

## **School Wellness Weekly, 1.25.2013**



Some of the most powerful and influential voices on the benefits of eating nutritious food, being physically fit, and getting adequate amounts of sleep are students. So what better way to get your entire student body engaged in touting these benefits than to get your school to participate in [The 2013](#)

[School Wellness Poster Contest \(K-12\)](#). Art teachers, health educators, PE instructors, nurses, and even media enthusiasts (e.g., newsletter staff, yearbook club) should encourage students in your school to submit designs and make this a campaign of artistic ability, creativity, and wit. One winner and three runner-up winners will be selected from each grade level. The top prize is \$500 worth of wellness related goods for the school, but all winners and runners-up will be recognized at an awards ceremony in June. In addition, the winning designs will be featured on posters displayed in schools citywide, on the DOE website, and in other documents used to increase awareness of school wellness. Full details and [guidelines](#) about the contest are on our [website](#). The deadline to submit entries is **March 8, 2013**.

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

- **More Reasons to Move-to-Improve (MTI):** SWC grant winner Principal Monica Meade at [PS 139 Rego Park](#) in Queens has made MTI a priority at her school, with a majority of her teachers learning and using MTI since the fall. Her bold leadership has guided the School Leadership Team to include student wellness in their comprehensive educational plan to combat childhood obesity and improve academic performance. MTI supports these goals, enhancing the school's PE program, boosting PE minutes, and optimizing the limited space in their school. Remember, teachers receive paid training, as well as free equipment and materials, and schools that train more than 85% of teachers enjoy even more benefits and incentives. Let our staff help you recruit teachers and sustain an [MTI program](#) in your school for all students by emailing: [mti@schools.nyc.gov](mailto:mti@schools.nyc.gov).
- **New York Road Runners' (NYRR) Mighty Milers – Apply Now:** Help your students shake off the winter blues through physical activity. Fill out a Mighty Milers [application](#) and register for a free school running program. The season starts 3/1. Spaces are available on a first-come, first-served basis to sites new to the program. For questions, [email](#) or call at 212-401-5707.
- **Middle Schools Needed for Sexual Harassment and Dating Violence Prevention Study:** Funded by [the National Institute of Justice](#), and conducted by researchers from [NORC at University of Chicago](#) and [Wellesley College](#), the study evaluates grade-differentiated dating violence and sexual harassment prevention curricula for grades 6-8. Help to create guidance for safer classrooms and communities and receive \$500 for your school. If interested, email or call [Bruce G. Taylor](#) at 301-634-9512 or [Nan D. Stein](#) at 781.283.2502 and mention Scott Bloom, Director of School Mental Health Services.
- **Share Your Attendance Success Story – Monthly Contest:** Attendance teachers or schools are invited to submit stories about how they improved attendance for a school or an individual student. Each month, there will be a random drawing to win \$1000 in funding for student admissions to cultural and entertainment venues. Submission form and information found in [Principals' Portal](#) (need DOE login to access) on the Attendance page. Email questions [here](#).
- **Slots Still Open for Tai Chi for Kids:** Tai Chi for Kids creator and producer Cari Shurman provides a full day visit to your school to train teachers in classes, before and after school, and/or during lunch periods, with materials and DVDs for 20 teachers. Get the deeply discounted rate for a full day of professional development in February or March, materials, and DVDs by emailing our office here as soon as possible.

- **Have a great idea for a school wellness project?** [Citizens Committee for New York City](#) awards grants of \$500 to \$3,000 to school and resident-led groups to work on school and community improvement projects addressing issues important. Visit the website for [current grant applications](#) due by 1/31.

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

- [U.S. mental health experts urge focus on childhood screening](#), (*Reuters, Chicago Tribune, 1/24*)
- [5 Tips to Lose Weight and Keep It Off](#), (*ABC News, 1/23*)
- [Clearer food labels might help with healthy food choice: study](#), (*Reuters, Chicago Tribune, 1/23*)
- [Student Chefs Cook for Top Prize](#), (*WNYC School Book, 1/21*)

### ***Additional Resources***

- [The YMCA of Greater New York](#) will be hosting a webinar about comprehensive school physical activity program strategies that embrace health-related fitness concepts. Register [here](#) for the Tuesday, January 29, 2013 1:00 PM - 2:00 PM EST session.
- [New York Road Runners](#) and [St. Francis College](#) will host a free event 1/29, 6:00–7:30pm, to help educate student athletes and their families on the important steps they need to take to [ensure freshman NCAA eligibility](#). To attend, RSVP [here](#) or call 646-758-9680.
- **Has Your School Completed the [NYC FITNESSGRAM](#)?** Make sure your assessment data is entered and validated [online](#) (need DOE login to access) by your PE teacher by **March 22**.
- [National Association for Sport and Physical Activity \(NASPE\)](#) introduces a [new infographic series](#) on the [Shape of the Nation report](#) which is a great way to visually share the State of PE nationwide. Note NY is one of few states that require daily PE in every grade.
- [Teen Talk Kit \(TTK\)](#): The TTK provides information and digital resources to enhance instruction, small group learning, or health class and help teens deal with life. Additional kits can be ordered by calling 311 and asking for *Teen Talk Kit*.
- [American Council on Exercise \(ACE\)](#) launched [ACEFit.com](#), a new website solely dedicated to providing free resources and information that empowers individuals to live their most fit lives.

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