

School Wellness Weekly, 11.1.2011

Congratulations to [New SWC Grant Recipients](#)

This week, 50 schools were awarded grants to start or strengthen a School Wellness Council. Fifteen exceptional schools will continue to receive funding and support for the changes and improvements to student health and wellness started last year, including one council which serves four Alternate Learning Centers in Brooklyn. Thirty-five new sites will convene SWCs to consider the needs and set goals for how awards are spent to improve school wellness. All applicants should be commended for their efforts, and we look forward to learning from and sharing the work of this year's [grant schools](#).

Opportunities and Recognition

- **New Free Health and PE Education Professional Development:** See all of the Office of School Wellness Programs professional development sessions by clicking [here](#), including still available 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](#) or email [here](#) for more information. Participating schools will receive a package of wellness-themed items after the event.
- **[Move To Improve](#) Slots Still Available:** 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. To apply, [click here](#) or for questions, email the MTI team by [clicking here](#).
- **[Find Your Balance Challenge](#) for Elementary Schools:** If your 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.

Featured Event

Educators Night 11/29 for [EatSleepPlay™](#): Join staff at the Children's Museum of Manhattan (212 West 83rd Street) 11/29 from 5:30-7:30 p.m. for a special open house for educators and their families of the new exhibit, **EatSleepPlay™: Building Health Every Day**. The exhibit, which opens 11/11, features interactive ways for families to create a healthier lifestyle together. Learn about [CMOM's guided group tours for students and professional development for teachers](#). Event participants will be treated to a private tour and snacks will be served. To RSVP to this special event, send an email [here](#) or call 212-721-1223, ext.241.

Wellness in the News

- [School Lunch Proposals Set Off a Dispute](#) (NY Times, 11/2)
- [In High Schools, A Critical Lens on Food](#) (NY Times, 10/27) [If your school is interested in bringing FoodFight to your high schools students, let us know by emailing [Wellness](#).]
- [Fruits, Veggies & Whole Grains Help PS 75 Win Healthy Food Challenge Award](#) (CBS NY, 10/21)
- [Fitting in Exercise, Between Math and English](#) (NY Times, 10/19)

Additional Resources

- Check out these [sleep guidelines](#) and visit [this page](#) for more information on good sleep habits, which are vital to healthy students and families.

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