

School Wellness Weekly, 2.6.2012

Resources for Physical Activity

School Wellness Council (SWC) grant schools often lead the way in considering new ways to raise levels of physical activity among students, either through creating activity clubs or fitness groups before and after school, building the capacity of physical education teachers and coaches to provide a variety of activities, incorporating physical activity in classrooms and/or small spaces through fitness breaks, or providing structured recess activities. Contracted vendors, community groups, and partners provide a variety of free and low cost programs and activities for your school, e.g., running ([New York Road Runners](#)); rugby ([Play Rugby](#)); jump roping ([Punk Rope](#)); yoga ([Integral Yoga](#), [Bent on Learning](#), [Little Flower Yoga](#)); tai chi ([Tai Chi for Kids](#)), and fitness breaks ([Move-To-Improve](#)), just to name a few. If you need assistance finding the right fit for your school, or you have a great idea or program you'd like to share with other schools, email Wellness@schools.nyc.gov.

Opportunities and Recognition

- **NYRR Events to Run Grant:** To celebrate New York Road Runner's free resource, [Events to Run](#), which offers guidance on organizing youth running and fitness events, they're giving away 40 grants of \$500 each. Learn more about how to qualify [here](#), and fill out this [short application](#) by 2/13. This is open to all NYC public schools.
- **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.
- **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](mailto:Gabrielle.Ettlinger).
- **Action for Healthy Kids (AHKG) Grants:** AHKG still has grants available to 13 elementary schools for up to \$1,000 to implement AFHK's *Game On! The Ultimate Wellness Challenge* web-based school wellness toolkit. To learn more and apply by 2/24, [click here](#).
- **The Gardens Keep Growing:** [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](#). Also, MillionTreesNYC Hosts, in partnership with [Recyclebank](#), has started the spring semester of the [Green Points Challenge! for NYC schools](#). Educators (grades K-12) are encouraged to get their classrooms involved in this citywide environmental initiative through 4/30. Or maybe a \$500 grant from [KidsGardening](#) would help you garden program. Apply by 2/15.
- **Enhance Your Health Education Program (elementary school):** Grab one of the few remaining spots in next week's elementary HealthTeacher 101 and HealthTeacher 102 (puberty for grades 4-5) trainings on the recommended curriculum that is free to all elementary schools. Click [here](#) to view the Office of School Wellness Program's professional development schedule to register for these free trainings.
- **How to Lose Weight and Keep it Off:** Read and share the new Health Bulletin from the NYC Department of Health and Mental Hygiene by [clicking here](#).

Wellness in the News

- [New Sex Education Mandate Takes Effect](#) (*The New York Times*, 1/30)
- [Lawmakers Delay Hearing on School Trans Fat Ban](#) (Associated Press, 2/3)

Additional Resources

- **Apply for 2012 Excellence in School Wellness Award:** Each year, the Strategic Alliance for Health recognizes elementary schools excelling in creating a healthy school environment. For eligibility rules and an application, [click here](#). Submissions are due by 4/27.

- **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](#).
- **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](#).

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