

Healthy Active Schools



Campaign for a Healthy,
Active Multnomah County

Multnomah County has a 24%
obesity rate; 55% of the
population qualifies as being
overweight or obese.

Promoting policy, systems,
environmental change

\$175,000 in program funds
support position and
projects for
implementation





“There is still a big gap between what we know and what we do, and that gap is lethal. When it comes to the health of our communities, we must never be guilty of low aim.”

- Former US Surgeon General
David Satcher (2006)

Call Office or toll (503) 705-1870 for more info or if
you're interested in helping out.***



¡Este SÁBADO
7 de MAYO 10^{AM} -
1^{PM}!
¡Venga!





Compost:

Fruit and vegetable scraps (unwanted)



BEWARE OF THE FARMER'S WIFE!



CAN LINERS
CAN LINERS
CAN LINERS

CAN LINERS
CAN LINERS
CAN LINERS
CAN LINERS
CAN LINERS
CAN LINERS
CAN LINERS
CAN LINERS
CAN LINERS





9

EXIT

Level 4
really loud
Level 3
talking voice
Level 2
quiet voice
Level 1
whisper
Level 0
NO VOICE





NW Garden Academy

Learn. Plant. Grow. Feed.

Hands on vegetable gardening classes
and workshops.

www.NWGardenAcademy.com





ROSSI

FARMS



PORTLAND AREA FARMERS
SINCE 1880

CASCADE
Pacific



Main Office: Cool Springs, TN

RADIO FLYER

TOWN & COUNTRY

A photograph of a brick building with a sign for Summer School and Food Pantry. The sign is white with a black border and contains text in blue and red. Above the sign is a small, square, black light fixture. To the right of the sign is a large, green, leafy bush. The building has a red brick wall and a grey roofline. A vertical metal strip is visible on the left side of the wall.

SUMMER SCHOOL
7-11 THRU 8-4
FOOD PANTRY
7-142T03-30PM

Learning Regions C,D

Parkrose SUN Today!



STAY ACTIVE

NEED IDEAS
HOW TO?

COME ASK THE
HEALTH CENTER



School-based Health Center Program



Summer Health Care
for School-Aged Youth
available at
Parkrose High School
School-Based Health Center

June 27 - August 19, 2011

Monday through Friday
8:30 am to 5:00 pm
12003 NE Shover Street
Portland, OR 97220
(503) 955-1392

Bus: 22, 71 - MAX: Blue line to 122nd Ave.
Station (transfer to 71)

The map is located on the fourth floor, just off the lobby of
the department entrance. Call right inside. *Subject to space
if available at all times.

Some day appointments available
call early to get one today!
HEALTH CARE WHEN YOU WANT IT

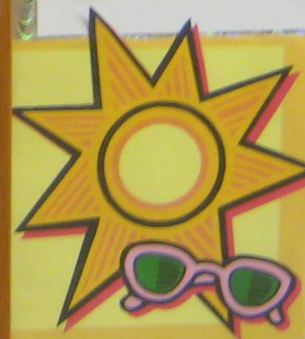
Welcome

to your

Summer

Health

Clinic





PARKROSE SACRAMENTO SCHOOL

11400

SACRAMENTO SCHOOL
NATIONAL HEALTHY
SCHOOLS
BRONZE WINNER

‘Safe Routes to School’ celebrated in Parkrose

Here’s why so many kids and parents were heading for school on foot and bikes on Wednesday – and why officials say it’s important for them to keep on skipping the bus

...



Groups of kids and parents join Prescott Elementary School’s principal, Michael Lopes (orange jacket, riding at the left), for “*International Walk + Bike to School Day*” in Parkrose.



February update....

Healthy Active Options Projects:

Russell: new school garden

Sacramento: cafeteria and garden improvement

Prescott: garden and PE equipment

Shaver: garden and bike parking

Middle School: indoor and outdoor equipment

High School: outdoor fitness track



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