



## School Wellness Update

The **PICH Grant** promotes the development and implementation of school wellness policies by funding a School Wellness Coordinator based at RIROE. The School Wellness Coordinator is inspired by all the great local work happening in school wellness. Here is one example.

### Health Fair at Local Middle School

In April, Glenview Middle School in East Moline held their annual 5th grade health fair. It consisted of an opening act provided by Living Lands and Waters, followed by 4-30 minute sessions, which were conducted by 21 health oriented community members. The sessions were assigned to the students based on a ranking of their individual preference. The presenters tailored their information to the age level providing hands-on opportunities for learning. Session topics included: preparing healthy snacks; health advantages of running, jogging, walking; health effects of bicycling; ZUMBA; and tennis. Each student had a choice of an apple or orange for their healthy snack at the end of the morning.

Do you have a school wellness story to share? Message us on [Facebook](#) or send us an [email](#).

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## QC Trail of the Month

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



Sunderbrunch Park has 11.5 miles of trails to explore!

### Sunderbruch Park Trails - Iowa

This summer, take time to explore Sunderbruch Park, one of the area's hidden outdoor gems located off the beaten path in Davenport. With 11.5 miles of pet-friendly trails and plenty of activities including on- and off-road cycling, horseback riding, and hiking, there's fun waiting for everyone! A 1.3-mile paved path runs through the center of the park that's perfect for scenic summer strolls, with additional mileage of off-road trails for those seeking more adventure.

Visit [QCTrails.org](http://QCTrails.org) to learn more about Sunderbruch Park and to get your exploration started!



### 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: [quaddcityhealthinitiative@gmail.com](mailto:quaddcityhealthinitiative@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](#)

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