



Issue No. 4 October 2009

## Activate Shasta!

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## Don't Miss Healthy Shasta's 4th Annual Walk This Way at Turtle Bay!

**Saturday, October 3rd, 9 am - 3 pm**

Join the fun! Enjoy healthy cooking demos and food samples, health screenings, and kids' activities. Complete an activity passport at the event for a chance to win great prizes and join the scavenger hunt to find the Golden Shoes! FREE admission courtesy of Mercy Medical Center.

### Schedule of Activities:

- Don't miss the Healthy Shasta Bike Blender from 10 am - 2 pm
- Tons of fun for kids in the 0-5 Zone in Paul Bunyan's Forest Camp all day long!
- Cooking Demonstrations at 10:30 am & 12:30 pm
- Performances by The Dance Project at 11 am and Redding Jazzercise Center at 1:30 pm
- Walk the Walk every 1/2 hour from 9:30 am until 2:30 pm

Thanks to our major event sponsors: Mercy Medical Center, Turtle Bay Exploration Park, Redding Rancheria, Shasta County Public Health, The McConnell Foundation, and North State Parent. For more information visit the [Healthy Shasta website](#) or call 242-3180.

Healthy Shasta's Walk This Way event was just awarded the Silver Medal in the 2009 Governor's Council on Physical Fitness and Sports Spotlight Awards. From over 700 nominees throughout California, winners were selected because of their use of innovation, inspiration and initiative to positively impact the physical activity, fitness levels and well being of California children and youth.

## Walk to School Day - Wednesday, October 7th

Join thousands of students around the world for International Walk to School Day by walking or bicycling to school on October 7th! If you attend Shasta Lake School or Burney Elementary, meet at 7:15 am at one of the following locations to form a WALKING SCHOOL BUS (a group of children walking to school with a parent/adult).

Shasta Lake School:

- ~ LIFE Center on Shasta Dam Blvd - walk from here to school with Mayor Gracious Palmer!
- ~ Tot Lot Playground at Vallecito and Montana - walk from here to school with Principal Helen Hurd!

Burney Elementary:

- ~ Meet and walk from Christmas Tree Lane on Hwy 299
- ~ Meet and walk from Cypress and Marquette

Interested in starting a walking school bus in your neighborhood? Call Safe Routes to School at 245-6457 or check out the [Walking School Bus Guide](#).

For more information about Walk to School Day, visit the [Healthy Shasta Calendar](#), or call the Safe Routes to School Coordinator at 245-6457.

## Safe Routes to School

### Parents - Lead a Walking School Bus & Earn Walking Shoes!

Walk to school all year long and be eligible to win prizes! Form or join a Walking School Bus (adult volunteer walks neighborhood children to school). Parents that participate as a Walking School Bus "driver" for two months or more will be eligible to win a gift certificate for walking shoes!

### Shasta Lake School announces Walking School Buses throughout the year!

*Walking Thursdays in Shasta Lake:* meet at the Tot Lot Playground at Vallecito and Montana at 7:15 am. During October Walk to School with Mayor Palmer!

On Walk to School Day, students will be given Frequent Walker cards which will be punched on Wednesdays at Burney Elementary and on Thursdays at Shasta Lake School for walking or biking to school. Kids that ride the bus are eligible if they walk to the bus stop.

For more information about walking and biking to school or if you are interested in starting a walking school bus in your neighborhood, call the Safe Routes to School Coordinator at 245-6457.

For more information on Safe Routes to School visit the [Safe Routes website](#).

## Healthy Shasta Action Hero - Introducing Kelly Ball

Healthy Shasta announced the 2009 Action Heroes on July 23rd! Action Heroes are those who go above and beyond to make healthy eating and physical activity easier, convenient and inviting for others. This issue of Activate Shasta features Kelly Ball - you can meet the other Action Heroes in future issues or read full profiles on the [Healthy Shasta Action Heroes](#) page.



As a parent volunteer at her daughter's school, Kelly Ball worked closely with Bella Vista School's Food Service Director to obtain commercial-grade equipment and extra staff so the school cafeteria can prepare more foods from scratch (rather than serving processed foods) with improved nutritional quality. Using a Super Hero theme and new healthier breakfast items (Eggstreme Eggs and Super Smoothies), they nearly doubled the number of students eating breakfast. The smoothies are extremely popular and there were no complaints when they replaced the cinnamon rolls. Kelly considers herself 'a coordinator or facilitator to those who actually do the real work.' For example, the school cook is making great changes in the kitchen and is attentive to flavors the kids enjoy, however she doesn't have time to write grants, round up resources, and develop creative promotions. That's where Kelly, as a volunteer, lends a hand. Kelly and her colleagues also added picnic tables so students can eat outside and painted a mural in the cafeteria to entice students to come eat healthy meals.

### Why We Like Kelly:

Eating breakfast positively impacts student health and academic achievement, helping students stay alert and ready to learn. She demonstrates that dedicated parents can make positive changes at their children's schools.

Get tips from Kelly and links to resources for improving school food and physical activity environments on the [Healthy Shasta Action Heroes](#) page.

## Be an Action Hero at the Community Creek Cleanup!

**Saturday, October 3, 2009, 8 am to Noon**

Creek Cleanup 2009 is an ambitious project to improve the views and native habitat along the Sacramento River Trail by clearing non-native weeds (Himalayan blackberries and Ailanthus). The entire trail has become overgrown and cluttered with fallen trees and vegetation. This has hindered the native flora and greatly reduced visibility to the Sacramento River.

You can make a substantial contribution in the heart of Redding during a single morning of labor involving hundreds of your fellow citizens. Cleanup will be 8 am to 12 noon. Wear gloves, closed toe work shoes or boots, long pants, and long sleeve shirt.

Please pre-register at the [Community Creek Cleanup](#) website. This will be a great opportunity to get outdoors, be active, have fun and make a positive difference in the community!

## Take a Kid Mountain Biking Day!

**Sunday, October 4th**

**BLM Swasey Recreation Area (on Swasey Drive, one mile north of Placer)**

Join Redding Mountain Biking Club and the Bureau of Land Management at Take A Kid Mountain Biking Day, Sunday, October 4th at the BLM Swasey Recreation Area. This free event begins at 9 am with groups departing regularly until 9:45 am. There will be routes for all skill levels including those who've recently had their training wheels removed! Bring your bike and a helmet. For more information visit the [Redding Mountain Biking](#) website.

**Healthy Shasta: Making the healthy choice the easy choice in Shasta County!**