

School Wellness Weekly, 2.12.2013



One powerful way to expand wellness and grow support from your community is by hosting a family health night, not as a one time event, but as a yearly school tradition. Last month, School Wellness Council (SWC) mentor school [JHS 074 Nathaniel Hawthorne](#), hosted their seventh annual Family Fitness night, welcoming nearly 220 students, parents, community and business members, supporting the school's wellness mission, "*no one left unfit.*" Twelve physical activity stations showcased activities like volleyball, step aerobics, and kick boxing, and community health organizations provided information and services, like free blood pressure screenings. "Family Fitness night brings our school together with the outside community and really celebrates and promotes our school motto of wellness....It's an awesome night," said Assistant Principal Brian Annello. Like JHS 074, [PS 195 William Haberle Elementary](#) in Queens, and [PS 321 William Penn](#) in Brooklyn, start your wellness event tradition and let us connect you to their SWC champions for ideas and hints. Finally, SWC mentor [PS 154 Harriet Tubman](#) in Harlem will be hosting a "Zumbathon" in March as a community-wide fundraiser. If your school is hosting an upcoming event, [email](#) us so we can help spread the word!

Opportunities and Recognition

- **Does your school [Move-To-Improve \(MTI\)](#)?** MTI is coming to Staten Island 2/21 at 31R044 and 3/18 at 31R056, and any K-5 teacher can join us to explore this active learning curriculum. Receive training rate, music, materials, and equipment, and commit to changing your school culture toward wellness. Check out more than 20 other [free](#) trainings scheduled across the city [here](#), and experience several MTI activities [here](#). For more information, email mti@schools.nyc.gov.
- **On Your Marks, Get Set, Go!** [The New York Road Runners Developmental Track & Field Series](#) is a free spring program for grades 3-8, in which kids learn about the sport of track and field and get to compete in local meets in their borough. No running experience is necessary for teachers or kids. Spaces are limited, so apply today! Also, the deadline for [Mighty Milers](#) applications has been extended to 3/1, so click here for an [application](#) or [email](#) for more information.
- **[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 can be 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.
- **Visit [Our Global Kitchen: Food, Nature, Culture](#)**, at the [American Museum of Natural History](#) and take your students on a stroll through an ancient market, have them cook a virtual meal, or explore the myriad ways that food is produced and distributed throughout the world. To plan a field trip, click [here](#). For teacher professional development related to the exhibit click [here](#).
- **[USDA Farm to School Grant](#)** can help your school start or expand its school garden, or help you partner with another school and improve access to local foods. Apply for a planning, implementation, or support service grant, ranging from \$20,000 - \$100,000. USDA encourages collaborations on multi-school applications. [Sign up](#) for an upcoming webinar about the grant and submit by 4/24.
- **[YMCA Splash Week](#):** Let your students know about this free program created to share basic swimming skills and water safety practices. During [SPLASH Week](#), swimmers learn about the Y's holistic approach combining spirit, mind and body. Registration opens 4/4 at all YMCA branches.

Also, the YMCA offers [a free YMCA Lifeguard Certification Course](#) (must be at least 17). For more information, [email](#) Mary O'Donoghue or call at 212-630-9703.

- [Youth Bike Summit 2013](#): Bike New York, Recycle-A-Bicycle, and Transportation Alternatives, host 2/15-17 at The New School at 66 W 12th St, New York, NY. Fun and educational workshops throughout the weekend include Keynote Speaker Enrique Peñalosa, former Mayor of Bogota, Colombia, who helped create a culture of bicycling in Bogota. Tickets (\$10-35) are available [here](#).

Wellness in the News

- [Getting Into Your Exercise Groove](#) (*The NY Times*, 2/6)
- [USDA Proposes Rules Mandating Healthier Snacks in Schools](#) (*Tri States Public Radio*, 2/5)
- [Anti-Obesity Program Helps Young Staten Islanders Live Healthy Lives](#), (*NY 1*, 2/4)
- [NYC Teen Pregnancies Down Over a Decade](#) (Associated Press, NBC News, 2/3)

Additional Resources

- [This week is Respect for All Week](#) through 2/15. If you're proud of what your SWC or school does to promote respect for diversity and focus on preventing bias-based harassment, intimidation, and bullying, let us know about it! Write us [here](#) or tell your SWC manager.
- **Physical Best Specialist Certification workshop for PE Teachers** has been added for next 2/12 at MS 267 in Brooklyn. This is the last workshop offered prior to the 3/22 NYC FITNESSGRAM data entry deadline. Lots of space still available. Search [ProTraxx](#) to register.
- **Health-Related Fitness Before and After School**: If you missed last week's webinar with strategies for integrating fitness concepts outside of the school day in NYC, listen to the archived webinar for the Presidential Youth Fitness Program [here \(scroll down to webinar archive\)](#).
- Check out [Office of Adolescent Health \(OAH\)](#) highlights this week, including [Mental Health Help for Adolescents](#) and [Action Planning for Bullying Prevention Services](#).
- **New Adolescent Sexual and Reproductive Health resources** from DOHMH: [Best Practices in Sexual and Reproductive Health Care for Adolescents \(Best Practices\)](#).

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