



HEALTHY LIVING MATTERS

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A Houston/Harris County Childhood Obesity Prevention Collaborative

Early Care & Education/Out-of-School Time Sector Edition February 2017



In This Issue

[Spotlight from the Field](#)

[VegOut! Challenge](#)

[GoNoodle](#)

[Action Based Learning](#)

[Parent Toolkit](#)

[Upcoming Events](#)

Contact us:



SPOTLIGHT FROM THE FIELD

Engaging in healthy routines is a main focus at the [San Jacinto College \(SJC\) Central Campus Lab School](#). "Families are a child's biggest influence when it comes to healthy behaviors and providing good nutrition for each child is a partnership with the whole family", states Kathy Sanchez, Center Director. At the SJC Central Campus Lab School they begin building partnerships with the families during the intake process by having them complete a nutrition assessment. This information is used to plan daily curriculum around the nutritional needs of the child. Throughout the school year, parents have opportunities to create healthy snacks with their child as well as participate in numerous events.

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Previous Issues

[January](#)
[December](#)
[October](#)
[September](#)
[August](#)
[July](#)



According to Ms. Sanchez, children need to move their bodies and eat healthy food. Families can promote healthy habits by encouraging children and adults to:

- Try various types of food
- Model positive nutrition practice during family style meals
- Offer healthy alternatives to sugary snacks
- Cook together
- Involve the child in the menu planning

For more information about the great work being done at the SJC Central Campus Lab School, please contact Ms. Kathy Sanchez at kathy.sanchez@sjcd.edu.

We applaud the efforts that centers like the SJC Central Campus Lab School are making to improve the health of our young ones and hope that others feel motivated to do so as well. If your facility or program is doing great things around nutrition and/or physical activity, and would like us to share your story, please [contact us](#).

EAT



The VegOut! Challenge is a free, easy, delicious food adventure created by [Recipe for Success Foundation](#) to help encourage children and families to try 30 vegetables in 30 days. The VegOut! Challenge is an extraordinary tool to help you establish or celebrate a culture of health at your facility during National Nutrition Month (March). That means motivating everyone to [sign up and complete the challenge](#) with fun adventures and friendly competitions with prizes and awards.

You could host a Veggie Recipe Contest and encourage staff and parents to bring their dishes to be tasted and judged by community supporters, including chefs. Share your ideas and activities with Recipe for Success Foundation and let them know how your school/center challenges itself to VegOut! this year.

[Click here](#) to access downloadable tools for engaging your kids with Classroom Rewards, a Planting Guide, Veggie of the Day, Letter to Parents, Games, Veggie Facts and more!

PLAY



More than 12 million kids get active with [GoNoodle](#) every month to become their strongest, smartest, bravest, and best selves. Used by 1 in 3 teachers, trusted by millions of parents, and loved by kids everywhere, GoNoodle turns movement into a game and makes it easy to be active, the kid way – silly, energetic, playful, and fun. Just press play on hundreds of custom-created videos and get kids running, jumping, dancing, stretching, and practicing moments of mindfulness.

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[Action Based Learning](#)™ puts brain-based learning into action with teacher friendly, "kid-tested, kid-approved" strategies that move students to learn. Healthy Living Matters (HLM) would like to sponsor the attendance for one (1) early childhood trainer for the 3-day Action Based Learning Workshop being held June 19–21, 2017 in Houston, TX (a \$675 value!). Workshop attendees become Certified Trainers in Action Based Learning and as such, are essential to the expansion of active learning in the classrooms across school districts. To learn more about this workshop, [click here](#). To receive a copy of the application and eligibility criteria, please email cchennisi@hcphe.org. Applications are due **March 8, 2017**.

FOR PARENTS & FAMILIES



Studies show children whose parents are involved in their education do better in school. The [Parent Toolkit](#) hopes to provide parents and families with useful tips and tools to support their growing child at all ages. The Parent Toolkit is a one-stop shop resource that was produced and developed with parents in mind.

The Toolkit focuses on many aspects of a child's development, because it is all connected. Healthy, successful children can excel in many areas – in the classroom, on the court, and in their relationships with peers and adults. The developers have worked with experts across the country including classroom teachers, college professors, pediatricians,

dietitians, psychologists, and parents, to make the resource as robust and useful as possible.

The Health & Wellness section offers grade-by-grade suggestions for supporting a healthy lifestyle for your child in both physical development and nutrition needs. [Click here](#) to access and share these great resources!

UPCOMING EVENTS

National Nutrition Month

March 1-31, 2017

[More information](#)

VegOut! 30 Ways in 30 Days Challenge

March 1-31, 2017

[More information](#)

Undeniable: Advocate for Young Texans

Wednesday, March 8, 2017 from 11:00 AM - 1:00 PM

Mental Health America, 2211 Norfolk St., Suite 810, Houston, TX 77098

[More information](#)

Texas Licensed Child Care Association (TLCCA) Spring Conference

March 17-18, 2017

Holiday Inn Austin Midtown, 6000 Middle Fiskville, Rd., Austin, TX 78752

[More information](#)

Healthy Living Matters (HLM) Early Care & Education/Out-of-School Time Action Team Meeting

Thursday, March 23, 2017 from 9 AM - 10 AM

Harris County Public Health, 2223 West Loop South, Suite 723, Houston, TX 77027

For more information contact Katie Chennisi at cchennisi@hcphe.org

Gulf Coast Association for the Education of Young Children (GCAEYC) - Empowering the Early Childhood Profession

Saturday, March 25, 2017 from 9 AM - 11 AM

Friendswood Christian School, 2051 W. Parkwood, TX 77546

For more information please contact gcaeYC@gcaeYC.org

To view more events, visit our [Calendar of Events webpage](#).