

## **School Wellness Weekly, 10.26.2012**

**10/29 Editor's Note:** Please heed all safety warnings regarding Hurricane Sandy, and stay up to date with the latest emergency information at NYC's Office of Emergency Management website ([http://www.nyc.gov/html/oem/html/nycsevereweather/weather\\_home.shtml](http://www.nyc.gov/html/oem/html/nycsevereweather/weather_home.shtml)). We hope you, your school communities, and families stay safe and support one another during this dangerous storm.

Now that Halloween is upon us, plan a costume parade, talk about all the healthy ways to cook a pumpkin, or see which student can scare you the most with a story or art project. And while candy and confections seems to be everywhere you turn this time of year, make sure your school serves as a stronghold of [good information and ideas](#) about how to celebrate in healthy and nutritious ways. Better to be scared by witches and goblins than the specter of childhood obesity. A recent [report](#) released by The New York Office of the State Comptroller shows the magnitude of human and financial costs of obesity in our state, while also providing policy recommendations, including the important role of schools. While [declines in childhood obesity rates](#) are starting to be reported in cities around the country (including NYC), it's clear that much bolder and persistent changes will be required to reverse trends of the last thirty years.

Such change requires commitment, exhibited by the more than 170 applicants who submitted School Wellness Council grant applications in the last few weeks. Thanks to all who applied, and stay tuned as we review applications. Once award notifications are final, winners will be posted on our [website](#).

### ***Opportunities and Recognition***

- **[Free Election Day Professional Development](#):** Select from more than 30 PE, health education, and wellness citywide offerings available to PE, APE, health, and classroom teachers, but register today. Slots are filling quickly.
- **[Move-to-Improve Schedule Open for Fall](#):** Designed by NYC DOE and DOHMH, MTI helps elementary school teachers incorporate short structured fitness breaks into their classrooms to increase physical activity among students. MTI supports schools with providing students with at least 120 minutes of PE each week. Participating teachers receive a stipend for the MTI workshop, as well as free equipment and materials. For a fact sheet on the [MTI program](#) to share with school staff, [click here](#), or [register here](#).
- **[Common Sense Media](#)** has partnered with the NYC DOE on new education requirements of the Children's Internet Protection Act (CIPA), teaching students about Internet safety, cyberbullying, and appropriate online behavior. Download the CIPA toolkit or join an upcoming one-hour webinar [here](#), or email [here](#) with questions.
- **[NYC PE and Health Ed Quick References](#):** Ensure your school provides comprehensive health education and physical education for all students and share these quick reference guides on [New York State and City requirements](#) with your SWC, staff, and parents.
- **Looking for a Community Service Project and Want Healthier Foods in 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.

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

- [Park Slope's P.S. 10 Takes Bite Out of 'Big Apple Crunch'](#) (*DNAinfo New York, 10/25*)
- [The Island Where People Forget to Die](#) (*The NY Times, 10/24*)
- [Childhood Obesity Declines in Several States, Cities](#) (*USA Today, 10/24*)
- [School Running Program Starts Good Habits Early](#) (*USA Today, 10/24*)
- [Safety Becomes a Concern with High-Caffeine Drinks](#) (*The NY Times, 10/23*)
- [Campaign Tries to Help Defuse Bullying](#) (*The NY Times, 10.23*)

## ***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.
- [The Partnership for a Healthier New York City](#) has launched a new website with events, fact sheets, updates, and links specific to your neighborhood.
- [NASPE Monthly Teachers Toolbox](#) provides opportunities, ideas, and resources for PE teachers and schools.
- [Visualizing School Wellness](#): This online pin board at Pinterest offers a variety of graphics explaining and promoting healthy choices.

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