



# Rosedale Healthy Kids Initiative

**November/December 2009**

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## ***What is the Healthy Kids Initiative?***

This second issue of the Rosedale Healthy Kids Initiative monthly newsletter will begin with some words of introduction. The Healthy Kids Initiative is a faith based advocacy effort to reduce childhood obesity in Rosedale through promoting active living and healthy eating. The four strategy teams of the Healthy Kids Initiative – Community Gardens and Access to Healthy Foods, Out of School Activities, Safe Routes and Faith in Action – meet regularly and are open to all. This newsletter includes brief updates on each of the teams, but cannot cover all that is happening in one short issue. Check out the website and blog for more information.

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

*Join the work to create a healthier Rosedale!*

**Wendy Wilson**, Community Liaison & Co-Director,  
Healthy Kids Initiative

**Jane Heide**, Faith Community Liaison &  
Co-Director, Healthy Kids Initiative

**Heidi Holliday**, Community Organizer

## **Community Gardens & Access to Healthy Foods –**

**Next Meeting: December 1, 6:30 p.m.**

The speaker for the November meeting was Katie Nixon from Lincoln University's Innovative Small Farmers' Outreach Program. Her topic was "The Good, The Bad, and The Bugly," and she entertained the gardeners with descriptions of the hundreds of thousands of species of beetles in the world and gave practical suggestions for attracting native pollinators to gardens.

The Essex Street Community Garden will be planting garlic on December 21 at 4 p.m. Contact Healthy Kids Initiative for more details.

December's meeting will feature Steve Mann from Food Not Lawns Kansas City. To request copies of handouts at past meetings, suggest a topic for a future meeting or to get involved, contact the Healthy Kids Initiative. All gardeners and interested people are encouraged to attend these terrific sessions – no affiliation with a community garden is necessary!

## **Out of School Activities –**

**Next Meeting: Monday, December 7, 5:30 p.m.**

The Out of School Activities Team has created an album of soccer illustrations and essays from Rosedale youth to use in continued advocacy for a permanent soccer field in Rosedale Park.

After a terrific season, soccer is over for the fall but many of the youth hope to play again in the spring!



(Photo courtesy of Heidi Holliday)

The Out of School Activities Team is also working on an outdoor activities toolkit that could be used by churches and other organizations.

Healthy Kids Club at Rosedale Congregational Church began in early November. Enrollment for the fall session is 40 students; almost double that of previous years! To volunteer, contact the Healthy Kids Initiative.



# Rosedale Healthy Kids Initiative Newsletter

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### Safe Routes -

**Next Meeting: December 14, 5:30 p.m.**

Bethel International Center of Worship hosted the National Course on Safe Routes to School on November 10. Over 30 people attended this important training, which was led by nationally certified instructors Steve Petrehn, regional coordinator of Bridging the Gap's Walking School Bus program, and Dr. Robert Stokes, Professor of Civil Engineering at Kansas State University. Walkability assessments of the Frank Rushton and Hilltop neighborhoods were conducted in the afternoon, and participants were given the tools to assess their own neighborhoods for walkability.

The Unified Government Commissioners passed a resolution supporting the Turkey Creek Trail at their early November meeting. Members of the Safe Routes team wore neon bicycle lapel pins to the meeting to show support for the trail, and their presence was recognized by Commissioner Mark Holland after the vote.

### Faith in Action -

**Next Meeting/Event: Nov. 24, 7:00 p.m.**

The Rosedale Ministerial Alliance Community Thanksgiving Service is November 24 at 7:00 p.m. at Rainbow Mennonite Church, 1444 Southwest Blvd.

The Rosedale Ministerial Alliance has created a Healthy Kids Fund for Rosedale churches that want to implement projects or programming directly related to the Healthy Kids Initiative. Mini-grants of up to \$100 are available; contact the Healthy Kids Initiative for more details.

### Upcoming Events - Fall/Winter 2009

**November 24, 7:00 p.m.** - Rosedale Ministerial Alliance Community Thanksgiving Worship Service, Rainbow Mennonite Church, 1444 Southwest Blvd.

**November 26** - Happy Thanksgiving!  
Take the "Eat Local for the Holidays" pledge online at [www.eatlocalkc.net](http://www.eatlocalkc.net)

**December 1, 6:30 p.m.** - Garden Team Meeting, Guest speaker: Steve Mann, Food Not Lawns  
Rosedale Congregational Church, 4326 Lloyd St.

**December 7, 5:30 p.m.** - Out of School Activities Team, Rosedale Congregational Church, 4326 Lloyd.

**December 14, 5:30 p.m.** - Safe Routes Team Meeting, Rosedale Congregational Church, 4326 Lloyd



(Photo Courtesy of Brandon Gillette)

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[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.*

**Please detach & return to the Healthy Kids Initiative, 4326 Lloyd, Kansas City, Kansas 66103**

**Yes!** I want to help create a healthier Rosedale.

Please sign me up to join the following team(s):

Community Gardens & Healthy Food Access

Out of School Activities

Safe Routes

Faith in Action

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone number \_\_\_\_\_

Email \_\_\_\_\_