**Latino PEG Meeting Report**

On Thursday, May 5th we had our last Latino PEG meeting. Lots of parents and children, lots of excitement! The weather was gorgeous! Children enjoyed playtime outside after dinner. Parents gathered in the LMC for the presentation.

Ellen Houston, MS Clinical Exercise Physiologist from UW Health came to provide parents with information on UW Health Pediatric Fitness Clinic.

* Multi-disciplinary team directed by leading researchers in pediatric obesity and staffed by a team of physicians, nurses, exercise physiologists and registered dietitians.
* Committed to providing a comprehensive, research-based approach to improving the health and fitness of your child.
* A program to help children develop healthy habits of exercise and good nutrition. This unique program in Madison combines education with fun for children and teens.
* Most health insurance plans cover the evaluation and follow-up visits.
* Parents interested in the program should contact their insurance provider for benefit information prior to scheduling the first appointment.
* If insurance company requires a referral for this visit, please ask your child's doctor to submit a referral.
* The clinic serves children from 5 to 18 years of age who have concerns related to their overall fitness, ability to exercise, sensory issues that affect their nutrition, history of high cholesterol, blood sugar, or insulin, or who simply want to get fit.

Ellen explained what to expect during a first visit to the clinic and she talked about pediatric obesity and the impact of obesity on our children's long-term health. She also mentioned that researchers found that Asian, Hispanics and blacks store more body fat and have more risk of developing type 2 diabetes than whites. Besides genetics, there are many other factors that contribute to higher rates of obesity among Latinos: access to healthcare; opportunities to make healthy choices; hunger and food insecurity; limited access to places to be physically active; targeted marketing of less nutritious foods.

Full report at Special Report: Racial and Ethnic Disparities in Obesity stateofobesity.org/disparities/latinos/

Ellen encouraged parents to adopt the now familiar activity and nutrition challenge, "5-2-1-0h! Let's Go!" She emphasized the role of the family- Families have the most success if the whole family is involved. The biggest impact on children's habits comes from watching the adults in their lives. Ellen advised parents to increase family's movement, to limit screen time and soda consumption, and eat more fruits and vegetables...keep putting vegetables on children's plate, even if they don't eat them!  She gave some exercise ideas for the winter time, and for inside the house.  For those with internet access, she recommended a Spanish resource for recipes and other helpful information, www.choosemyplate.gov,

Question & Comments from the group:

*My daughter is receiving services from UW Health Pediatric Nutrition Clinic. We have been very pleased.*

*Please clarify recommended fruits & vegetables serving quantities*

*What is considered a serving?*

*Sugar Intake Myths....I heard that if you don't have sugar everyday, you get sick.*

*Exercise during winter is very difficult*

*For parents that work several jobs,it  is very difficult to find time to exercise. Also kids end up spending more time in the house because there is no adult to supervise them outside.*

*I don't allow my children to go outside and play because I feel neighborhood is not very safe.*

Health and nutrition issues have always been a concern for our Latino parent group. The families thank Kathi Seiden-Thomas, member of our PTO's Health & Wellness Committeefor helping us connect with Ellen! :)

General announcements followed the presentation:

* 4K Potluck - May 18th, 5:30-6:30 at school
* PEG Picnic - May 26th @ Vilas shelter, 5:30-7:00
* K Zoo field trip - June 6th. Need parents to sign permission
* Randall's Moving On Celebration- June 8th, 1:00
* Summer school - Dates, hand out registration confirmation forms
* Goodman Pool passes - All Latino PEG families were granted scholarship passes for this summer! :)
* Are you moving? - hand out MMSD note to parents
* Public Library - hand out invitation to Saturday events
* Special Education Plan - invitation to input sessions
* REAP Food Group - hand out invitation to Family Food Festival

To end the meeting, parents were informed of the special festivities at Randall on April 25-29, to celebrate Dia del Niño (as principal John Wallace promised last year). We had colorful decorations in the LMC, daily Hispanic culture trivia contest, Morning message related to Hispanic culture, Mexican songs, Mexican art, Mexican candy, popcicles on the playground, extra recess, and more! Celebration culminated with the presentation of the Youth Mariachi Cielo Azul, Friday afternoon. The focus of the celebration was to empower Latino students, increase Latino parent participation and promote Hispanic culture! Latino Randall parents were invited to attend the Friday event and were delighted with all! Latino students seemed to radiate pride and joy!

Special Thanks to Brenda Hamel, Randall's ESL teacher and Michelle Reis, Randall's LMC Specialist for organizing. Thanks to Tammy Pineda from the Central Public Library for her participation and for bringing a generous donation from the library to help pay mariachi . ...and a big GRACIAS from the Latino PEG to John for keeping his word! :)

After the meeting we had our most awaited Children's Day Party!

Parents helped set up and clean up the gym. They served the cake, ice cream and milk, and helped coordinate the games. There were colorful balloons and lots of prizes for La Loteria! Children were fired up to play the Bingo like game and were more than thrilled with the prizes!  Lots of excitement, laughter and celebration!