

School Wellness Weekly, 11.30.2012



Start the holiday season out right by participating in the New York Road Runners' (NYRR) [Jingle Bell Jog](#) on Saturday, December 8. NYRR has provided a limited number of free slots for NYCDOE school staff, so [click here](#) for a chance to receive your free admission (must have a DOE email address), or fee-based registration is available [here](#) until 12/4. Whether you take a 4 mile jog or brisk walk, you'll be in step with student wellness as all proceeds support [NYRR's Youth Programs](#) in NYC schools, improving the lives of thousands of NYCDOE students through physical activity. With bells on your shoes (NYRR provides them for you), run or walk for a good cause – perhaps even cross the finish line with one of the hundreds of participating DOE students. We hope to see you there to celebrate our ongoing partnership with NYRR!

Opportunities and Recognition

- **[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](#)—either a refresher for those who have attended the 101 training prior to September 2012, or an HIV 101.
- **[Do Your Elementary School Teachers 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 be an MTI school. Not only do participating teachers receive a stipend for participating in 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. Find out more from the fact sheet [here](#), or [register here](#).
- **[DOT's Bike to School RFP](#)**: All middle and high schools are invited to apply to the Bike to School program, a three year commitment for schools interested in working closely with DOT to designate safe Bike to School routes, implement in-class curriculum and recommend street safety improvements. Click [here](#) to apply before the 12/12 deadline.
- **[Hurricane Sandy Resources](#)**: Please continue to respond ([crisis response resources](#), [HITE](#)), share ([volunteer and service resources](#), [school fundraising opportunities](#), [donating money](#)), and take care of yourself so that you are better prepared to take care of others.
- **[Game On! The Ultimate Wellness Challenge grants](#)**: [Action for Healthy Kids](#) (AFHK) announces \$1,000 [grants](#) to support elementary schools, PTAs and SWCs with their wellness initiatives for 2013. Register for a [12/3 webinar](#) about the grant here. Applications are due 12/14.

Wellness in the News

- [L.A. District's Student Stores Feed Appetite for Alternative Lunches](#) (*The LA Times*, 11/19)
- [In the Book Bag, More Garden Tools](#) (*The NY Times*, 11/23)
- [Unpopular Kids More Likely to Smoke as Adults: Study](#) (*The NY Daily News*, 11/26)
- [Doctors Urged to Prescribe Teens Plan B Before They Have Sex](#) (*The LA Times*, 11/26)
- [Infected but oblivious: Young Americans with HIV often don't know](#) (*The LA Times*, 11/27)

Additional Resources

- 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 on 311.
- See the NASPE/AAHPERD draft document of proposed national K-12 PE standards available for comment [here](#).
- The CDC has announced changes to the [2012 School Health Index](#) to include sexual health as a new topic, updates to nutrition questions to reflect the [Institute of Medicine's Nutrition Standards for Foods in Schools](#), and revised cross cutting questions to be more integrative.
- Review the [2012 Shape of the Nation Report: Status of PE in the United States](#) here.

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