

School Wellness Weekly, 9.12.2011

Welcome Back!

As the 2011-12 school year gets underway, take a few moments to look at some of the exciting opportunities below to jump start your school's physical activity and health programming for the year. Also, take a look at highlights of the School Wellness Council grant from last year along with recommendations for this year's grant process [here](#). These recommendations are being implemented as part of the SWC 2011-12 grant application, so stay tuned for more information on grant applications and deadlines. Also, help us spread the word on all available opportunities included here by encouraging colleagues to [subscribe](#) to this publication. Finally, we appreciate your commitment to the wellness of your school community and look forward to hearing the effective and innovative ways you are teaching students how to be healthier and more active in 2011-12!

Opportunities and Recognition

- **CHAMPS Application Open Until 9/19:** Middle school principals can now apply for all three seasons – fall, winter and spring –for the [CHAMPS Middle School Sport and Fitness League](#), which offers additional opportunities for students, regardless of athletic ability, to engage in a wide variety of physical activities. Applications are open until 9/19. For more information, [click here](#).
- **Apply for [Move To Improve](#) Until 9/22:** The MTI Program helps elementary school teachers incorporate short structured fitness breaks into their classrooms. MTI grants include workshops, teacher stipends, equipment packs, and instructional materials. The deadline to apply for this grant is 9/22. To apply, [click here](#) or for questions, email the MTI team by [clicking here](#).
- **Free Health Education Professional Development:** Teachers can prepare to teach comprehensive health education, including lessons that meet the new sex education mandate, by attending our *HealthSmart* and *Reducing the Risk* trainings. The Office of School Wellness Programs offers a variety of professional development trainings. Click [here](#) to register.
- **Free ASHA Webinar on the Future of School Health 9/12:** The American School Health Association (ASHA) explores the Future of School Health on 9/12, 1-2 p.m. EST. Three of the nations' leading advocates for health in schools will lend their expertise to the panel discussion, including Charles Basch, PhD, Richard March Hoe Professor of Health Education at Columbia University Teachers College; Howell Wechsler, EdD, MPH, Director of the Division of Adolescent and School Health, CDC; and Ginny Ehrlich, MPH, MS, Chief Executive Officer of the Alliance for a Healthier Generation. Register now by clicking [here](#) or for more information, [click here](#).
- **Implementing a Comprehensive School Physical Activity Program Webinar 9/14:** This webinar from 1:00-1:45 p.m. EDT features real life examples and tips for physical educators, parents, school administrators, and policymakers to get involved in bringing quality physical education and physical activity to schools through a comprehensive school physical activity program (CSPAP). Learn about the brand new Let's Move in School toolkit and how it can help your school become a more physically educated and active community. [Click here to register](#).

- **Health Impact Assessment Training 9/28-29:** The Mailman School of Public Health and the Madison County Health Department invite you to a free two-day training on the Health Impact Assessment (HIA), a tool used to increase the consideration of health in important decision-making. For more information, or to RSVP, contact [Lourdes J. Hernandez-Cordero](#) by 9/14.
- **Free [Scenarios USA](#) curriculum workshop 9/20:** Scenarios USA has launched their 2011-12 “What’s the REAL DEAL about Gender, Power and Relationships?” curriculum (which meets national standards for English, Health, and Social Studies) and filmmaking contest. NYC teachers, grades 6-12, are invited 9/20 from 4 p.m. - 7 p.m. in Brooklyn to receive professional development, the curriculum, journals for each student, and contest information. Click [here](#) to learn more.
- **Save the Date 9/25 for the Biggest Zumba Dance Party Ever in NYC!** As part of Make NYC Your Gym Day, the NYC Department of Health and Mental Hygiene and NYC Parks and Recreation are teaming up with the Richmond County Bank Ballpark (home of the Staten Island Yankees) to sponsor free fun, games and giveaways from 12:30 p.m.- 4:00 p.m., with a Zumba dance party at 1:30 p.m. For more information, call 718.313.1316 or [click here](#).
- **NY Jets [Back to Football Friday](#) Health and Wellness Grant Opportunity:** Celebrate your Jets pride for a chance to win a \$10,000 NFL PLAY 60 youth health and wellness grant and an NFL team celebration. Schools will be asked to display their NY Jets spirit, along with great health and wellness habits, by completing two essays and submitting photos of their in-school Back to Football Friday celebration. Registration ends two weeks following the conclusion of the first 2011 NFL regular season game. For more information, click [here](#).

Wellness in the News

- [Bad Food? Tax It, and Subsidize Vegetables](#) (The NY Times, 7/23)
- [Smart Choice to Ensure Safety at Lunch](#) (the NY Times, 8/29)

Additional Resources

- With the recent tenth anniversary of September 11, 2001, the National Association of School Psychologists has posted [Tips for Educators](#) to help school staff meet the emotional and psychological needs of their students.
- Check out the [Start Early and Smart: Let’s Move! Child Care page](#), featuring resources, tools, and success stories to help childcare providers meet goals for a healthier future.
- Read about the newly launched [FoodCorp](#), which not only places motivated young leaders in limited-resource communities for a year of public service, but also provides [garden grant funding](#) (due 12/31/11) through a partnership with the Whole Kids Foundation.
- Review this summer’s Centers for Disease Control’s release of [School Health Profiles](#), a system of surveys assessing school health policies and practices in states, large urban school districts, territories, and tribal governments. Profiles surveys are

conducted every 2 years by education and health agencies among middle and high school principals and lead health education teachers.

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