



Rosedale Healthy Kids Initiative

October 2009

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What is the Healthy Kids Initiative?

This inaugural 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
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: November 3, 6:30 p.m.

Rosedale now has seven community gardens, including three affiliated with local churches, one at the local family health clinic, one at the middle school, and another at the public housing complex. The newest garden, the Essex St. Community Garden, will hold a pumpkin patch and build scarecrows with the neighborhood kids & friends on Oct. 12 at 6 p.m.

After hosting a weekly Farmers' Market at Rosedale Congregational Church since June, the last Rosedale Farmers' Market of the year was in September.

The Rosedale Farmers' Market sold produce from the Healthy Kidz Community Garden and the Trinity Church Community Garden. Volunteers took leftover produce from the market to the Food Pantry at Our Saviour Lutheran Church weekly. The Healthy Kidz Garden also sold okra to Apple Market regularly this fall. The Garden Team plans to start the Farmers' Market again in the spring.

The Garden Team continues to meet on the first Tuesday of the month at 6:30 p.m. During the winter months they will be hosting guest speakers on various topics. The October topic was Fall Garden Preparation and featured speakers Elizabeth Petroske and Kim Lawson from the K-State Extension Master Gardeners program. To suggest a topic or get involved, contact the Healthy Kids Initiative.

Out of School Activities –

Next Meeting: Tuesday, October 13, 11:00 a.m.

Through advocacy with Wyandotte County Parks and Recreation, team volunteers were able to recruit 40 students for three Rosedale soccer teams and get a designated practice soccer field at Rosedale Park. The students practice at Rosedale Park and play games at Kensington Park on the weekends. It is exciting to at last have a soccer program in Rosedale Park, and the next step is advocating for the creation of a permanent soccer field.

Several members of this team participated in the Wyandotte Community Conversation on Out of School Activities in late September. This was a wonderful opportunity to share perspectives on effective out of school programming.

With funding and curriculum assistance from the Kidney Foundation, the Healthy Kids Club at Rosedale Congregational Church will begin Wednesday, October 28.



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Safe Routes – Next Meeting: October 15, 5:30 p.m.

After a successful petition drive for a sidewalk feasibility study in the Friendship Heights neighborhood surrounding T.A. Edison Elementary, the Safe Routes Team met for the first time in the middle of September, and will meet again on Thursday, October 15 at 5:30 p.m.

Rosedale will be hosting a National Course on Safe Routes to School on November 10 from 8:30 a.m. to 4:00 p.m. at Bethel International Center of Worship for school district officials, members of the Unified Government and local parents. Please contact the Healthy Kids Initiative if you would like to be involved in making Rosedale a safer community for students, pedestrians and bicyclists.

The Healthy Kids Initiative will be providing support to the Mid-America Regional Council as they plan a spring Safety Ambassadors training and bicycle rodeo in Rosedale. More details will follow.

Faith in Action – Next Meeting: Oct. 27, 7:00 p.m.

The second Rosedale Healthy Kids Prayer Meeting was held October 7 at Bethel International Center of Worship. If your faith community would be interested in hosting the next service, please contact the Healthy Kids Initiative.

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 2009

October 12, 6 p.m. – Pumpkin Patch & Scarecrow creation at the Essex St. Community Garden, 2519 Essex St.

October 15, 5:30 p.m. – Safe Routes Team Meeting, Rosedale Congregational Church, 4326 Lloyd St.

October 20, 11:00 a.m. – Out of School Activities Team Meeting, Rosedale Congregational Church, 4326 Lloyd St.

October 27, 7:00 p.m. – Rosedale Ministerial Alliance Meeting & Faith in Action Team Meeting at the Landon Center on Aging, 3599 Rainbow Blvd.

October 28 – First session of the Healthy Kids Club, Rosedale Congregational Church, 4326 Lloyd St.

November 2, 5:30 p.m. – Safe Routes Team Meeting, Rosedale Congregational Church, 4326 Lloyd St.

November 3, 6:30 p.m. – Garden Team Meeting, Rosedale Congregational Church, 4326 Lloyd St.

November 10, 8:30 a.m. – 4:00 p.m. – National Course on Safe Routes to School, Bethel International Center of Worship, 4440 Fisher

Website updates

In addition to the page on Rosedale Development Association's website, the Healthy Kids Initiative now has a blog, Facebook page and Twitter account.

www.rosedale.org/healthykidsinitiative

www.rosedalehki.blogspot.com

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

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 _____