

School Wellness Weekly, 11.9.2012

Hurricane Sandy, the recent winter storm, and cold temperatures of the last two weeks have created unprecedented challenges for our students, staff, families, and school communities. We are reminded of how essential it is to our collective wellness to maintain close bonds with one another, while taking care of ourselves so we can be there for others when they need us most. Despite what we've all faced, on a wide continuum from deep devastation to uncomfortable inconvenience, we hope that you and your families are safe and that spirits are resilient. Our commitment to wellness is perhaps a more meaningful and all encompassing charge than even two weeks ago.

Collective crises such as these compel us to:

- **Respond** ([crisis response resources](#), [HITE](#)),
- **Share** ([volunteer and service resources](#), [school fundraising opportunities](#), [donating money](#))
- **Take stock of the good things** we have in our lives, and
- **Take care of ourselves** so that we are better prepared to take care of others.

School Wellness Councils (SWC) can take the lead in our school communities, helping families, students, and staff cope and recover, endure and thrive.

Opportunities and Recognition

- **[School Wellness Council Awards to be Announced Soon](#)**: More than 170 schools applied for a \$2,500 School Wellness Council grant. If you applied, you and your principal should have received a confirmation. Once all applicants are notified of award status, winners will be posted on our [website](#), so stay tuned.
- **[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 while enhancing core academic skills. 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

- [Embracing Children for Who They Are](#) (*The NY Times*, 11/5)
- [Spelman Drops Sports to Turn Focus on Fitness](#) (*The NY Times*, 11/2)

- [Parents in survey take responsibility for childhood obesity](#) (*LA Times*, 11/1)
- [There's Homework to Do on School Lunches](#) (*The NY Times*, 10/29)
- [Youngest Children Show Better Success Fighting Obesity](#) (*LA Times*, 10/31)

Additional Resources

- Browse this growing [list of Anti-Bullying Awareness Activity/Games](#), all available in PDF format for easy printing from Flaghouse.
- Mark your calendars for the [Brooklyn Partnership to Drive Down Diabetes](#) (BP3D) 3rd annual health fair on Nov 28th.
- [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.