is going well.
- d. Lindsay Wiemken-Is working with Napoleon 2<sup>nd</sup> and 3<sup>rd</sup> grades to implement a "Take 10" program for physical activity in the classroom. It will be a 4 week program and students and teachers will be surveyed about the program.
- e. Tekla Madaras-Will have 14 diet tech students over the summer who may be available to help with school projects or activities.
- f. Kristen Ewers-Finishing up the CVH grant programs and working with Stryker schools to develop indoor measured walking routes, and also a walking directory of locations throughout the county.
- g. Lisa Ambrosetti- Shared that Tony Maziarz has replaced Anne Gibson as CVH Project Coordinator. Anne has taken another position in Missouri.