

## **School Wellness Weekly, 10.3.2011**

### ***Make Your Space the Place to Be***

Nothing brings parents, students, and teachers together more, or revs up the year for the work of your School Wellness Council, than making spaces better and brighter for the needs of your school. New York City provides multiple grant opportunities to work on the spaces around your school, to teach, grow, play, and beautify your cityscapes for your students. Check out the "[Love Your Block](#)" grant, [Grow to Learn NYC](#) mini garden grant, or [FoodCorp's](#) garden grant. Also, get free assistance with the Playstreets grant application from [Emma Miller](#). And, of course, there is this year's [School Wellness Council grant](#) application (see below).

### ***Opportunities and Recognition***

- **School Wellness Council \$2,500 Grant Application Open Until 10/14:** To apply for an implementation or continuation grant, [click here](#), or to read more about the 2011-12 application, including an informational sheet, scoring rubrics, and a sample application (in Word), [click here](#).
- **Try the Y for Free!** Families are welcome for fun and fitness at YMCAs across the City for a free open house 10/9 from 12 p.m. - 4 p.m. Also, there's no joiner's fee through 10/10. Click here for a [one-day pass](#) for individuals or families or visit the [YMCA website](#) for locations and schedules of activities.
- **Free [Scenarios USA](#) Curriculum Workshop 10/19:** NYC teachers, grades 6-12, are invited 10/19 from 4 p.m. - 7 p.m. in Brooklyn to receive professional development, curriculum materials, student journals, and contest information on "What's the REAL DEAL about Gender, Power and Relationships?" (which meets national standards for English, Health, and Social Studies). Click [here](#) to learn more.
- **Update—More Slots Added for *Swim for Life*:** NYC Parks, Asphalt Green, and the YMCA of Greater NY provide free swimming classes to 2nd grade students at locations throughout the city during the school day. To see available slots, and for contact information, [click here](#).
- **Move to Improve Grant Deadline Extended:** [MTI grants](#) include workshops, teacher stipends, equipment packs, and instructional materials. To apply, [click here](#) or for questions, email the MTI team [here](#).
- **Free [New York Road Runners](#) Youth Jamboree 10/23:** At the New Balance Track and Field Center at the Armory (216 Fort Washington Avenue, Manhattan) 10/23 from 7:45 a.m. – 4:00 p.m. For registration forms, [click here](#).
- **Free Health and PE Education Professional Development:** See all of the free Office of School Wellness Programs professional development sessions by clicking [here](#).

### ***Wellness in the News***

- [At 14 Schools, the Vending Machine's Crunch Comes for Carrots](#) and [Schools Dangle Carrot Snacks, But It's a Tough Sale](#) (The NY Times, 10/4)
- ['Sesame Street' Special on Hunger Introduces New Muppet Character](#) (The NY Times, 10/3)
- [Olympic Athlete Urges Student to Exercise](#) (Queens Chronicle, 9/30)

## ***Additional Resources***

- [Want to help break a Guinness World Record](#) (and Learn [Amazing Facts](#) about Jumping)? Join First Lady Michelle Obama--the official Jumper in Chief--as she kicks off National Geographic Kids attempt to break the record for the Most People Doing Jumping Jacks. Kids and adults can help break the record by doing one minute of jumping jacks. [Click here](#) and start practicing now!

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