

## School Wellness Weekly, 05.08.2012

### ***Sunny this Weekend!***

The weather is supposed to be sunny Saturday, and wellness events are budding like flowers. In Manhattan? Head over to [Harriet Tubman Learning Center's](#) annual Spring Wellness Fair from 11 am-3 pm, (at 250 West 127<sup>th</sup> Street in Manhattan). Just make sure you RSVP by emailing SWC Champion [Carla Blanks-Brooks](#). Or maybe you'd like to take the Second Annual Bronx Urban Farm Tour (\$20), collecting trolley passengers at the NY Visitors and Convention Bureau at 810 7<sup>th</sup> Avenue and 52<sup>nd</sup> Street in Manhattan at 9:30 am. This includes music, lunch, and garden workshops. For more information, email [bronxfoodsummit@gmail.com](mailto:bronxfoodsummit@gmail.com). In Queens for the day? Head to Jackson Heights at [PS 149](#) from 12 pm-4pm for classes, bike swaps, and bike registrations at a [Bike Bonanza](#). Staten Islanders and Brooklynneers might want to see the cooking demos, attend workshops, and visit the expo at the [Brooklyn Food Conference](#) at [Brooklyn Tech](#), 29 Fort Greene Place, from 9 am-6 pm. Or find fitness activities in your own neighborhood, or be the one to start them, using Parks & Recreation's [BeFitNYC](#) website. This weekend reminds us that striving for better health and wellness is a community building activity, and each of us has an all-access pass.

### ***Recognition***

- **Apply for Healthy Kids Grant:** [Action for Healthy Kids](#) continues to seek applications for grants ranging from \$1,000-\$5,000 for New York City schools participating in the National School Lunch and Breakfast Programs. If you missed the (5/5) deadline, here is your opportunity to fill it out and turn it in! For information, [click here](#) or contact [Kim McLaughlin](#).

### ***Wellness in the News***

- [Getting Lessons on Water by Designing a Playground](#) (The NY Times, 5/8)
- [Eating Well Without the Flavor of Shame](#) (The NY Times, 5/7)
- [Obesity in US projected to grow, though pace slows: CDC study](#) (LA Times, 5/7)
- [Mandatory Physical Education Linked to Student Fitness](#) (Education Week, 5/7)
- [No Longer Just 'Adult-Onset'](#) (The NY Times, 5/7)
- [Sex Ed Furthers Mission of Special Needs School](#) (NY1, 5/5)
- ['The Weight of The Nation' contributor on a parent's role in fighting childhood obesity](#) (The Washington Post 5/4)
- [How McDonald's Came Back Bigger Than Ever](#) (The NY Times Magazine, 5/4)
- [Queens school plans to go sugar-free](#) (NY Daily News, 5/3)
- [After bumpy start, Boys & Girls basketball to aid school's reform](#) (GothamSchools, 5/2)
- [An Anti-Obesity Campaign Takes to the Airwaves](#) (5/1, The NY Times)

### ***Additional Resources***

- **Learn More About Active Design at Fit City 7:** Join architects, planners, and public health professionals to discuss how design, policy, and practice decisions can address obesity and related chronic diseases. Sign up for this free 5/21 conference at the Center for Architecture (536 LaGuardia Place) [here](#).
- **Review Early Childhood Nutrition Curriculum:** Learn more about and download the Eat Well Play Hard in Care Settings: Nutrition Education Curriculum Pre-K through 1st Grade [here](#).
- **Weigh in on PE K-12 Standards:** [NASPE/AAPERD](#) is asking members to make suggestions on their first draft of the revised national K-12 standards by 7/10.
- **Core Curriculum Health Materials:** Did you know the recommended middle and high school health education curriculum, *HealthSmart*, is available on the Core Curriculum ordering page? For more information, speak with your principal or email [curriculum@schools.nyc.gov](mailto:curriculum@schools.nyc.gov).
- **New Free Health Professional Development:** See all of the Office of School Wellness Programs professional development health sessions by clicking [here](#).
- **Check out the [Healthy Schools Campaign](#) webinar series [here](#).**

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