



School Wellness Update

Promoting the development and implementation of school wellness policies is one of the objectives in our PICH Grant. Read below to learn about what is happening locally in the area of school wellness.

Teaching Youth about Nutrition

Starting second semester of this school year, over 19,000 Kindergarten through Grade 3 students from every public school district in Rock Island and Scott Counties have been exposed to a variety of brand new resource learning materials to help them learn more about proper nutrition and its effects on their overall health. This has been made possible with funding from the PICH Grant and a United Way grant which support the School Wellness

Coordinator position along with the **Community Foundation of the Great River Bend** which provided over \$58,000 from the

Dorothy Jane Folwell Education and Health Care Fund to purchase curriculum materials.

Materials purchased for the students range from colorful and informative visual aids to booklets of 5 minute activities to interactive games and stuffed vegetable and fruit toys. With the reality of tightened budgets and reduced staff, our schools are delighted to have the opportunity to purchase these materials and use them with their students.



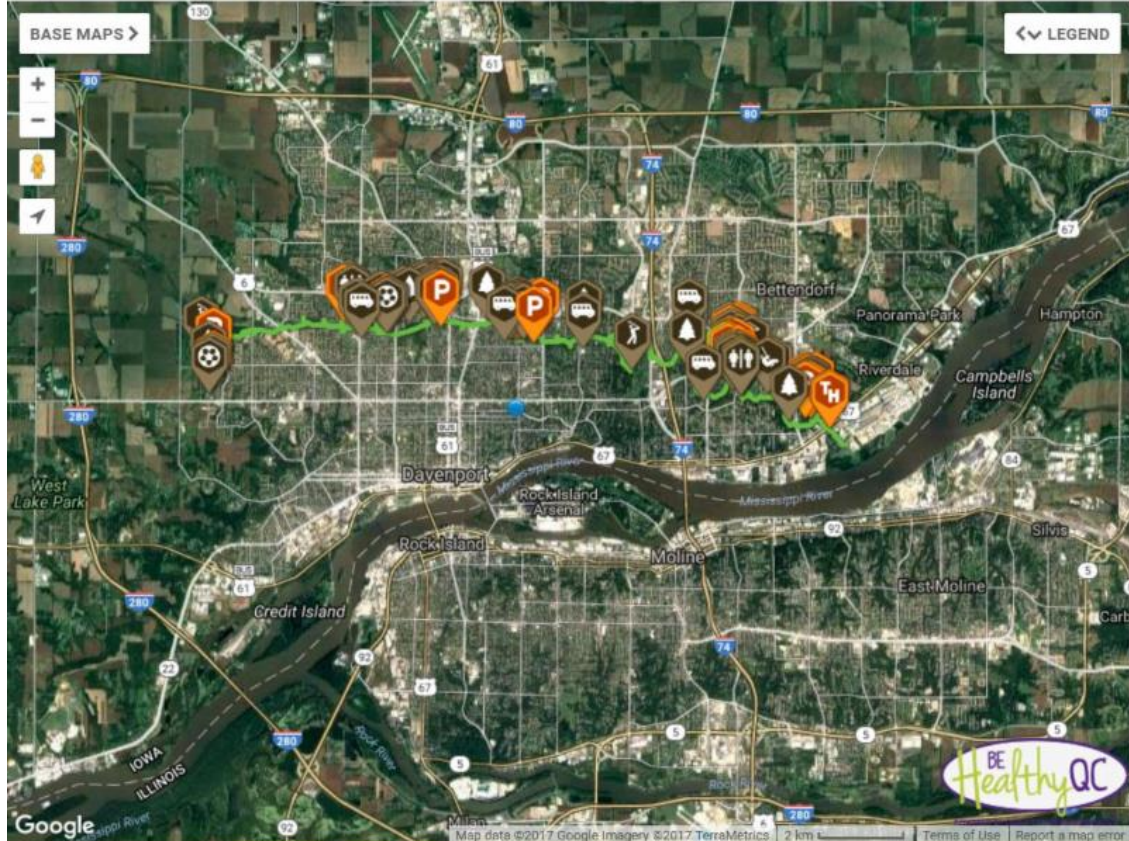
Examples of the materials now present in QC classrooms

QC Trail of the Month

Each month, we highlight a different trail from the Quad Cities area.

Duck Creek Parkway - Bettendorf and Davenport, Iowa

No matter what the forecast holds, Duck Creek Parkway offers plenty of great opportunities to get outside. One of the region's longest trails, it provides connections to a number of activities easily accessible from the trail itself, from ice skating on colder days to disc golf or team sport fields when it warms up. If you're feeling adventurous and looking to explore, Duck Creek Parkway connects to many other regional trails. Visit QCtrails.org to learn more!



Follow QCHI on Facebook!

Have you visited **QCHI on Facebook**? We post a variety of information regarding physical activity and healthy eating. We also share about national health observances and upcoming health-related community events. Also try searching **#BeHealthyQC** to find stories related to physical activity and healthy eating. "Like" [QCHI](#) today!



Want to be recognized for the employee health work your organization or business is doing?
Take our Be Healthy QC Worksite Wellness Healthy Workplace Assessment!

Businesses that meet at least 10 of the 20 items on the assessment found at the link below will receive a letter and certificate of recognition for their worksite wellness efforts, as well as a window cling to display at the entrance of their business. If you would like your business to be recognized for your progress in creating a healthy workplace, please download and complete the assessment linked below and return it to: quadcityhealthinitiative@gmail.com.

[Take Our Assessment Here](#)

View our videos on [YouTube](#)

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