

## **School Wellness Weekly, 11.28.2011**

### ***Don't forget—two major wellness events!***

Tonight is Educators' Night at the Children's Museum of Manhattan (212 West 83rd Street) for the new [EatSleepPlay™](#) exhibit, so join the museum's friendly and knowledgeable staff from 5:30-7:30 p.m. for a special open house. Bring your family and experience interactive ways for you to create a healthier lifestyle together. Learn about [CMOM's guided group tours for students \(get a 10% discount if you sign up tonight\) and professional development for teachers](#). Event participants will be treated to a private tour and snacks will be served. You still have time to RSVP to this special event by sending an email [here](#) or call 212-721-1223, ext.241.

Also, bring your School Wellness Council members to the first ever NYC School Fundraising Expo Wednesday, December 7! Network with other NYC schools on your school's next big fundraising idea, enjoy light refreshments, and peruse wellness information from various school and health offices. The event is from 3p.m. -6 p.m. at The Graduate Center, CUNY (365 5th Avenue between 34th and 35th Streets). To RSVP, email [hswellness@health.nyc.gov](mailto:hswellness@health.nyc.gov) with a list of attendees if you are coming as a group. Students under 18 must be accompanied by a parent.

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

- **Need to increase physical activity in your K-5 school?** The free [Move To Improve](#) fitness break workshop and materials package for at least six of your classroom teachers, valued at \$3,000, is still available! To apply, [click here](#) or for questions, email the MTI team by [clicking here](#). Available workshops include 11/30, 12/1, 12/7, 12/13 and 12/14.
- **Free 2011-12 Wellness Calendars Available:** Schools can request up to 200 wellness calendars featuring students' winning poster designs from last year's School Wellness Poster Contest. To order these calendars, which promote the benefits of eating nutritious food and being physically fit, click and fill out the [order form here](#).

### ***Featured Event for SWC Schools***

**Understanding the Healthy Schools Program Inventory 12/8:** This free webinar, hosted by Stephanie Myers, the Alliance's New York Relationship Manager, will provide you with an overview of the [Alliance for a Healthier Generation's Healthy Schools Program](#), show you how to register online, and demonstrate how to complete an inventory (which can serve as the basis for your SWC action plan). The webinar is scheduled 3:30 - 4:30 p.m. To register, [click here](#).

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

- [A New Schoolyard, Decorated in Pinstripes](#) (NY Times, 11/29)
- [Eat like a Mediterranean—but how?](#) (LA Times, 11/21)

### ***Additional Resources***

- [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.
- **Garden Grants and More:** [Grow to Learn NYC](#) mini-grants, ranging from \$500-\$2,000, (due **11/30/11**), The Home Depot Garden Club [Youth Garden Grants](#) for schools, with 100 winners receiving gift cards valued at \$500-\$1,000, (due **11/28/11**) and [Chefs Move to School Grant](#) (due **11/30/11**), with awards from \$500-\$3,000.
- **Save the Date:** The [NYC APHERD Zone](#) conference 1/30/12 at Progress High School in Brooklyn and Lehman High School in the Bronx. Registration and additional information is forthcoming.

To have this sent directly to your email, [click here](#) and send with “subscribe” in the subject line.