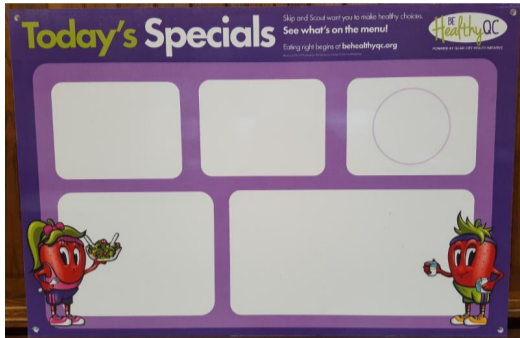




School Wellness Update

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.



Elementary School Menu Board



Junior and Senior High Menu Board

Skip and Scout Menu Boards Appear in Schools

Look what's going up in school cafeterias this Fall! Thanks to the funding through the CDC PICH initiative, large, well-constructed plastic Menu Boards will be permanently mounted in or near every public school building's cafeteria throughout Rock Island County. Not only do the Menu Boards display Skip and Scout promoting making healthy eating choices, they are designed to instruct students on the importance of eating a balanced meal. The elementary version of the Menu Board features a cafeteria tray divided up into sections representing Grains, Protein, Milk, Fruits, and Vegetables. At the Junior High and High School level, the Menu Boards are more open ended so the cafeteria workers can write foods in categories to allow students to make more of their own healthy food choices. All told, there will be 36 elementary boards and 16 junior and senior high boards. We are also providing 13, 000 stickers to Rock Island County elementary schools to be given out by staff to encourage students to eat healthy at school. We're excited that over 23,000 students will now see Skip and Scout in a positive way every day of the school year!

QC Trail of the Month

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

Sylvan Slough Trail - Illinois

Looking for a new adventure? This month, try getting off the beaten path and on the water! The **Sylvan Slough Water Trail** is a 2.2 mile loop of calm Mississippi backwaters, perfect for beginner canoers, kayakers, or paddleboarders. Beginning at the Sylvan Slough docks in Moline, this water trail offers the perfect mix of scenery, exploration, and fitness for the whole family.

Visit QCTrails.org to learn more about this and other paddling trails!



The Sylvan Slough Water Trail is a great place to experience the Mississippi!

Check it out!

We've made some updates to our BHQC Website!



Coloring and Activity Pages

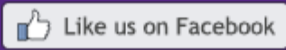
Looking for a fun and educational rainy day activity? You're in luck! We've added new coloring and activity pages appropriate for all ages to our website. Plus they feature our favorite animated ambassadors, Skip and Scout!

Visit BHQC.org and scroll to find the page you'd like, then click, and print it out!

**Is employee health important to your organization or business?
Join over 25 other local businesses and get recognized as a Be Healthy QC
Worksite!**

If your business would like to be recognized for your progress in creating a healthy workplace, please download and complete our Be Healthy QC Worksite Wellness Healthy Workplace Assessment then return it to: **quadcityhealthinitiative@gmail.com**. Businesses that meet at least 10 of the 20 items on the assessment 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.

Take Our Assessment Here



Quad City Health Initiative
563-421-2826
evansrachel@genesishealth.com
<http://www.qchealthinitiative.org>



*Made possible with funding from the
Centers for Disease Control and Prevention*

Quad City Health Initiative, Davenport Medical Center (West Campus),
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