

School Wellness Weekly, 9.19.2011

The Power of One

To meet Sande Pisik, even over the phone, is to immediately sense the energy and ebullience she has about her personal journey of health and fitness. Ms. Pisik, a DOE procurement officer and wellness champion, met one of her fitness goals last week by completing the Danskin Sandy Hook triathlon in just over two hours. The sprint length triathlon consisted of a ½ mile swim in open water, a 12-mile bike ride, and a 3.1-mile run. Ms. Pisik also raised several thousands of dollars of support for this year's School Wellness Council grant program, asking friends and loved ones to honor her by contributing to the wellness of NYC students.

Training for the running, swimming, and biking competition is yet another major milestone for Ms. Pisik, who has lost more than 100 pounds in the last four years. "The hardest part of the race experience for me turned out to be before I ran it. It was the fear of the unknown and the nerves associated with that which were the hardest to deal with. But once I got to the race and started to do the work, all was fine. I learned a life lesson—just get on with it and you never know what you can achieve. Don't be afraid to try! A lesson I learned with the weight loss journey as well."

She wishes to thank everyone who supported her by donating to the SWC grant program (through the Fund for the Public Schools). To date she has raised more than \$2,500 with donations still coming in. We thank her for demonstrating the power of personal goals, and how wellness is an undertaking that we can all be proud of.

Opportunities and Recognition

- **Last Day to Apply for Move To Improve:** 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](#).
- **Produce Fundraising Pilot Now Open Until 10/5:** The NYC Dept. of Health and GrowNYC has partnered to offer this healthy fundraising pilot this fall, where each school receives a delivery of pumpkins and gourds, harvest vegetables, or apples to sell for a school fundraiser. Schools pay a nominal fee for produce upon delivery while the pilot covers all delivery fees. Small (\$75), medium (\$100) and large (\$100+) merchandise packages are available and deliveries will occur between 10/24 and 11/18. Fill out the [application](#) by 5pm on 10/5 or email [Laena Orkin](#) with any questions.
- **Playstreets Grant Application:** Participating schools can create more active play space for their student population by closing a street block directly outside their school. Grants range from \$500 to \$1,000, but to be eligible, schools must obtain a DOT permit. For more information on obtaining a permit and to apply, contact the Playstreets Coordinator, [Emma Miller](#) or call (347) 396-4247. Technical assistance is available throughout the application process.
- **Free Health and PE Education Professional Development:** Teachers can prepare to teach comprehensive health education by attending our free *HealthTeacher*,

HealthSmart and *Reducing the Risk* trainings. Also, a new *No Gym, No Problem* has been added. See all of the free Office of School Wellness Programs professional development sessions by clicking [here](#).

- **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](#).
- **Stay tuned for School Wellness Council grant application information in next week's issue.**

Wellness in the News

- [Exercise Spurs Teenage Boys to Stop Smoking](#) (The NY Times, 9/20)
- [Game Changers](#) (Teaching Tolerance, Fall 2011)
- [Taking the Dread Out of Phys Ed](#) (WSJ, 9/11)

Additional Resources

- Check out the CDC's [School Health Guidelines to Promote Healthy Eating and Physical Activity](#). These new guidelines identify the most effective policies and practices schools can implement to help young people adopt and maintain healthy eating habits and a physically active lifestyle.

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