

School Wellness Weekly, 10.17.2011

As SWC Application Closes, Schools to be Notified by End of October

On Friday, October 21, the [SWC application](#) closes and we will review all submissions. If your school applied, both you and your principal will receive an email early next week confirming that your completed application has been received, and that your school has agreed to the assurances on the application. We will notify each applicant of grant status by the end of October in advance of the SWC grant kickoff November 8.

Thanks to all applicants for spending time thinking about ways to improve the health and wellness of your students!

Opportunities and Recognition

- **Sugary Drink Free Week Starting 10/24:** As part of Food Day, DOHMH is encouraging New Yorkers to stop drinking sugary beverages for one week. SWCs are encouraged to raise the awareness of the health consequences of consuming sugary drinks in school communities using resources and information [available here](#).
- **New Free Health and PE Education Professional Development:** See all of the Office of School Wellness Programs professional development sessions by clicking [here](#), including new Election Day health and physical education sessions, and additional HIV/AIDS 101 trainings in advance of World AIDS Day 12/1.
- **Deadline Extended—Call for Presenters for NYC School Fundraising Expo 12/7:** Want to showcase a successful healthy food (fresh produce) or non-food fundraiser you have tried in your school at this upcoming DOHMH expo? Fill out this [brief application](#) by 10/28 or email [here](#) for more information. Participating schools will receive a package of wellness-themed items after the event.
- **Find Your Balance Challenge Offers Elementary Schools Big Prizes:** If your elementary school SWC has student members, consider this challenge from Discovery Education, the Healthy Weight Commitment Foundation and NASPE/AAHPERD. Using a checklist, student/teacher teams create an action plan that addresses Energy Balance needs in the school community (a familiar process to SWC schools). Winning schools have a chance at a Grand Prize including a \$30,000 grant, Ultimate Energy Balance Party, and event with leading nutrition experts. Plus 2 Runner-Up winning classes will each receive a \$10,000 grant. Register today [here](#), or review materials with your SWC or student group. Champions from Title I schools can also enter a [Healthy Playground Makeover sweepstakes](#) here. The deadline for both is 1/31/12.
- **Save the Date:** The [NYS APHERD Zone](#) conference is scheduled for January 30, 2012 at two locations in NYC, Progress High School in Brooklyn and Lehman High School in the Bronx. Registration and additional information is forthcoming.

Wellness in the News

- [Fitting in Exercise, Between Math and English](#) (NY Times, 10/19)
- [In the Age of Taunting Tweets, a New Initiative to Combat Bullying](#) (NY Times, 10/19)
- [City Kids Go Beyond the Scrum, Learn Life Lessons in Rugby](#) (NY1, 10/19)
- [Failing Gym: One School Struggles to Meet Standards](#) (NY Times, 10/17)
- [No Cupcakes Here! Gold-Medal School Fights Obesity](#) (USA Today, 10/17)

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