

School Wellness Weekly, 1.23.2012

Meet Mentor Maureen Doherty

To build capacity within the School Wellness Council (SWC) grant program, three mentoring grant sites were selected this year. These schools demonstrate the drive, practicality, effectiveness, and inspiration to not only move the wellness agenda forward in their schools, but also to provide guidance to other schools as they build their councils and create action plans. This week, [click here to read an interview](#) with SWC Champion Maureen Doherty from Nathaniel Hawthorne middle school in Queens, as she highlights what her SWC, school, and community do to promote healthy activities and generate excitement throughout the year. (Also stay tuned for interviews with our other mentors!)

Opportunities and Recognition

- **School Wellness Poster Contest Underway:** All New York City public school students in grades K-12 are invited to submit poster designs on the benefits of eating nutritious food, being physically fit, and getting an adequate amount of sleep—three major components of wellness. Top designs will be chosen from elementary, middle and high school grade categories, and winners receive a package of wellness-themed materials for their schools. For contest guidelines, [click here](#). Submissions are due to the [Office of School Wellness Programs](#) by 3/16.
- **Apply for 2012 Excellence in School Wellness Award:** Each year, the Strategic Alliance for Health recognizes elementary schools in certain districts for their efforts in creating a healthy school environment as a means to prevent childhood obesity and improve academic achievement. For eligibility rules and an application, [click here](#). Submissions are due by 4/27.
- **Run a Nutrition Campaign in Your School 2/8:** Join NYC high school students and staff members as well as members of the Healthy High Schools Initiative on this free webinar to discuss how to have an effective school campaign to improve the school environment 2/8 from 4:00-4:40 p.m. To sign up, email [Gabrielle Ettlinger](#).
- **Where Does Your Garden Grow? Edible Schoolyard NYC** continues to accept applications until 2/28 from Title 1 elementary schools in the Bronx, Manhattan, Queens and Staten Island for the next Showcase School. To read more and download an application, [click here](#). Writing a grant for a garden? **Write a Grant for Your Garden 1/28** with GrowNYC at a two hour grant-writing clinic. RSVP [here](#) to reserve a spot. **Transform an open area into a garden or green space** through [New York Restoration Project's](#) Garden's Through the City project by applying [here](#). Get the latest news about School Gardens and [Grow to Learn NYC](#) by signing up [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, credit bearing course on the integration of CMOM's EatSleepPlay™ Health Exhibit and Curriculum and PLN's research based frameworks. For more information, contact [Susan Lim](#).

Wellness in the News

- Coverage on Changes in Federal Rules for School Meals ([USDA News Release](#), [The New York Times](#), [Wall Street Journal](#), [Christian Science Monitor](#), 1/17)
- [Looking Inside the Twinkie](#) ([The New York Times](#), 1/20)

Additional Resources

- **Free At-Risk for High School Educators Online Training Course Available:** Beginning Tuesday January 31 and throughout the Spring semester, teachers and staff in high schools can access a one-hour course on identifying, approaching, and referring students who show signs of psychological distress. To participate, click [here](#) and sign up as a new user with your DOE email address. Select your school's DBN from a drop down menu to get started.
- **Interested in Health Curriculum Pacing Guides?** See the new pacing guides for NYC's recommended health curriculum for middle and high school students [here](#).
- **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](#).
- **Snack and Beverage Ordering System:** If your schools would like to order approved snacks and beverages for your school store or event, sign up on the [NYC School Snack Shop site](#).

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