

PartnerSHIP 4 Health

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PartnerSHIP 4 Health

April 2017 E-Newsletter

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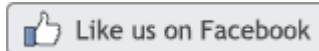
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Dear Gina, welcome to the PartnerSHIP 4 Health e-newsletter. We hope you enjoy these exciting updates!

Like and Review PartnerSHIP 4 Health on Facebook



Have you checked out our Facebook page? It's a great way to learn more about PartnerSHIP 4 Health's work across Becker, Clay, Otter Tail, and Wilkin Counties. Like what we do? Leave a review to help others find out who we are!



Minnesota Super Bowl Host Committee Awards funds to PS4H Partners

Check out the media coverage received by Moorhead Public Schools and Springboard for the Arts for their exciting projects that were funded by the Super Bowl Host Committee to promote physical activity and healthy breakfasts! Stay tuned for more awards to be announced around the state in the coming months.

Moorhead

<http://www.inforum.com/news/4234433-moorhead-schools-get-playground-nutrition-grants-super-bowl-group>

Fergus Falls

<http://www.kvrr.com/2017/04/04/springboard-for-the-arts-mnsbhc-fergus-falls-fourth-graders-making-possibilities-bloom-in-minnesota/>

<http://www.kare11.com/sports/nfl/superbowl/super-bowl-grant-helps-fergus-falls-kids-design-new-interactive-sculpture/428569244>

<http://www.fergusfallsjournal.com/2017/04/legacy-grant-to-go-to-the-central-lakes-trailhead-sculpture/>

Classroom Makeover Improves Student Outcomes

If you were an educator that wanted to make your classroom more conducive to movement but had limited resources, what would you do? Studies show that students who are active during the day do better academically and have fewer behavioral issues, but limited funding and classroom space can make positive change difficult.

For Scott Masten, Director of Special Education for the Lake Agassiz Special Education Cooperative in Hawley, the answer was to reach out to PartnerSHIP 4 Health's Karen Nitzkowski for advice. With Karen's help, Masten secured funding for two adjustable standing tables and a set of four specialized chairs that allow students to move during class time. He also spearheaded other positive classroom changes, including repainting the walls with more positive colors and discarding unused supplies that made a small classroom feel even smaller and more restricting.



Tamara Anderson and Breanna Halvorson show off the new classroom furniture.

[Click here to read the full story](#)

REACHing For a Healthier Hawley

REACH has been operating their food pantry since 1994. Food shelves, due to limited funding and capacity, as well as unhealthy food donations, find it challenging to offer healthy food choices as well as education about healthy food choices.

PS4H offered the REACH food pantry the support to make improvements encouraging healthy eating. REACH transitioned the pantry to a client-choice model, empowering clients to select the foods they would like instead of having those choices made for them. To complement this change, PS4H provided signage to identify healthier options, such as whole wheat pasta.



Kristin Krile, REACH's Director, shows an example of the "healthy item" signage provided by PS4H.

REACH also added food models that display appropriate portion sizes of meats, vegetables, and other foods for children and adults.

Kristin Krile, REACH's director, believes the collaboration has resulted in valuable improvements. "We always tried to incorporate healthy nutrition and nutrition education, but we didn't necessarily have access to all the resources and the time to devote to searching for recipes and printing them out, so I think that that has really helped us more efficiently provide nutrition education to the community."

[Click here to read the full story](#)

Join PartnerSHIP 4 Health for the 3rd Annual Riverside Bike Ride in Moorhead

Looking for an excuse to get your bike ready for Spring? Join PartnerSHIP 4 Health at the Riverside Bike Ride on Sunday, April 23rd at 2:30pm. We'll also be celebrating Concordia's newly-received Bronze Bicycle-Friendly University award from the League of American Bicyclists.

3RD ANNUAL

RIVERSIDE BIKE RIDE

**JOIN US AS WE CELEBRATE
CONCORDIA'S BIKE FRIENDLY
UNIVERSITY AWARD**

WHEN:
APRIL 23, 2017 / GATHER AT 2:30 PM
RIDE AT 3:00 PM

WHERE:
CONCORDIA COLLEGE
OUTSIDE OF KNUTSON

FOR MORE INFORMATION
VISIT THE FACEBOOK EVENT
PAGE @RIVERSIDEBIKERIDE

**BRING YOUR
OWN BIKE OR
BORROW ONE
FROM OUR FLEET
(BRING ID)**

**HELMETS ARE
ENCOURAGED**



It's Bike Rodeo Season!

PS4H works with communities to organize bike rodeos, which are bike safety events for kids. The events are free and give children a chance to develop handling skills in a closed course, get a properly-fitted helmet for free, and enter a drawing for a chance to win a new bike!

Detroit Lakes

Saturday, April 29th from 9:30-11:30am at Kent Freeman Arena

Perham

Wednesday, May 10th from 5:00-6:00pm at the Boys & Girls Club of Perham

Fergus Falls

Friday, April 28th from 4:30-6:30pm at the Fergus Falls YMCA (Held in conjunction with YMCA Healthy Kids Day)

Breckenridge

Wednesday, May 10th. All elementary and middle school students in Breckenridge and Wahpeton are encouraged to bike or walk to school. The school with the highest percentage of participants will win the traveling trophy!

(More details to come!)

Henning

Tuesday, May 16th from 5-7pm at
Landmark Center
(More details to come!)

**The 7th Annual
Detroit Lakes Bicycle Rodeo**

FREE!

Bring your bike and helmet

**Saturday, April 29, 2017
9:30 - 11:30 am**

**Kent Freeman Arena
1300 Rossman Avenue, Detroit Lakes, MN 56501**

Complete the bike rodeo to enter for a chance to **win a new bike!**
Learn safety skills while having fun riding in a bike rodeo course.
Bike helmets will also be given out.

This event is free and open to all ages
Targeting children in grades K-8 with parental participation encouraged

Bike giveaway will take place at 11:30 am
*** Need not be present to win ***

For more information, contact Leigh Edwards at Becker County 4-H at 218-846-7328 or by email at nels1425@umn.edu

Cobbers Care About T21!

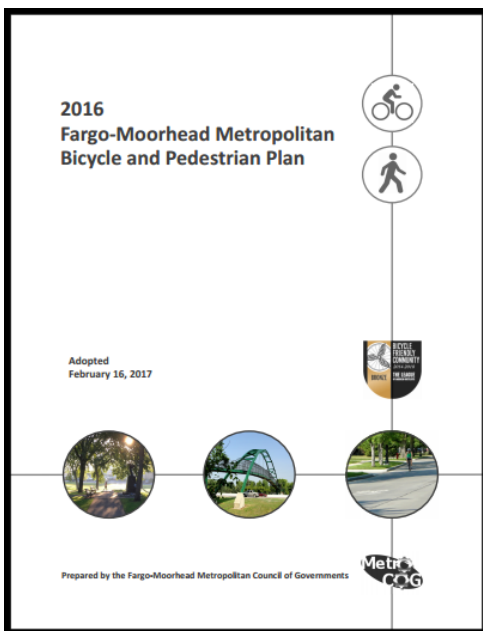
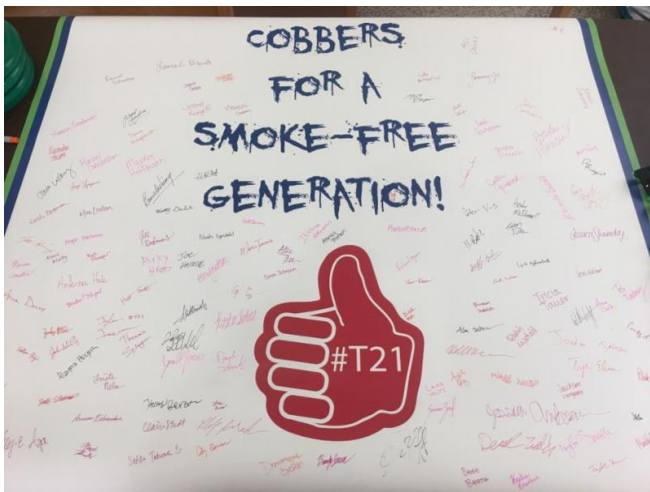
Concordia Health Communications students, together with PartnerSHIP 4 Health, coordinated an educational campaign for Cobber students. Raising the age to purchase tobacco to 21 revolves around the idea that teens will not be able to purchase tobacco from their 18-20 year-old peers. Approaching T21 with an eye on social justice, these students encouraging their peers to be mentors to younger friends. When they are asked to purchase tobacco, say no! The students provided peer to peer education through social media, posters around campus, and in person at a table hosted in Knutson Hall (pictured here.)



Over 100 students were educated throughout the day, and signatures were gathered on a banner from those who supported the idea of Tobacco 21. Signatures collected also included professors, coaches, and President Craft as well. The event was a huge success, and we would like to thank Professor Cindy Larson-Casselton for her support and collaboration.

PartnerSHIP 4 Health supports restricting the sale of tobacco to those 21 and over, to protect kids from a lifetime of tobacco addiction and disease.

If you would like to help prevent youth from smoking, please contact Jason at jason.mccoy@co.clay.mn.us or 218-230-5389.



FM Metro COG Releases 2016 Bicycle & Pedestrian Plan

Every five years Metro COG creates a new bicycle and pedestrian plan for the Fargo-Moorhead Metro Area. The 2016 Fargo-Moorhead Metro Bicycle & Pedestrian Plan is now complete. The Plan began in early 2016 and has just been completed and adopted by local jurisdictions. Metro COG will work with the local jurisdictions and area organizations in implementing the recommendations of this Plan.

[Click here to view the completed plan](#)

Clay County Public Health, 715 11th Street North, Suite 303, Moorhead, MN 56560

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