

# Healthi Headlines

December 2015



## RCSD Launches Youth School Food Advisory Committee

Congratulations to the [Rochester City School District](#) (RCSD) for hosting its first Youth Food Advisory Council meeting! RCSD has joined other districts in New York and across the country, like the [Buffalo School District](#) and [New York City Schools](#), to provide an opportunity for youth to influence and improve school meals.

For the last six months, Healthi Kids has been working with the [RCSD Food Service](#) Management Team, [Metro Council for Teen Potential](#), [Youth Voice One Vision](#), and the [Safe to Be Smart](#) Program at the Rochester Public Library to put together the council. The council will ensure that the number one consumer of school meals – the kids and youth – are able to have their voices heard.

Together, the Youth Food Advisory Council and Food Service will be improving school food. RCSD students in the council will make recommendations, share their ideas and taste new menu ideas. At their first meeting, council members had a tour of Central Kitchen and were able to sample potential menu items. Dele Akinniyi, executive director of food service, Gemma Humphries, director of food service and Alix TePoel, school nutrition coordinator all answered questions and set the stage for the collaboration. The first mission of the council? Picking a name!



*At the first RCSD Youth School Food Advisory Committee meeting, youth were able to test new menu items and provide feedback to the Food Service Management Team.*

To learn more about the new Youth School Food Advisory Committee, contact [Erick Stephens](#), parent engagement coordinator at 585.224.3112.

## Recess Law? New Jersey's Quest to Mandate Daily Recess



New Jersey is currently debating if they will join a small number of states across the country to [mandate daily recess](#).

The [bill](#), currently on the floor of the legislature, would require all public school districts in New Jersey to provide at least 20 minutes of daily recess period for students in kindergarten to fifth grade.

This is great news for all recess advocates – as statewide legislation will help ensure every child has the benefits of daily

recess. The bill, goes on to state that recess cannot be taken away from kids, unless a child has violated the district's code of student conduct; but cannot be taken away more than twice per week to ensure that every child has an opportunity for recess during school time.

An identical bill was sponsored, and unanimously approved, by the Senate this past summer. If passed in the legislature, this bill will become law. Healthi Kids will continue to monitor the bill and provide updates on our social media accounts. Be sure to follow us on [Facebook](#), [Twitter](#), and [Instagram](#)!

For more information about policy corner and the New Jersey recess bill, contact [Jenn Beideman](#), policy & research associate at 585.224.3151.

## Free Family Fun WINTER BREAK Activities

12/24 & 12/31 – [Free youth admission](#) to the Seneca Park Zoo with one paid adult

12/28 from 12:00 - 3:00 p.m. – [Free Family Fun skate](#) at Martin Luther King Jr. Memorial Park Ice Rink

12/28 – [Makerspace Monday](#) at Phillis Wheatley Library

12/28 & 12/29 from 11:00 a.m. - 2:00 p.m. - [Model Train Open House](#) at Edgerton R-Center

12/29 & 12/31 open from 6 a.m. to 1 p.m. - Trip to the [Rochester public market](#)

12/29 from 11:30 a.m. to 12:15 p.m. - [Wegmans Zoomobile: Birds](#) at Winton Branch Library

12/31 from 11:00 a.m. - 12:30 p.m. - [NYE with Elephant and Piggie](#) at the Kate Gleason Auditorium

12/31 from 7:00 - 10:00 p.m. – [Family Fun NYE](#) at the Rochester Riverside Convention



*By advocating for a handful of public-policy and practice changes, the Healthi Kids Coalition is blazing a path for healthier, more active children in Rochester and Monroe County, New York. Our change agenda calls for better school food, safer play areas, food standards at childcare centers, at least 60 minutes of in-school physical activity and policies that support breastfeeding.*