



ROSEDALE HEALTHY KIDS INITIATIVE

SUMMER 2011

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3rd Annual Healthy Kids Carnival Celebrates Health and Wellness

The 3rd Annual Healthy Kids Carnival will be held this Friday, July 22, from 6-8:30 p.m., in Whitmore Park. The Carnival is jointly organized by the Parent Committees of Rainbow Mennonite CDF Freedom School® and the Rosedale Healthy Kids Initiative.

Instead of fried foods and candy, the Healthy Kids Carnival will feature healthy foods such as fruit kabobs, grilled corn on the cob, tostadas with vegetables and barbecued lean meat. Activities and games at the carnival emphasize active living, and encourage the youth to make healthier lifestyle choices. Prizes at the carnival will include school and sportssupplies.

Whitmore Park is located in the 1400 block of SW Blvd. in Kansas City, Kansas. (See map) In case of inclement weather, the event will be moved to Rainbow Mennonite Church, 1444 SW Blvd., Kansas City, Kansas.

SUMMER SOCCER LEAGUE AT FRANK RUSHTON



Photo credit: Heidi Holliday

Brandon, and Charlie (far left and far right) on a breakaway try to keep the ball from the other team while their teammates watch on. Each Wednesday there are anywhere from ten to twenty kids that show up at the field behind Frank Rushton Elementary to play soccer and test their skills. On August 10th Teal Bunbury from Sporting KC will join the games.

Summer Soccer League a Way to Get Active and Hang with Friends

RDA and Rosedale Healthy Kids Initiative staffers, with the help of Sporting KC, have started a summer soccer league at Frank Rushton Elementary with area children this summer.

Daniel Hare from Rockhurst High School won a grant from Sporting KC to fund a weekly soccer league at Frank Rushton Elementary. The league is very

informal pick-up games between the average twenty kids that show up. RDA provides a water cooler, Sporting KC lends out pinnies and soccer balls.

Sporting KC launched their Sporting 22 program this year, which takes applications for community give-back projects from high school students. Twenty-two student projects were

awarded a \$500 grant and the students themselves won a \$2000 college scholarship.

The games are on Wednesday nights from 6-7 p.m. The Sporting 22 program will also be sending out some professional players to support the kids on August 10. Hope to see you on the field!

JOIN US FOR HEALTHY KIDS CAMP IN AUGUST

It's that time of year again--time for the Healthy Kids Camp! Join us August 1-5, from 12pm-4pm, at Rosedale Congregational Church. Camp is free of charge to students entering grades 1 through 5 and will focus on healthy habits and all-around healthy living; everything from yoga to bike safety to cooking class to health-themed music and crafts! If you want to participate, either as a camper or a volunteer, call Erin Straughan at 816-582-6278 or email erin@healthykidsinitiative.org.

Urban Farms and Gardens Tour



The Healthy Kidz Community Garden (a.k.a. Minnie Street Garden) was once again a featured site on the Urban Farms and Gardens Tour. Over 80 people visited the garden on Saturday, June 25, including visitors from all over the metro area and the mid-west. Rosedale was also honored to be visited by the Kansas City Food Policy Coalition's Policy Makers tour. Policy makers from around the region learned about the Rosedale Healthy Kids Initiative and visited both the Frank Rushton Schoolyard Garden and the Healthy Kidz Community Garden before continuing with their tour around the metro area.

Upcoming Events - SUMMER 2011

July 22, 6 - 8:30 p.m. - Healthy Kids Carnival, 1400 Block of Southwest Blvd, Kansas City, KS 66103

August 1-5, 12 - 4 p.m. - Healthy Kids Camp, Rosedale Congregational Church, 4326 Lloyd St, Kansas City, KS 66103

August 2, 6:30 p.m. - Garden Team Meeting, Rosedale Congregational Church, 4326 Lloyd St, Kansas City, KS 66103

August 9, 6:30 p.m. - Youth Activities Meeting, Rosedale Congregational Church, 4326 Lloyd St, Kansas City, KS 66103

August 16, 6:30 p.m. - Safe Routes Meeting, Rosedale Congregational Church, 4326 Lloyd St, Kansas City, KS 66103

Every Tuesday, 8 a.m. - Rosedale Community Walking Club, Fisher Park, Kansas City, KS

Every Wednesday, 6 p.m. - 7 p.m. - Youth Soccer League at Frank Rushton Elementary School.

Every Thursday, 7:30 p.m. - Rosedale Community Walking Club, Fisher Park, Kansas City, KS

Every Sunday, Noon - 3 p.m. - Rosedale Farmers Market, 340 Southwest Blvd, Kansas City, KS

Rosedale Farmers Market is EVERY SUNDAY from May to September. 12 - 3 p.m. - at the Southwest Boulevard Family Health Care, 340 Southwest Boulevard, Kansas City, KS

Bicycle and Pedestrian Counts on Rainbow Boulevard

Ozone warnings and heat advisories didn't stop volunteers from conducting bicycle/pedestrian counts at three locations on Rainbow Boulevard last Saturday and Tuesday afternoon. The exact number of pedestrians and bicyclist were recorded using a national count methodology. The results will help transportation planners by showing where there is a need for bike lanes, and crosswalks. A second round of counts is tentatively scheduled for September. Anyone interested in helping should contact Joshua Hoffman at HKIvista@gmail.com.