



# Rosedale Healthy Kids Initiative

**April 2010**

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[www.rosedale.org/healthykidsinitiative](http://www.rosedale.org/healthykidsinitiative)

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## **Making the Healthy Choice the Easy Choice: Out of School Activities**

Imagine a neighborhood where every child has a place to go after school – a club, a sports team, a garden; where every empty building is filled with laughter and learning; where children are served wholesome, nutritious snacks and run around playing games outside. Imagine if this neighborhood were Rosedale.

This is the second of a series of three newsletters focusing on the advocacy teams of the Healthy Kids Initiative. The Out of School Activities team meets the second Tuesday of the month, and has been actively involved in recruiting youth for soccer in Rosedale Park, advocating for a permanent soccer field in Rosedale, and creating resources for out of school activities. Many members of the team also volunteer with Healthy Kids Club, a health-centered program pioneered by Rosedale Congregational Church, and with weekly programs at Rosedale Ridge. The team has also begun work on a guide for youth activities, including indoor and outdoor games.

The next meeting of the Out of School Activities team is April 13, 2010 at 6:30 p.m. at Rosedale Congregational Church, 4326 Lloyd St, KCK.

*Wendy Wilson and Jane Heide, HKI co-directors  
Heidi Holliday, community organizer*

## **Healthy Kids Club**

Healthy Kids Club has been a great success so far this semester! The kids are having so much fun learning about how to make healthy choices and take care of their bodies. Recently they have learned how to differentiate between a health snack and an unhealthy snack based on its amount of fat and sugar. They were very excited to make their own homemade beads in crafts and are equally as excited to create their very own Healthy Kids Club garden. I am not alone in noticing how incredibly intelligent our Healthy Kids are! It is a great joy to be a part of a program where the dedicated volunteers and the students are equally as excited about learning and growing.

*-Casey Pettit, Healthy Kids Club Director*



**The Rosedale Farmers Market begins Sunday, May 16, and runs from noon – 4:00 p.m. weekly through Oct. 17 at Southwest Blvd. Family Health Care, 340 Southwest Blvd., KCK.**



# Rosedale Healthy Kids Initiative Newsletter

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## Rosedale Ridge

The Rosedale Ridge after school program has begun to incorporate a more health related focus. The program largely involves helping children with their reading, providing tutoring for their homework, and teaching children to act with respect toward each other and their teachers. In the winter months, the program began to incorporate stretching and light indoor activities for the children. With spring's arrival, it has moved to more rigorous outside activities. Summer activities will include gardening, more physical activity, and a plan to combine literacy training with outdoor experiences.

*-Jordan Penner, Mennonite Voluntary Service worker at RDA and volunteer at Rosedale Ridge*

## Rosedale Bike Rodeo

Join the Healthy Kids Initiative at the Rosedale Bicycle Rodeo on Saturday, May 8 from 10:00 a.m. to 12:00 p.m. The rodeo will take place at the KUMC parking lot near Rosedale Middle School on Springfield/Booth – just follow the signs! Show up early to enjoy refreshments and receive a free bicycle helmet and reusable water bottle. The rodeo will include a safety course, activities and basic bike repair services.

The Rosedale Bicycle Rodeo is sponsored by Safe Kids Metro KC, the Mid-America Regional Council and the Rosedale Healthy Kids Initiative. For more information, call Deb Bumgardner at 816-283-6242, ex. 244 or the Healthy Kids Initiative at 913-645-7826.

To help at the rodeo or participate in the Safety Ambassadors training on April 30, contact HKI.

**Share your story** of afterschool activities. What are your experiences? What are the experiences of your children or neighbors? What would you like to see offered? Submit your story by email to [rosedalehealthykid@att.net](mailto:rosedalehealthykid@att.net) or share on the HKI blog at [www.rosedalehki.blogspot.com](http://www.rosedalehki.blogspot.com).

## Spring 2010 Calendar

**April 13, 6:30 p.m.** – Out of School Activities Team, Rosedale Congregational Church, 4326 Lloyd  
*Agenda: Expansion of healthy out of school activities, Parking Lot Play kits, soccer advocacy & recruitment*

**April 20, 6:30 p.m.** – Safe Routes Team, Rosedale Congregational Church, 4326 Lloyd  
*Agenda: Walking School Bus, sidewalks, Safety Ambassador's Training, bicycle rodeo*

**April 21, 7:00 p.m.** – Healthy Kids Prayer Meeting, sponsored by the Rosedale Ministerial Alliance (Faith in Action Strategy Team)  
Rosedale Congregational Church, 4326 Lloyd

**April 30, 8:00 a.m. – 4:00 p.m.** – Safety Ambassadors training, Shawnee Boulevard Christian Church, 818 Shawnee Road, Kansas City, KS

**May 4, 6:30 p.m.** – Garden Team, Rosedale Congregational Church, 4326 Lloyd  
*Agenda: Rosedale Farmers Market vendors, SNAP video*

**May 8, 10:00 a.m. – 12:00 p.m.** – Rosedale Bike Rodeo, University of Kansas Medical Center off-site parking lot located between 35<sup>th</sup> and 38<sup>th</sup> Streets and Booth/Springfield in Kansas City, KS

**May 16, 12:00 – 4:00 p.m.** – **Rosedale Farmers Market**, continues every Sunday through October 17, Southwest Boulevard Family Health Care, 340 Southwest Blvd, Kansas City, KS

### HKI on the web:

[www.rosedale.org/healthykidsinitiative](http://www.rosedale.org/healthykidsinitiative)

[www.rosedalehki.blogspot.com](http://www.rosedalehki.blogspot.com)

<http://www.facebook.com/pages/Rosedale-Healthy-Kids-Initiative/139207838377>

[www.twitter.com/rosedalehki](http://www.twitter.com/rosedalehki)

*The Healthy Kids Initiative is a faith based advocacy effort to reduce childhood obesity through a collaboration among Rosedale Development Association, the Rosedale Ministerial Alliance, KC Healthy Kids, the University of Kansas Medical Center, and many other public and private organizations. It is funded in part through a grant from the Robert Wood Johnson Foundation.*

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