

School Wellness Weekly, 1.11.2013



Sprint into this new year with the power of gold by inviting Brooklyn-born, Olympic hurdles gold medal-winner [Derrick Adkins](#) to your school. In his support of New York Road Runners' (NYRR) [School and Youth Programs](#), such as [Mighty Milers](#), [Young Runners](#), and the [Developmental Track and Field Series](#), Adkins gives a 30-minute presentation titled "[The Olympic Mentality](#)" in which he explains the importance of being healthy and the attitude involved with balancing wellness and academics. Able to present to consecutive class periods of all school ages, Adkins will also challenge students to take advantage of the fitness activities offered in their community and encourage students to think about the improvements wellness could bring to their own lives. To schedule an assembly with Adkins, email [here](#).

Opportunities and Recognition

- **More Reasons to Move to Improve (MTI)!** Join schools like PS 41 in Manhattan, PS 53 in the Bronx, PS 34 in Queens, and PS 224 in Brooklyn, where more than half of their teachers Move to Improve! If your elementary school hasn't signed up for this structured classroom fitness break program, [email](#) the MTI team to hear about all the incentives and reasons beyond supplementing your PE minutes and being a more active school. Teachers receive paid training, as well as free equipment and materials, but schools that train more than 85% of teachers enjoy ever 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!
- **Employment Opportunity as a Health Education Mentor:** [The DOE Office of School Wellness Programs \(OSWP\)](#) seeks a qualified educator for a Teacher Assigned position to support middle and high schools in delivering medically accurate, skills-based health instruction, as well as identify and share best comprehensive health education practices. **To be eligible, applicants must be current licensed, appointed, and tenured NYC DOE teachers.** Learn more from the circular posted [here](#) and note that the deadline for applying has been extended to 1/18/12.
- **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.
- **School Garden Network Meeting:** [GrowNYC](#) and the [Grow to Learn Citywide School Gardens Initiative](#) host "Identifying Curriculum Links," with time for discussion to better meet the needs of schools that want to start a school garden, or sustain or expand an already existing garden. Join them in the Bronx on 1/22 at 4:30 p.m. by emailing [here](#), or call Matt Mili at 212.341.3685.
- **Slots Still Open for [Tai Chi for Kids](#):** Tai Chi for Kids creator and producer Cari Shurman can provide a full day visit to your school to train teachers in classes, before and after school, and/or during lunch periods, and provide materials and DVDs for 20 teachers. Take advantage of a deeply discounted rate for SWC schools for one full day of professional development with Cari, materials, and DVDs (\$435). Program training slots are available in late January and early February, so if you are interested in this opportunity, or for a refresher session as a school who has worked with Cari already, [email](#) our office as soon as possible.

Wellness in the News

- [Flu Widespread, Leading a Range of Winter's Ills](#) (*The NY Times*, 1/9)
- [FitKids classes](#) (*Chicago Tribune*, 1/9)
- [Believe it or not, report says fresh fruit is #1 snack in America](#) (*Chicago Tribune*, 1/8)

- [Obesity declining in young, poorer kids: study](#) (*Chicago Tribune*, 1/4)
- [Poll: Obesity's a Crisis but We Want Our Junk Food](#) (*Time Magazine*, 1/4)
- [Schools Chancellor Dennis Walcott signed as honorary member of Queens Metropolitan High School triathlon team](#) (*NY Daily News*, 12/30)
- [Spelman College to Cut Sports in Bid to Improve Student Health](#) (*Reuters*, 12/19)
- [For Mothers at Risk, Someone to Lean On](#) (*The NY Times*, 12/15)

Additional Resources

- **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.
- **[Learn more about New York City community boards](#)**: become a powerful part of decision-making: [RSVP for the Community Board Join Up in the Bronx on January 10, 2013](#).
- **Free physical and health education** professional development opportunities are available through [Protraxx](#) for NYC DOE elementary, middle and high school teachers.
- **[2012 Updated HIV/AIDS Curriculum Available](#)**: Check out the OSWP [website](#) to learn more about medical updates to this K-12 [curriculum](#), see parent letters and brochures, [request a hard copy](#) of the curriculum, or [register for professional development](#).
- **[FoodFight Teacher Wellness Program®](#)** is designed to arm teachers, principals and school staff with the knowledge and tools necessary to transform personal health and wellbeing to become agents of change in schools and communities. [Email](#) to learn more.
- **Check out the CDC's [strategy toolkit](#)** for involving parents in school health.

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