

School Wellness Weekly, 1.18.2013



Due to the severity of this year's [flu season](#), [Federal](#) (CDC), [NY State Department of Health](#), and local officials are urging schools and families to take precautions to keep the flu from spreading. School Wellness Council leaders can help spread the word through good school communications. For instance, SWC champion and science teacher Christian Ledesma at [PS 244 – The Active Learning School](#) in Flushing shared tips with students, staff, and families (backpacking letters home last Thursday) for how to stay healthy by reinforcing some simple, yet very effective strategies: keep hands away from your face; throw tissues away immediately after using them; use the inside of your elbow when you cough or sneeze; wash hands frequently; and disinfect shared equipment or furniture often. The message was personalized with a tea recipe involving whole cloves of peeled garlic, a chunk of ginger, a stick of cinnamon, and honey. After boiling, pour only the tea liquid into a cup, let cool, and drink up. If you haven't yet received your flu shot, find a flu clinic near you using the [Flu Locator](#).

Opportunities and Recognition

- **More Reasons to Move-to-Improve (MTI):** At [P.S./I.S. 210 - Twenty-First Century Academy for Community Leadership](#) in Manhattan a majority (70%) of their K-5 staff are now trained in MTI, meaning more students move more during the school day! They've even opened their doors to host other community schools—[PS 28 Wright Brothers](#), [PS 194 Countee Cullen](#), [PS 325](#), and [PS 18 Park Terrace](#)—to join their MTI workshops, creating a shared sense of commitment to making our kids more healthy. Remember, teachers receive paid training, as well as free equipment and materials, but 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 today!
- **Middle Schools Needed 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.
- **Principals! 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](#), on the Attendance page. Email questions [here](#).
- **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 – help raise awareness about emotional health, reduce stigma, and assist teens to identify their own pathways to getting help. While five copies of the TTK have been shipped to all middle and high school principals, additional kits can be ordered by calling 311 and asking for *Teen Talk Kit*.
- **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 1/31/13.

Wellness in the News

- [Alliance of big city school districts aims for more healthful meals](#), (*The LA Times*, 1/17)
- [Let's Move, Let's Run](#), (*Runner's World*, 1/9)
- [We're eating our way to disaster](#), (*The Telegraph*, 1/13)
- [Do the Brain Benefits of Exercise Last?](#) (*The NY Times*, 1/9)
- [Dieting doesn't help our health after a certain age — and may even be harmful: study](#), (*The Daily News*, 1/16)

Additional Resources

- [Gay, Lesbian & Straight Education Network \(GLSEN\)](#), the leading national education organization focused on ensuring safe schools for all students, is now accepting applications (due 1/28) to their annual [Safe Schools Advocacy Summit \(SSAS\)](#), March 2-5, 2013.
- **Check out the *School Wellness Works Observation Scorecards***, posted by school grade level ([click here and scroll down](#)). Assess your school's wellness needs, spark conversations, and use them to create an action plan to better understand and help improve wellness.
- [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.
- **Free physical and health education** professional development opportunities are available through [Protraxx](#) for NYC DOE elementary, middle and high school teachers.
- [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.

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