

School Wellness Weekly, 11.21.2012

Our City has faced incredible challenges this month. The outpouring of generosity, fellowship, and good will from [schools and citizens from around the country](#) in response reminds us of what, collectively, we value. Seemingly small, individual contributions add up to massive support and relief efforts. Similarly, on School Wellness Councils, each member's knowledge, enthusiasm, ideas, and actions work in concert to drive how we talk about wellness, and what we do to improve it, student by student, class by class, and school by school. Last week, 125 schools around the City signed on to lead this charge as recipients of the 2012-13 School Wellness Council grants ([posted here](#)), and we look forward to sharing their collective efforts with you throughout the year.

Opportunities and Recognition

- **Hurricane Sandy Resources:** This Thanksgiving, continue to respond ([crisis response resources](#), [HITE](#)), share ([volunteer and service resources](#), [school fundraising opportunities](#), [donating money](#)), and take care of yourself so that you are better prepared to take care of others.
- **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](#).
- **Game On! The Ultimate Wellness Challenge grants:** [Action for Healthy Kids](#) (AFHK) announces \$1,000 [grants](#) to support elementary schools PTAs and SWCs with their wellness initiatives for 2013. Register for a [12/3 webinar](#) about the grant here. Applications are due 12/14.
- **Understanding Health-Related Fitness:** Join the 11/27 [Presidential Youth Fitness Program](#) webinar to gain a deeper understanding of why fitness assessments are an integral part of health related fitness and how it can strengthen your PE curriculum. For more information, [click here](#).

Additional Resources

- See the NASPE/AAHPERD draft document of proposed national K-12 PE standards available for comment [here](#).
- The CDC has announced changes to the [2012 School Health Index](#) to include sexual health as a new topic, updates to nutrition questions to reflect the [Institute of Medicine's Nutrition Standards for Foods in Schools](#), and revises the cross cutting questions to be more integrative.
- Review the [2012 Shape of the Nation Report: Status of PE in the United States](#) here.

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