

School Wellness Weekly, 2.6.2013



Each February, the [American Dental Association](#) (ADA) sponsors [National Children's Dental Health Month \(NCDHM\)](#) to spread the message about the importance of oral hygiene in maintaining overall health. Use this as an opportunity to teach our students about the benefits of good lifelong dental habits. Routine flossing, brushing, and dental appointments are critical to oral health and happy smiles, and good oral health can be linked to improving overall health (e.g., artery health and in prevention of cardiovascular disease). For more information or to acquire materials to promote the benefits of good oral health in and around your school, visit [here](#). If you are a Brooklyn or Staten Island school, check [Second District's Dental Society](#) to learn about borough-wide specific events in February.

Opportunities and Recognition

- **[Move-to-Improve \(MTI\) in D75](#)**: More than 40 people attended the APE/D75 session on 1/28, including Maria Crowe, a special education teacher at [PS 811](#) in Queens. Excited by the training, Maria told us she couldn't wait to integrate what she learned to help create a more active and inclusive educational environment for her students. Maria and her colleagues plan to use the MTI program this summer in a self-contained classroom to garner the attention and focus of students at the beginning of a lesson. 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: \[mti@schools.nyc.gov\]\(mailto:mti@schools.nyc.gov\)](#) .
- **[The 2013 School Wellness Poster Contest \(K-12\)](#)**: 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 encourage your entire student body to tout the benefits of a healthy lifestyle through art! 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. Full details and [guidelines](#) about the contest are on our [website](#). The deadline to submit entries is 3/8.
- **[Punk Rope for Kids Workshop](#)**: Tim Haft at Punk Rope provides PE and classroom teachers, as well as other school based staff, with a fun filled 2-hour workshop on teaching students basic single rope, partner rope, and long rope activities to get students hopping, skipping, and jumping. They'll give you the rope and you come ready to jump, so email Tim [here](#) for costs, schedules and more information.
- **[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.
- **[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](#).

Wellness in the News

- [What's Wrong With Calling Obesity A Medical Problem?](#), (NPR, 1/28)
- [Binge Drinking Among NYC Teens Associated with Violence, Drug Use and Unsafe Sex](#), (WNYC, 1/27)
- [Generation C: Is caffeine the next kids' health crisis?](#), (Fox News, 1/29)
- [Let's Move \(faster\) on childhood obesity](#), (MSNBC, 1/28)

Additional Resources

- **Today is [National Girls and Women Women's Sports Day](#)!** See how to [take action](#) and celebrate.
- [The New York City Department of Health and Mental Hygiene](#) (DOHMH) has new resources and tools related to adolescent sexual and reproductive health. Check out [Best Practices in Sexual and Reproductive Health Care for Adolescents \(Best Practices\)](#) and the [Teens in NYC Web-based Portal \(TNYC Portal\)](#), or join the TNYC Portal by emailing [here](#).
- **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 3/22.

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