

School Wellness Weekly, 04.27.2012

Focus Upcoming Weeks on Health

[National Physical Education and Sport Week](#) is May 1-7, so get students moving by checking out the [National Association for Sport and Physical Education](#)'s new activity lesson plans tailored for elementary, middle and high school levels and that meet the national standards for physical education by [clicking here](#). Or sign your school up for the [Presidential Active Lifestyle Award \(PALA+\)](#) challenge as part of First Lady Michelle Obama's Let's Move! Physical Activity campaign. During the six-week challenge, 5/7-6/15, NYC schools can support, promote, and track daily physical activity goals and weekly healthy eating goals among students and families, with results to be compiled and shared for school-wide recognition. Sign up your school by emailing KWalker1@schools.nyc.gov.

Also, [Children's Mental Health Awareness Week](#) is May 6-12, and New York City provides several resources to assist schools with ensuring students are healthy. High school educators can participate in a [free online training](#) to help them recognize, approach, and refer students in psychological distress. Also, educators can incorporate valuable information from the web portal [NYC Teen](#) into classroom learning to enhance health instruction.

Opportunities and Recognition

- **Free Cross Country Training Camp This Summer:** The program is free and applications are open to public high school students planning to run with a cross country team next fall and who can already run a 5K. Students will learn from expert coaches on how to improve form, racing strategy, and speed, with sessions meeting in Manhattan from 4pm-7pm, Monday-Thursday, 7/23-8/16. For more information and an online application, click [here](#), or email [Jordan Benkov](mailto:Jordan.Benkov).
- **Brooklyn Based Mental Health Opportunity:** Interborough Child Development is expanding Mental Health Screenings to interested Brooklyn middle and elementary schools in zip codes 11229, 11211, 11203, and 11236. In-school screenings, with parental permission, may help identify emotional challenges such as ADHD, Depression, Anxiety, and other forms of psychological stress. For more information, contact [Scott Bloom](#).
- **Bronx Based School Health & Wellness Event:** The Bronx Borough President's Office and Bronx Health REACH will sponsor an expo for school-based staff, parents, and the community, featuring school information and programs addressing health, nutrition, and physical activity. The expo is 5/3 from 2:00 p.m.-6:00 p.m. at Bronx UFT, 2500 Halsey Street, in the Bronx. For more information or to RSVP, [click here](#).
- **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

- [Obesity-Linked Diabetes in Children Resists Treatment](#) (The NY Times, 4/29)
- [Why Chicago Schools Brought Back Gym](#) (The Root, 4/19)

Additional Resources

- **Join a Forum on Social Media and Teen Health:** The Queens Forum will host this event on the impact social media has on how teens feel about themselves and related to others, 5/8 from 8:30 a.m.-11:30 a.m. at LaGuardia Community College. RSVP [here](#).
- **Bike Bonanza with Bike New York!** Join in free riding and skills classes, upgrade your bike at a bike swap, register your bike, and get bike helmet fitting. [See a list of dates and events](#) around the City, April-June.
- **Check out** the [Healthy Schools Campaign](#) webinar series [here](#).

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