

School Wellness Weekly, 03.31.2012

Celebrate an Early Spring...

Considering a spring flower or plant sale at your school? Contact [Laena Orkin](#) at the NYC Department of Health before 4/4 for more information about hosting a healthy Spring fundraiser. Or visit [GrowNYC's Annual Spring Plant Sale](#) in May, where neighborhood open space projects (including schools) can buy perennial and annual flowering plants, herbs, ground covers, and vegetables at wholesale prices to be sold to raise other funds. Or take a walk outside on 4/4 for the [American Heart Association](#)'s designated day to take steps toward a healthier life.

Opportunities and Recognition

- **Summer Scholarship for Rising Senior Girls:** NYRR's Run for the Future program is a community service and leadership development opportunity for high school girls entering their senior year with little to no prior running experience and aspirations of attending college. Participants will receive a \$1,000 college scholarship for successful completion of the 8-week program and at least 80% attendance at all practices. Download an [application \(with 4/30 deadline\) here](#), or request a flier for your students by emailing YouthPrograms@nyrr.org.
- **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 4/27. 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.
- **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.
- **New Free Health Professional Development:** See all of the Office of School Wellness Programs professional development health sessions by clicking [here](#).

Wellness in the News

- [Uptown after-school program serves up squash and education to Harlem students](#) (NY Daily News, 3/29)
- [Sit at your peril](#) (*The Washington Post*, 3/28)
- [5 Sweet & Healthy Treat Ideas for Kids' Classrooms](#) (The Kitchn, 3/28)

Additional Resources

- **Looking for Ways to Raise Physical Activity?** Peruse this [comprehensive list](#) of programs and resources from NASPE.
- **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](#) or [click here](#).
- **Apply for Healthy Kids Grant:** [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. For information, [click here](#) or contact [Kim McLaughlin](#).

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