

School Wellness Weekly, 3.14.2013



General D. Chappie James Elementary School ([PS 631](#)) in Brooklyn is the first elementary school in NYC to have 100% of its teachers trained in the [Move-To-Improve \(MTI\)](#) program. New York City DOE Deputy Chancellor Kathleen Grimm congratulated Principal Karen Valbrun-Cohen and MTI Champion

Yehudith Holder (PE teacher) on reaching this milestone, commending them on their ability to open the wellness circle to include parents and embrace the entire school community. The school not only uses the program in class to reinforce academic concepts, but uses MTI during morning student line up and staff meetings. Now with more than 1,000 (K-5) teachers trained across the City this year, watch for [Move-To-Improve](#) in a school near you! Click [here](#) to see upcoming trainings and to learn more, or for questions, email mti@schools.nyc.gov.

Opportunities and Recognition

- **Parent CEC Elections For Wellness Advocates and SWC Members:** If you have outstanding parents who advocate for school wellness in your community, let them know about upcoming Community Education Councils (CECs) elections. CECs are advisory bodies which play an essential role in shaping education policies for the New York City public schools. If elected, CEC members can widen their sphere of influence and platform for wellness priorities in schools. Parents can apply online by 3/27 or learn more by [clicking here](#).
- **Calling all Champions of Wellness: [Spring Wellness Networking Events Open](#):** SWCs and MTI participants are invited to join us for small events across the City, featuring wellness partners, exhibits, and a chance to meet other school wellness heroes. After signing up (directions on website), you will be notified a few days before the event regarding your participation status. Limited space is available, so sign up quickly. Revisit the [site](#) for updates here.
- **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](#).
- **The Excellence in School Wellness Award** is now accepting applications. The NYC Department of Health and Mental Hygiene and partner organizations invite elementary schools to apply by 4/12. Winners receive recognition by city officials in a June ceremony. To receive a copy of the application, email [here](#) or call 646-672-2386.
- **[Need More Space to Play?](#)** The NYC Departments of Health and Transportation are working to expand [Play Streets](#), a program which allows schools who need more active play spaces to open up adjacent streets a few hours a day. Open to all boroughs citywide; Manhattan is now allowing Play Streets below 96th street. To learn more, email [here](#).
- **NYC Nutrition Education Network Meeting:** The New York City Nutrition Education Network's next meeting, ["Exploring the Food Supply Spectrum – From Fresh to Processed"](#) will examine some of the issues and perspectives on the state of the food supply on 3/15, 9am-12pm, at 285 Grace Dodge Hall at Teachers College, Columbia University. To RSVP, please email [here](#).

Wellness in the News

- [First Lady Michelle Obama Announces Unprecedented Collaboration to Bring Physical Activity Back to Schools](#), (*The White House, Office of First Lady*, 2/28)
- [Your Child's Fat, Mine's Fine: Rose-Colored Glasses and the Obesity Epidemic](#) (*NPR*, 3/4)
- [Too much salt may trigger autoimmune diseases: studies](#) (*Chicago Tribune, Reuters*, 3/6)
- [U.S. childhood obesity fight sees some success: group](#) (*Chicago Tribune, Reuters*, 3/7)

Additional Resources

- [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. Applications are due 4/24.
- [City Gardens Club \(CGC\) Scholarship Program](#) is now accepting [applications](#) for summer workshop scholarships for NYC public school teachers. To review the list of programs, [click here](#).
- The deadline for schools to enter and validate [NYCFITNESSGRAM Assessment Data](#) is 3/22. Email questions [here](#).
- Check out [Office of Adolescent Health \(OAH\)](#) highlights, including [Mental Health Help for Adolescents](#) and [Action Planning for Bullying Prevention Services](#).

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