

After School Health Education Continues

This year HMA is providing health education to the ACECC elementary charter school at 6400 Swope Parkway. HMA was invited to continue the education program to these new students when Kansas City School District did not renew the LINC (Local Investment Commission) contract for after school care. The program is from 3:45-5:45 pm Thursday afternoons. Usually 2 groups of students have classes designed for their educational level.

The program teaches students about many aspects of health and a healthy lifestyle. Volunteers instruct children on proper tooth-brushing, physical activity, and good nutrition.

Last year quantitative results were measured by pre and post tests given to all

2nd graders in the school by measuring the amount of test score improvement with the students who participated in the after school health program. While the average score improved at the end of the school year, those in the program improved more. Pre tests have been administered this year to again assess knowledge levels and program effectiveness.

Several students from last year's program attend the new school and were excited that the health education would be continued. A Health Fair is planned in May for the parents and students with health screenings, hand-outs, and fun activities.

Volunteers are needed to assist in teaching the prepared lesson plans and helping to play Food Pyramid Bingo!

Fall 2007 Healing Hearts Herald