

Fall 2020



HEALTHY KIDS CHAVES COUNTY

Building a Fit Future

Healthy Recipe of the Month- **3 CAN CHILI**

*1 (15 oz) can beans,
undrained*

1 (15oz) can corn, drained

*1 (15 oz) can crushed
tomatoes, undrained*

Chili powder to taste

*Combine all ingredi-
ents. Heat on medium
until heated thoroughly.*

RISD, Dexter, Hagerman and Lake Arthur Food Services ROCK!



Celebrating our Physical Education Teachers in Chaves County



What we've been up
to in Chaves County..

Working at the
Community Kitchen

Supporting School
Cafeterias

Celebrating NM
Grown

Implementing
School Wellness
Policies



Chaves County Nurses go Above and Beyond



A Healthy
outside starts
from the inside!

* These are just a few of our Awesome Cafeteria staff, PE teachers and Nurses for Chaves County... too many to feature in one Newsletter!



Support your local growers.

Thank you Graves Farms!



What's coming up in 2021

Virtual 5210 and Eat Smart to Play Hard.

Virtual Walk and Bike to School.

Gardening at several schools.

Promoting Virtual Fundraisers.



HKCC is an initiative of the Department of Health that builds on community efforts to motivate children and families to eat healthier, be more physically active and achieve healthy weights.

Pecos Elementary Celebrates World Kindness Day- November 13

Pecos Elementary Students were encouraged to write acts of kindness they had done on strips of colored paper, which they then brought to the drive-thru at their school. The paper chains were hung on the fence in the pick-up area along with posters made by the students



away from their computers and remote classes.



and staff with messages encouraging kindness. Students also got prizes, such as books, stuffed animals and games for turning in their strips of paper. Dr. Barbara Ryan, Pecos Principal, said the school has planned an event each month to give students an activity they can do

Lake Arthur Elementary Grows a Pumpkin Patch for the Students!

Principal Kathleen Galloway and her staff organized growing a Pumpkin Patch for their students in Lake Arthur. Typical October weather in New Mexico hit and most of the plants were frozes. But Amazingly enough, Pumpkins did appear at the patch the day of the "picking"... The Pre K, Kindergarten and grades 1-3 get to choose a Pumpkin to take home after their Fall Celebration they had at school.



Volley View Elementary had a Virtual Turkey Trot for a Fundraiser from Nov.9 thru Dec. 5th. The Students were



Encouraged to Walk, Run, jog or jump rope for 30 min each day. Parents logging minutes. They have raised 2,845, to date and legged 10,450 min of exercise!

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