

School Wellness Weekly, 10.19.2012

SWC Grant Deadline Extended to 10/26, Just in Time for Food Day!

Along with regular activity and adequate sleep, one of the many components of wellness is stress management. So we strongly encourage you to relax this weekend, consider the various benefits of having a school wellness council change your school culture towards healthier habits, and then spend some time before next Friday finishing your application for a \$2,500 [SWC grant](#). All who apply will receive a copy of HBO's documentary [The Weight of the Nation](#), which includes an episode called [Children in Crisis](#) highlighting how schools are the centerpiece of ensuring kids participate in PE and develop healthier lifestyles that can last a lifetime. 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.

Another major component of wellness is good nutrition, something schools around the country will celebrate October 24 on [Food Day](#). The Big Apple will live up to its name when SWCs, schools, and students around the City register for the [Big Apple Crunch](#). Whether you choose the synchronized crunch at high noon, or a more relaxed crunching time when it suits, you'll join groups around the City in an attempt to set the world record for the "Most Participants in an Apple-Crunching Event." Register your class or school's crunching plans [here](#), check out [Apple education resources](#) to accompany your crunching (available from [FoodShare](#)), or review a host of [Food Day](#) and other nutrition resources from Nourish [here](#).

Opportunities and Recognition

- **[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](#).
- **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.
- **NYC PE and Health Ed Quick References**: Ensure your school provides comprehensive health education and physical education for all students by checking the [New York State and City requirements](#) according to the grade levels you serve.
- **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](#).
- **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

- [11 Ways Food Marketing Can Make You Fat](#) (*Huffington Post*, 10/18)
- [Get Up. Get out. Don't Sit](#) (*The NY Times*, 10/17)
- [Students Take Swipe At iPad-Guided Workouts](#) (*NY1*, 10/16)
- [The Full School Food Equation](#) (*Huffington Post*, 10/16)

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.
- **Action for Healthy Kids Parent Leadership Series** can help you learn to take the best approach for accomplishing your school wellness goals. Register for the 11/9 webinar [here](#).
- **[The Partnership for a Healthier New York City](#)** has launched a new website with events, fact sheets, updates, and links specific to your neighborhood.
- **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.
- **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 [Office of School Wellness Programs](#) with "subscribe" in the subject line.