

## **School Wellness Weekly, 12.17.2012**



As we all struggle with making sense out of a devastating act of violence in a school in Newtown, CT, the wellness information around health, safety, and violence prevention which we provide our own school communities may resonate most with students and families.

- Talk with your school community about your school's Building Response Team, emergency plans, and [visitor control procedures](#) (contact [Jay Findling](#) for more information).
- Share crisis response tools, [resources for dealing with traumatic events](#), strategies, and information, available to all schools through the Youth Development Page on the [Principals' Portal](#) as well as on the [Guidance and Teacher](#) pages (contact [Diane Costagliola](#) or [Scott Bloom](#) for more resources).

In addition, consider the ways in which you communicate best with your community. Lisa Siegman, Principal of Manhattan's PS 3, offered guidance to her families with a vivid introduction framed by personal and professional experience: "I have thought carefully about it in relation to my experiences as a parent and an educator (the 9/11 attack took place during my first week as a principal). For us, the starting point is that we adore children – our own children, our relatives' and friends' children, and for the P.S. 3 staff, the children we devote countless hours and energy to, the children of our school community. This gives us a solid emotional base to work from." Read her guidance [here](#).

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

- **[Shift Your Elementary School Culture Towards Wellness with Move-To-Improve](#)**: If your school hasn't signed up for this structured classroom fitness break program, the MTI team just gave you more reasons to supplement your PE minutes as an MTI school. Not only do all participating teachers receive a stipend for the MTI workshop, as well as free equipment and materials, but schools that train more than 85% of teachers and schools committing to be MTI host sites can receive additional wellness related goods. Challenge your teachers to [register](#) and use your SWC to help support and sustain [MTI](#) in your school.
- **[Tai Chi for Kids](#)**: Learn controlled movements, visualization techniques, and a focus on breathing that can improve balance, self-control, strength, and flexibility for your students during ten minute classroom activity breaks, recess, or in full PE class sessions. 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 to a limited number of 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.
- **[FoodFight Teacher Wellness Program](#)**: FoodFight offers a free [Teacher Wellness Program](#) especially designed to arm teachers, principals and school staff with the knowledge and tools necessary to transform their own health and wellbeing, serve as healthful role models for their students, and become agents of change in their schools and communities. Email [Sonya@foodfight.org](mailto:Sonya@foodfight.org) to learn more.

- [The School Employee Wellness Awards Program \(SEW\)](#), sponsored by the [Directors of Health Promotion and Education](#), recognizes schools and school districts that demonstrate a commitment to the health of their employees by implementing quality school employee wellness programs. Read more about the award application, due 2/4/13 [here](#). Award money (Bronze \$250, Silver \$500, Gold \$1,000) is to be reinvested in their employee wellness programs
- [Employment Opportunity as a Health Education Mentor: The DOE Office of School Wellness Programs \(OSWP\)](#) needs a qualified educator to join our team. This new Teacher Assigned position will 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 for this position, applicants must be current licensed, appointed, and tenured NYC DOE teachers.** Interested individuals may email [here](#).
- [2012 Updated HIV/AIDS Curriculum Available](#): Check out the OSWP [website](#) to learn more about medical updates to this K-12 [curriculum](#). New [parent letters and brochures](#) are also available, or [request a hard copy](#) of the curriculum. Also, teachers can [register for professional development](#) or [request](#) an “At Your School” training for 15 or more teachers—for either a refresher for those who have attended the 101 training prior to September 2012, or an HIV 101.

### **Wellness in the News**

- [Drink Ingredient Gets a Look](#) (*The NY Times*, 12/12)
- [FEMA Offers Free Disaster Preparation Presentations To Schools](#) (*NY 1*, 12/10)
- [Obesity in Young Is Seen as Falling in Several Cities](#) (*The NY Times*, 12/10)
- [Targeting kids' salt intake may curb childhood obesity rates, study says](#) (*CBS News*, 12/10)
- [US Loosens Rules Aimed at Healthier School Meals](#) (*The NY Times*, 12/8)

### **Additional Resources**

- **Free physical and health education** professional development opportunities are available through [Protraxx](#) for NYC DOE elementary, middle and high school teachers.
- **Download a copy of [Teens in NYC](#)**, a wallet-sized guide from NYCDOHMH about free or very low cost [sexual health services and clinics](#) that are teen friendly, also available from 311.
- **Check out the CDC's [strategy toolkit](#)** for involving parents in school health.

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