Happy Summer Days, Dear Friends!

We hope you had a wonderful spring and are ready for the hot Texas summer ahead. Though the impending heat may not call for a celebration, HealthStart has a few events that we’re excited to share with you!

Healthstart recently held our 2nd Annual H-E-B event. The love and support we received from all of you who joined us for this fun evening made it a huge success.

HealthStart has been lucky with our “Best Friend,” the city of HEB! It has been wonderful to work with the Texas Education Knowledge & Skills (TEKS) standards and other events around Austin. We also have some great news to share with you concerning our future, so stay tuned!

Medinah, TX: Here we come!

HealthStart Foundation is on its way to becoming mainstream! Our H-E-B curriculum will be used to teach kindergartners at Medinah Elementary School how to stay healthy. This school is located in South Texas in the Cloudland School District.

HealthStart’s H-E-B curriculum will be part of an overall health and wellness initiative being implemented under an HEB Healthy Campus Grant. If you would like to know more about giving an H-E-B curriculum to YOUR school, contact us at (512) 782-8385 or (512) 496-2106 or send us an email at info@healthstartfoundation.org.

Viva Streets, UTES & HealthStart

UT Elementary School invited HealthStart to participate in the school’s first ever Festival of Health, which translates into Festival de Salud, on May 19th as part of Austin’s Viva Streets event. Viva Streets goal is to build community, transforms a street into a public space, and encourages active living through recreation, fitness opportunities, and healthy food options.

HealthStart was one of several UTES health and wellness partners to participate in the event. Visitors who came to the HealthStart booth were given a “passport to health” and sent on a journey to learn facts about their brain, senses, circulatory system, muscles and digestive system and about the world around them including the earth, plants and animals, our water and the air we breathe.

About 100 families stopped by our HealthStart booth made it to all 9 stops received their choice of a Billy & Betty Sticker, Kale Recipe Card, or made it to all 9 stops received their choice of a Billy & Betty Sticker, Kale Recipe Card, or

HealthStart & TEKS

The Dawson Elementary School Principal, Dr. D. Jones, joined us for an on-air promotion on WWACFM, April 17th. The Dawson, teacher, principal, and their全都 students were very excited to spread the word about the facts that keep their bodies healthy. The principal, director of Nutrition, asked us to give a message. She pointed out where they find foods that are good for the brain, bones, circulatory system, muscles, and digestive system. Her students learned where to find foods to maintain a balanced diet. She sent us this message:

The Dawson Elementary students are great listeners! Here’s our message to our community:

Life is healthy and delicious when we eat a balanced diet. Why you should eat a balanced diet:

- Helps your body grow
- Keeps you healthy
- Strengthens your teeth
- Helps you sleep
- Keeps you happy

Our team has been working hard on aligning the Texas Pre-K Guidelines & Texas Education Knowledge & Skills (TEKS) standards for kindergartners and with our health education for “Younger Than” (YTH) curriculum. Since HealthStart’s focus is on children, teachers will need to easily use them to fulfill state requirements using TEKS. We anticipate completing our TEKS-YTH alignment before the 2013-2014 school year begins.

Let Us Hear From You!

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If you have some great news to share with you concerning your future, so stay tuned!

Without you, none of this would have been possible, we are so grateful!

Love and support from your community,

Kim

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