

School Wellness Weekly, 2.27.2013



As First Lady Michelle Obama [tours the country](#) to celebrate the third anniversary of the national [Let's Move anti-obesity campaign](#), she's due to make a big announcement tomorrow from Chicago with US Secretary of Education Arne Duncan, Chicago Mayor Rahm Emanuel, our partners at the [Alliance for a Healthier Generation](#), [AAHPERD](#), and corporations like [NIKE](#). This is of special importance to you, as wellness champions, who already work tirelessly on efforts to get your students moving before, during, and after school; and who keep these efforts on the public agenda so that programmatic support continues to gain momentum. In our school system this year, nearly 1,000 K-5 teachers have participated in [Move-to-Improve](#) (MTI) classroom fitness break workshops and whole schools are shifting their cultures toward active learning; hundreds of NYC middle schools continue to organize [CHAMPS](#) sports and fitness leagues before and afterschool; and 125 SWC grantees have engaged [their councils](#) and created comprehensive, NYC-specific wellness action plans in order to effectively use \$2,500 SWC awards towards strengthening PE, health education, and other wellness components. Whether your school wellness efforts are just beginning or you are a seasoned advocate in your schools, as a NYC champion you are well-prepared to take advantage of the complementary funding and programmatic opportunities sure to be in tomorrow's announcement, proving that school wellness works. So stay tuned!

Opportunities and Recognition

- **Does your school [Move-To-Improve](#) (MTI)?** MTI advocate and dynamic PE Teacher Jackie Zammit at PS 115 in Brooklyn, has created an entire active learning community by recommending more than 25 teachers to the MTI program. By recommending at least 15 confirmed participants, Jackie will be one of the first teachers citywide to receive a free MTI Champion t-shirt. Why not join her? Or let our staff help you recruit teachers and sustain an MTI program in your school for all students by emailing: mti@schools.nyc.gov. 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.
- **A Spin on Health: A School Wellness Works Networking Event:** SWC champions are invited to a free 30-minute spin class on 3/6, 4:00pm – 5:30pm, led by fellow SWC mentor champion Jean McTavish at [West Side High School](#). Following the spin class, Principal McTavish will walk SWC champions through her process of making health a feasible priority in a transfer high school. Healthy snacks will be provided. Slots are limited, so [sign up here](#) today!
- **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.
- **[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.

- **Promote to Your Outstanding Seniors:** The [Janine Brawer “Gift of Life Scholarship”](#) is now accepting applications from outstanding high schools seniors. In honor of Janine Brawer, this scholarship helps make high school students and their families aware of the importance of becoming an organ donor. One winner will receive a \$5,000 award and four runner-ups will each receive \$2,500. Apply by 3/22 by clicking [here](#).
- [City Gardens Club \(CGC\) Scholarship Program](#) is now accepting [applications](#) for summer workshop scholarships for NYC public school teachers. Science teachers interested in learning about the art of botany and horticulture should apply by 3/31. To review the list of programs, [click here](#).

Wellness in the News

- [Children in US are Eating Fewer Calories](#) (*The NY Times*, 2/21)
- [California Voters Say Soda Can Make You Fat](#) (*The LA Times*, 2/14)
- [The Extraordinary Science of Addictive Junk Food](#) (*The NY Times*, 2/20)
- [Calorie Detective](#) (*The NY Times*, 2/12)
- [Mediterranean Diet Shown to Ward off Heart Attack and Stroke](#) (*The NY Times*, 2/25)

Additional Resources

- Visit [Our Global Kitchen: Food, Nature, Culture](#), at the [American Museum of Natural History](#). To plan a field trip, click [here](#). For teacher professional development, click [here](#).
- [YMCA Splash Week](#): Let your students know about this free program created to share basic swimming skills and water safety practices. Registration opens 4/4 at all YMCA branches.
- Check out [Office of Adolescent Health \(OAH\)](#) highlights this week, including [Mental Health Help for Adolescents](#) and [Action Planning for Bullying Prevention Services](#).
- [Move!](#): a blog about Active Living.

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