

School Wellness Weekly, 10.12.2012

Application Closes October 22 for \$2,500 School Wellness Council (SWC) Grant

Thank you to the schools that applied last week and received tickets for the [Fun and Fit in the City](#) event. To continue the momentum, the next 50 schools to submit a completed [SWC grant](#) application (by October 19) will receive a copy of HBO's [The Weight of the Nation](#), a four-part documentary series about the obesity epidemic. The third episode, [Children in Crisis](#), examines how schools can become the centerpiece of public efforts to ensure that kids participate in physical education and develop healthier lifestyles that can last a lifetime. Host a screening and use the documentary as a tool to bring together your SWC, staff, educators, students, parents, and community to generate new strategies to improve wellness in your school. We look forward to receiving your applications and hearing about how you will use the documentary.

Also, for any schools that have questions about the [grant](#), or require technical assistance on filling out the application, email wellness@schools.nyc.gov so a member of our team can assist you.

Opportunities and Recognition

- **October 15-19 is National School Lunch Week:** Use this week as an opportunity to discuss with your students, staff, [parents](#), and community the change in [menu options](#) and the importance of the new nutrition standards implemented by SchoolFood. Also, share [this link](#) with families for more information on school meals applications, instructions, and how to apply online. Application submitted by 10/19 will be entered automatically into a [sweepstakes](#) for a chance to win a trip to the NFL Pro Bowl in Hawaii and other great prizes provided by the New York Jets.
- **October is National Farm to School Month:** Learn how your SWC could start a farm to school program [here](#). This is a great opportunity to connect your school to a local farm and provide health education opportunities about nutrition and food origins – from farm to plate.
- **Parents are the Strongest Partners**, in our schools, especially on SWCs. Check out the NYC DOE [Parents as Partners Week](#) starting 10/15, and join events which will engage parents around various topics throughout the City. Also, log in to the [Action For Healthy Kids Parent Leadership Series](#) on how to work with school wellness policies 11/9 at 2:00 p.m.
- **Creating Inclusive Learning Environments:** Part of wellness is creating the best environment possible for learning, free of intolerance and prejudice. Check out Tanenbaum's array of offerings for teachers, including an upcoming P-credited course, [Cultivating Global Citizenship](#) starting 10/20, and [World Olympics](#), a multicultural curriculum promoting team building and collaboration. For more information, contact [Marcie Denber-Serra](#).
- **The Partnership for a Healthier New York City**, charged with reducing chronic disease in NYC, has launched a new website with events, fact sheets, updates, and links specific to your neighborhood. Browse or sign up for as a partner today.
- **Free Health Education Professional Development:** Check out additional *HealthTeacher* and *HealthSmart* training opportunities added from the Office of School Wellness Program [here](#).

Wellness in the News

- [Local Coach Becomes “Champion of Change”](#) (*NBC 4 New York*, 10/11)
- [Schools Chancellor Dennis Walcott Runs Staten Island Half Marathon](#) (*Staten Island Advance*, 10/8)
- [Program to Promote Socialization Among Students – PE Partners pairs students with disabilities with those without](#) (*Bridgewater Patch*, 10/2)

Additional Resources

- **[2012 We’re Walking Here](#)**: K-12 students are invited to track the blocks they walk in a two-week period. Click [here](#) to register (grand prize of \$1,000). Entries are due by 11/16.
- **Want Healthier Foods in The Bronx (or Your Neighborhood)?** [NYC Department of Health and Mental Hygiene](#) works with city schools to provide fun, simple ways SWCs can support local stores to stock and promote healthier foods. Contact the [Shop Healthy team](#) for more information.
- **Check out the [Active Living Research’s resource sheet](#)** on increasing physical activity before, during, and after school, especially the infographic.
- **[NASPE Monthly Teachers Toolbox](#)** provides opportunities, ideas, and resources for PE teachers and schools.
- **[New York Road Runners](#)** invites DTFS schools, grades 3-8, to [register for free October meets](#), or request more information by emailing [here](#). Also, don’t forget to register for the [10/21 Youth Jamboree](#).
- **Green and Healthy:** [Grow to Learn mini grants](#) (due 11/1) and [planning workshops](#), and [Greenmarket Youth Education Project](#) opportunities are available. Plan and plant now!

To subscribe, email the [Office of School Wellness Programs](#) with “subscribe” in the subject line.