

School Wellness Weekly, 1.17.2012

Opportunities and Recognition

- **Apply to be an Edible Schoolyards Showcase School:** [Edible Schoolyard NYC](#) is accepting applications until 2/28 from Title 1 elementary schools in the Bronx, Manhattan, Queens and Staten Island to become the next Showcase School. Partnering with public schools to build gardens and kitchen classrooms, Edible Schoolyards provides students with the knowledge, skills and environment required to make healthier choices and change the way they eat for life. To read more and download an application, [click here](#).
- **Special Spring Course for pk-4 Educators Using EatSleepPlay™:** [The Children's Museum of Manhattan \(CMOM\)](#) and the [Penn Literacy Network](#) (PLN) offer a four-day course on the integration of CMOM's EatSleepPlay™ Health Exhibit and Curriculum and PLN's research based frameworks. Held on Saturdays in March and April from 10 am - 4:00 pm at the Tisch Building (212 West 83rd Street), the cost of the course is \$300 and participants are awarded 4.5 graduate level continuing education credits from the University of Pennsylvania's Graduate School of Education. Contact [Susan Lim](#) for more.
- **Encourage breakfast!** Earlier this month, postcards were sent to all parents and guardians to promote [SchoolFood](#)'s free breakfast program available to all students. To ensure that students receive the proper nutrients they need to think clearly, concentrate on learning, and perform better in class, encourage your students to take part and review [breakfast menus](#) online.

Wellness in the News

- [Why are obesity rates leveling off?](#) (*The Washington Post*, 1/17)

Additional Resources

- **Write a Grant for Your Garden 1/28:** Join GrowNYC for a two hour grant-writing clinic. Bring your draft proposal and GrowNYC will work with you to get it ready. The workshop will hold a maximum of 20 participants so RSVP [here](#) to reserve a spot.
- **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). To apply, [click here](#) or for questions, email the MTI team by [clicking here](#).
- **Tai Chi for Kids for SWC Schools:** Slots are still available to SWC grantees for a deeply discounted [Tai Chi for Kids](#) program for your school. If you are interested in this opportunity, email [Alice Goodman](#) as soon as possible.
- **Free 2011-12 Wellness Calendars Available:** Order up to 200 by filling out the [order form here](#).
- **Winter *Swim for Life* Slots Open:** For more information and available slots, [click here](#).
- **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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