

School Wellness Weekly, 2.20.2012

Opportunities and Recognition

- **Share Your School Wellness Success Story:** The Local School Wellness Policy Interagency Workgroup, whose members come from the CDC Division of Adolescent and School Health, the USDA, and the US DOE, invite schools to share success stories on implementing school wellness policies. Nominate your school [here](#) by 3/9 or email [here](#) for more information. Winning stories will be published on the [CDC/DASH website](#).
- **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. 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 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](#).

Wellness in the News

- [Yoga in the classroom](#) (Chicago Tribune, 2/15)
- [New Rules Planned for School Vending Machines Nationwide](#) (NY Times, 2/21)

Additional Resources

- **Free At-Risk for High School Educators Online Training Course Available:** 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.
- **Looking for Grants?** Add these sites to your favorites: The Center for Health and Health Care in Schools [grant alerts](#) page as well as the National Association for Sport and PE’s grants [database](#).
- **Interested in Health Curriculum Pacing Guides?** See the new pacing guides for NYC’s recommended health curriculum for middle and high school students [here](#).
- **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](#).

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