



Vol. 2 No. 2

Summer 2013

Happy Summer Days, Dear Friend!

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 all kinds of celebratory information to share with you!

HealthStart recently held our I ♥ HS event. The love and support we received from all of you who joined us for this fun evening made it huge a success.

HealthStart has been busy with H.E.B. field trips, aligning HEY! with the Texas Education Knowledge & Skills standards and other events around Austin. We also have some great news to share with you concerning our future, so stay tuned!



I ♥ HS Success

Our I ♥ HS event was a huge success. More than 90 people joined us at [The Red Room Lounge \(RRL\)](#). It was the perfect venue for our event with its delicious wine and unique atmosphere. **HealthStart raised a total of \$9,200** so that we can continue to create healthy communities by teaching young children how to be healthy their whole lives!

Special thanks to our sponsors: [Network Sciences](#), [Beacon Financial Group](#), [CHARM](#), and [Cedar Park Regional Medical Center](#), and of course, the Red Room Lounge, as well as all of our generous [silent auction donors](#).

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



Mission, TX: Here we come!

HealthStart Foundation is on its way to becoming statewide! This fall, our HEY! curriculum will be used to teach kindergarteners at Shimotsu Elementary School how to be healthy their whole lives. The school is located in South Texas in Sharyland near Mission, Texas.

HealthStart's HEY! curriculum will be part of an overall health and wellness initiative Shimotsu is implementing under an **HEB** Healthy Campus Grant.

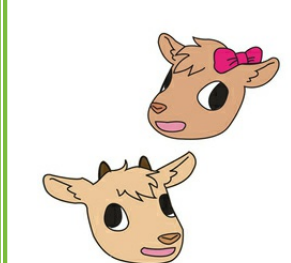
If you would like to know more about using our HEY! curriculum in YOUR school, contact us at **(512) 782-4355** or **(512) 496-2106** or send us an email at info@healthstartfoundation.org.



Viva Streets, UTES & HealthStart



UT Elementary School invited HealthStart to participate in the school's first ever Festival de Salud, which translates into Festival of Health, on May 19th as part of Austin's Viva Streets event. Viva Streets' goal is to build community, transform a street into a public space, and encourage active living through recreation, fitness activities, and healthful 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, bones, 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 booth. Visitors who made it to all 9 stops received their choice of a Billy & Betty Sticker, Kale Recipe Card, or HealthStart Bookmark.

Fieldtrips & TEKS

The Dawson Elementary Head Start Pre-K joined us for an H-E-B grocery store tour on Wednesday, April 17th. The children, teachers and parents enjoyed their time going through the store and learned more about the foods that keep their bodies healthy. Kim Longacre, Director of Education, acted as the official tour guide. She pointed out where to find foods that are good for the brain, bones, circulation, muscles, and digestion. In addition, as students learned where to find foods to nourish every part of their body, they got to taste an example of one or more foods for each body system. Parents and teachers got in on the act too.



The Dawson Elementary students were great listeners and learned lots about nourishing their bodies on the H-E-B tour!



Visit <http://www.tea.state.tx.us/> to learn more about TEA.

Our team has been working hard on aligning the Texas Pre-K Guideline & Texas Education Knowledge & Skills (TEKS) standards for kindergarten and 1st with our Health Education for Youngsters! (HEY!) curriculum. Once staff finish this task, teachers will be able to easily see how to fulfill state requirements using HEY! We anticipate completing our TEKS-HEY! alignment before the 2013-2014 school year begins.

www.healthstartfoundation.org

512-782-4355

info@healthstartfoundation.org

Let Us Hear From YOU!

