

School Wellness Weekly, 03.07.2012

Opportunities and Recognition

- **[School Wellness Poster Contest](#)**—**Last Week to Enter:** 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.
- **New School Grants for Healthy Kids Open:** [Action for Healthy Kids](#) is awarding grants ranging from \$1,000-\$5,000 to more than 50 schools participating in the National School Lunch Program and National School Breakfast Program that have free/reduced priced meal eligibility greater than 50%. Award amounts will be based on building enrollment (priority to schools with more than 500 students), project type, potential impact, and a school's ability to mobilize parents and students around school wellness initiatives. For more information or to sign up for an upcoming webinar about this grant, [click here](#) or contact [Kim McLaughlin](#).
- **Fight the Bite Poster Contest:** Fifth and sixth graders can join a national poster contest sponsored by the CDC on ways to prevent mosquito and tick bites (and the diseases they transmit like West Nile virus and Lyme disease) among residents of New York City. Entries are due by 4/18 and students can win up to \$1,000. For more information, [click here](#).
- **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.

Wellness in the News

- [Three Queens teens cited as 'Rising Stars' by Parks Department](#) (NY Daily News, 3/8)
- [Getting Fat but Staying Fit](#) (NY Times, 3/7)
- [California schoolchildren growing fatter, but fitter too](#) (LA Times, 3/2)
- [Why It's So Important to Keep Moving](#) (NY Times, 2/29)

Additional Resources

- **Attend a Local Conference:** *Healthy Choices for Children: Linking Research and Practice in Childhood Obesity Prevention* happens 4/19 from 8:15 a.m.-3:00 p.m. at the New York Academy of Medicine (1216 Fifth Avenue). For registration fees and information, contact [Dawn Houppert](#).
- **Register for a Web Forum on Increasing Physical Activity in Schools:** *Improving School Policies and Setting to Increase Physical Activity* (3/28 from 2:30 p.m.-4:00 p.m.) will showcase national leaders summarizing the science behind the role that schools play in supporting physical activity. To register, [click here](#).
- **Join the Bullying Prevention Twitter Live Chat:** Join experts from the [CDC](#), the Anti-Defamation League (ADL), the Health Resources and Services Administration (HRSA), and the U.S. Department of Education 3/20 from 3:00-4:00 p.m. as they discuss bullying prevention, the value of programs, policies, and practices based upon the best available evidence, and resources available to assist parents and schools. For more information, [click here](#).
- **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](#).

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