

## **School Wellness Weekly, 12.11.2011**

### ***From the Field***

The cold rain Wednesday afternoon was not enough to dampen the spirit and excitement of 14 innovative schools at The Graduate Center in midtown for DOHMH's first NYC School Fundraising Expo. School teams (including several SWC grant schools) shared with nearly 100 participants the ways schools can increase activity, promote good nutrition, and enliven school spirit, while also raising money for school priorities. Walk and dance-a-thons, produce sales, AIDS awareness day events, and holiday flower deliveries were among some of successful fundraisers shared. The SWC mentoring team from Harriet Tubman Learning Center even featured their school's popular Wellness Fair. After brief congratulatory remarks to participating schools, and enjoying light and healthy refreshments, all there convened for a quick Move-to-Improve fitness break apropos to a rainy afternoon in midtown, [NYC Traffic Jam](#).

Also, SWC mentoring school JHS Nathaniel Hawthorne Champion Maureen Doherty reports that her SWC meetings are up and running, with programs underway, like the Nike sneaker recycling program, water bottle recycling to raise money for tree planting, and walking clubs, as well as planning the annual family fitness night. With gardening, PE trips, and other plans underway at her school, she's looking forward to hearing from other schools to share successes and get ideas!

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

- **Alliance for a Healthier Generation Inventory Support:** If SWC grantees would like hands-on assistance completing the online Healthy Schools Program Inventory and Action Plan, contact Healthy Schools Program NY Relationship Manager [Stephanie Myers](#) to RSVP for upcoming morning sessions, 12/20 (in Manhattan) and 1/11 (in Brooklyn).
- **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](#).
- **Learn to Play U.S. Playground Map Stencil Giveaway.** Win a geographically and proportionately accurate educational map stencil 16 feet by 27 feet for your school's outdoor play space. History and geography comes alive with the games and activities included in the stencil set. [Click here](#) to enter.

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

- [Youth-Obesity Interventions Found to Be Effective, Do No Harm](#) (Education Week, 12/8)
- [A Swinging Time at PS 75](#) (NY Times, 12/2)
- [The Incredible Shrinking Student](#) (Scholastic Administrator)

### ***Additional Resources***

- **Still considering which assessment to use?** Check out the side-by-side comparisons of the Healthy Schools Inventory (Alliance for a Healthier Generation), School Health Index (CDC), and Healthy School Report (ASCD) at the bottom of the [CDC's School Health Assessments: FAQ site](#).
- **For your school's coaches:** Check out [NASPE's New Coaches Toolbox](#), information and resources about safety and injury prevention, skill development, strength training, peak performance, post-workout recovery, nutrition, sport health care, sport psychology, professional development and college recruiting.
- [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.
- **Save the Date:** NYS AHPERD NYC Zone Conference 1/30/12 at Progress High School in Brooklyn and Lehman High School in the Bronx. Registration and additional information is forthcoming.

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