

School Wellness Weekly, 03.21.2012

Spotlight on Celebrated Mentors

If you haven't talked to the School Wellness Council champions (and grant mentors) at [Harriet Tubman Learning Center](#) this year, mark May 12, 2012, on your calendar from 11 a.m.-3 p.m. The school opens its doors to the community at 250 West 127th Street in Manhattan for its annual Spring Wellness Fair. Organized by SWC co-champions Carla Blanks-Brooks and Ponzella Johnson, the event features all the important elements of a school health fair—health screenings, physical activity sessions, community health information. But perhaps more importantly, it provides an opportunity to meet the dynamic team that makes this and an array of other strong programming and messaging around health and wellness happen at the school. To get an idea of the energy and passion this team brings to school wellness, see the [Healthy Schools Campaign's](#) spotlight on [Ponzella Johnson](#), whose personal motto is “teamwork makes the dream work.” Then RSVP for the May event by emailing [Carla Blanks-Brooks \(CBlanks-Brooks@schools.nyc.gov\)](mailto:CBlanks-Brooks@schools.nyc.gov). Hope to see you there!

Opportunities and Recognition

- **School Wellness Poster Contest—Extended Deadline to 3/28!** 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 3/28.
- **Have a Free Healthy Fundraiser Workshop at Your High School:** The DOH's Healthy High Schools Initiative will offer free 30-60 minute workshops to your students, parents, and/or staff. Learn why and how to do healthy fundraisers, and gain ideas, tips, and helpful resources to meet fundraising goals while keeping the school community healthy. Workshops will be scheduled on a first come, first served basis, with workshops ending on or before April 27. Contact [Laena Orkin](#) with your school's name and address, desired date and time of workshop, type of group (students, parents, etc.), and estimated number of attendees.
- **Grant Application for Healthy Kids Open Until 5/3:** [Action for Healthy Kids](#) is awarding grants ranging from \$1,000-\$5,000 to more than 50 eligible schools participating in the National School Lunch and Breakfast Programs. Award amounts will be based on enrollment, project type, potential impact, and a school's ability to mobilize parents and students around school wellness initiatives. Sign up for an upcoming webinar about this grant by [clicking here](#) or contact [Kim McLaughlin](#).

Wellness in the News

- [Obesity and Other Targets of Children's Museums](#) (NY Times, 3/14)
- [Mighty Milers Club in PS 321](#) (WABC, 3/12)
- [Daily exercise “significantly improves pupils’ test scores”](#) (The Telegraph, 3/20)

Additional Resources

- **Y Splash Week Coming Up:** Registration is open at all YMCA branches for Y Splash Week, a free program 4/9-4/13 created to help people of all ages, especially children, to learn basic swimming skills and water safety practices. Contact your [local Y](#) for details.
- **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](#).
- **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.