

School Wellness Weekly, 11.14.2011

The year is underway: get excited!

Seventy SWC champions and enthusiasts joined the staff from the Office of School Wellness Programs to kick off the 2011-12 School Wellness Council grant November 8 at the West Side YMCA in Manhattan—and we're excited! It reminds us that, as we all work to create an environment where people are empowered to make improvements to health and wellness, we must strive to meet the challenges with a sense of enjoyment and excitement. Here's a [great example](#) of students in East Harlem delivering an important message on good nutrition while having a great time. Thanks to Mt. Sinai for creating this and Bronx Health REACH for sharing it with us!

Opportunities and Recognition

- **Garden Grants and More Available:**
 - Whether your school garden is in the planning stage, is being built, or is already up and growing, it's important to register with [Grow to Learn NYC](#) to be eligible for resources, curriculum materials, and mini-grants, ranging from \$500-\$2,000, (applications due **11/30/11**).
 - The Home Depot Garden Club is sponsoring the [Youth Garden Grants](#) for schools, with 100 winners receiving gift cards valued at \$500-\$1,000. Applicants must plan to garden with at least 15 students between the ages of 3 and 18 years, and applications are due **11/28/11**.
 - Maybe you have a culinary professional in mind to work with your SWC. Check out the [Chefs Move to School Grant](#) (due **11/30/11**), with awards from \$500-\$3,000 to support gardens, classes, or any program that promotes wellness in the school that focuses on health eating.
- **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 health and physical education sessions, and additional HIV/AIDS 101 trainings in advance of World AIDS Day 12/1.
- **Move To Improve Slots Still Available:** To apply, [click here](#) or for questions, email the MTI team by [clicking here](#).
- **Save the Date:** The [NYC 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

- [Soda Bans in Schools Have Limited Impact](#) (NY Times, 11/7) [Ed. note: While NYC schools ban all sugary drinks, this article highlights the importance of limiting access outside the school, e.g., [partnering with bodegas](#), working closely with parents.]
- [City Schools Chancellor, Marathon Man](#) (WSJ, 11/4)
- Run with Champions TV news coverage ([NY1 News](#), [WCBS-TV](#), [WNBC-TV](#), [Fox News](#), [WABC-TV](#))

Additional Resources

- Want to raise awareness to various audiences in your schools on the benefits of a Comprehensive School Physical Activity Program? Take a look at the [Let's Move in School – PTA/PTO Toolkit](#) for parents, and the [November issue of the Let's Move in School – Physical Education Teachers Toolkit](#), which focuses on increasing family physical activity. It includes a communication to parents, a listing of special family physical activity events, ideas for before and after-school physical activity clubs, new physical activity break ideas, and a special refrigerator message for everyone's homes.
- [Find Your Balance Challenge](#) and [Healthy Playground Makeover sweepstakes](#) are open for registration. Click the links for more information and to register for big prizes.
- **SPARK Healthy Fundraising seminar:** Learn effective strategies for putting the FUN back in FUNdraising and make it a healthy (and profitable) experience! This free webinar is 11/30/11 at 6 p.m. [Click here](#) for more information.