

## **School Wellness Weekly, 1.9.2012**

### ***An information resolution***

Of all resolutions related to wellness—exercise and sleep more, eat healthier, reduce stress—perhaps one that can benefit our students and councils most is to stay informed. Just spending a few moments each week reading about the opportunities and information available to students, families, and staff can go a long way in answering our colleagues' questions, offering solutions to daily challenges, and considering new ways to organize school initiatives with a wider reach and perhaps in fewer steps. The right information in your hands builds knowledge we can all use, so don't forget to [share your successes with us](#) for future issues. Happy New Year!

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

- **Winter [Move To Improve](#) Slots Available:** The MTI program helps elementary school teachers incorporate short structured fitness breaks into their classrooms (with minutes counting toward the PE requirement). 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](#).
- **Tai Chi for Kids:** Slots are still available for deeply discounted [Tai Chi For Kids](#) program that can build the capacity of your teachers to incorporate physical activity in new and engaging ways into your school day. We are offering a deeply discounted rate to three more SWC grant recipients interested in using grant funds for one full day of professional development with founder Cari Shurman, materials, and DVDs (\$435). Program training slots are available in late January and early February, so if you are interested in this opportunity, email [Alice Goodman](#) as soon as possible.
- **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. Click and fill out the [order form here](#).
- **Winter *Swim for Life* Slots Open:** The NYCDOE along with NYC Parks, Asphalt Green, and the YMCA of Greater NY provide free swimming classes to 2nd grade students at locations throughout the city during the school day. For slots and contact information, [click here](#).

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

- **American Academy of Pediatrics Academy Stresses Low-Income Students' Need for Playtime** ([Education Week](#), 12/27; [Pediatrics](#) report, 12/26)
- **Physical Activity and Performance at School** ([Abstract](#), Archives of Pediatrics & Adolescent Medicine, 1/12; [LA Times](#) coverage, 1/2/12)

### ***Additional Resources***

- **Has Your Health Team Seen Public Health Detailing Kits?** The NYC Department of Mental Health and Hygiene maintains a [site of action kits](#) with resources and information for health professionals (e.g., nurses) on a number of public health challenges, including [obesity in children](#), [asthma](#), and [diabetes](#).
- **PE, Sport and Physical Activity Grant Database:** Interested in a monthly database of grants that can benefit your school and community. Click [here](#) and check out NASPE's grant repository.
- **Registration Open:** [NYS AHPERD NYC Zone Conference](#), 1/30/12 at Progress High School in Brooklyn and Lehman High School in the Bronx. Click on the link above for more details.

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