

Action For Healthy Kids-Zone 5  
Meeting Minutes for May 9, 2008

Present: Deanna Putman, Court Witschey, Andy Brumfield, Deborah Raney, Michelle Treber, Amy Magorien, Carole Merckle, Dawn Gerdes, Dave Shoemaker, Nick Dettwiler, Dewi Eiermann, Jason Fischer, Dzidra Brown

AFHK zone 5 met at the Holiday Inn Express in Athens for the final reporting session from mini-grant recipients.

Court Witschey announced that additional mini-grants will be available beginning in early 2009. Only one reporting meeting will be required and that date will be included on the RFP.

The AFHK websites were mentioned. Resources, funding opportunities and the link to Zone 5 page were noted by Court Witschey.

Dave Shoemaker reported for Paint Valley Elementary in Ross County. "Fun & Fit" was developed to increase physical activity during recess. The funding purchased balls, jump ropes and supplies. Students are encouraged to participate and stay active during the entire recess period. Teachers have noticed a decrease in discipline problems and the students enjoy the teacher's participation.

Dawn Gerdes reported for West Elementary with the Lancaster City Schools. Their program is called "The Feelin Good Mileage Club". There are currently 199 walkers. They have logged 2,785 miles! Incentives are offered as the students reach 10, 20, 30, 40 and 50 mile goals. The mini-grant funding was used to purchase incentives. Dawn compared her fitness scores and noted that in the building with the walking program the fitness scores had increased significantly.

Dzidra Brown reported for Millcreek Elementary in Perry County. "Millcreek Motion, Nutrition Mission" has taken place monthly and encourages healthy snacking and increasing physical activity. The events take place from 2:30-3:30 with teachers volunteering to participate. Students invited teachers to "help them be healthy". Mini-grant funding was used to purchase snacks and incentives. Events included a Walk with Your Teacher, Put your Heart into Walking, a Bunny Hop, a Diabetes Walk, and a No Junk Food Day. Healthy snacks were offered at the end of event.

A representative from Federal Hocking was unable to attend. "We like to move it, move it" focuses on dance and movement. Square dancing, line dancing and ballroom dancing are being taught through the PE program. Dance, Dance Revolution and the Wii system are new technology programs available and encourage physical activity.

Nick Dettwiler reported for Southern Local in Meigs County. The program, "Golf for A Lifetime", emphasizes lifetime physical fitness. Mini-grant funds were used to purchase golf equipment in various sizes. Golf is taught on a practice field set up behind the school. All of the elementary students were

instructed. Nick noted that the younger children, who have no preconceived notions are excited to learn and easy to teach. Golf gives students who may not participate in football or basketball a chance to be successful.

A representative from the Pickaway Ross Technology Center was unable to attend. Their program, "Step Up to the Plate for Breakfast" was designed to increase breakfast participation.

Dewi Eiermann and Jason Fischer represented Huntington Elementary in Ross County. Their programs "Ready, Set, Breakfast" and "Start Up Soccer" addressed the importance of eating a healthy breakfast and becoming more physically active by participating in soccer. Mini-grant funds purchased healthy breakfast items and balls and jerseys for soccer. Dewi sent out breakfast surveys asking children to respond with what they would like to have for breakfast. Every Thursday, breakfast items were replaced with a healthy choice. Jason encouraged classrooms to log walking miles. The classroom with the highest mileage had an additional PE class for soccer instruction.

Tools for Schools conference planning is continuing. Food service conferences will be held on July 31 in Ross County and August 7 in Meigs County. Contact Michelle Treber at the Ross County Health District, 740-779-9346, ext. 224, or Andrew Brumfield at the Meigs County Health Department, 740-992-6626, for more information.

The next scheduled meeting for Zone 5 is June 2, 2008 at 10:00 at the Athens Health Department.