

School Wellness Weekly, 3.25.2013



Move-to-Improve (MTI) has trained more than 1,000 teachers this year, crossing this milestone at [The Bay School Academy](#) (PS 105) in Far Rockaway. After being displaced for several months due to Hurricane Sandy, PS 105 is bouncing back to make sure its students and community stay healthy and active. Wellness efforts are led by Nic Stavola, PE teacher and SWC Champion, who is rallying a team of teachers to join the active learning movement for students. If you want to Move-to-Improve like PS 105, click here to [check](#) out *free* trainings across the city. See what MTI looks like [here](#). For more information, email mti@schools.nyc.gov.

Opportunities and Recognition

- [Change by Us NYC](#) is working with NYC Food and Citizens Committee of NYC to provide grants of up to \$2,500 for volunteer-led projects that improve community wellness, including school communities. Projects could include nutrition education programs or fitness initiatives. Award money could fund printing educational materials about wellness, supplies for a new exercise program, or materials to expand your school's garden. Schools should have a bank account or fiscal conduit for accepting award monies. Apply by 4/30 [here](#).
- **NASPE Pipeline Workshop Added to [Spring Wellness Networking Events](#):** SWCs and MTI participants are invited to join us for small events across the City, featuring wellness partners like New York Road Runners, exhibits, and incredible opportunities to bolster your PE program, like the *NASPE Pipeline Workshop: Instructional Practices 6-12 Physical Education*. [Sign up](#) quickly as space is limited and revisit the site for updates [here](#).
- **Elementary School Physical Activity Program Grant:** [CHALK](#), who has partnered with [Active Schools Acceleration Project \(ASAP\)](#), is giving schools across America an opportunity to launch physical activity programming, including seed funding, a game plan, and access to a network of champions across the country. Grant funding goes to support one of three programs: [100 Mile Club](#), [BOKS](#), or [Just Move](#). Apply [here](#) by 4/22.
- The [Alliance for a Healthier Generation](#) is looking for committed, enthusiastic young people to serve as role models in their communities and empower their friends, families, schools and communities to get healthy. [Applications](#) are now being accepted for the Alliance's Youth Advisory Board (for 2013-2014). The search has started for the next amazing group of young people to inspire healthy living (ages 8-17)! Email [here](#) with questions.
- [Excellence in School Wellness Award](#) Application Open: The NYC Department of Health and Mental Hygiene and partner organizations invite elementary schools to review wellness criteria and apply [here](#) by 4/12. Winners receive recognition by city officials in a June ceremony. For questions or more information, email [here](#).

Wellness in the News

- [Ancient Practices Offer Coping Tools for Teens](#) (WNYC, 3/15)
- [Distracted eaters consume more calories](#) (Reuters, NBC News, 3/18)
- [After years of recess erosion, schools try to get kids moving again](#) (Yahoo News, 3/22)

Additional Resources

- **[Parent CEC Elections for Wellness Advocates and SWC Members](#)**: Let your outstanding parents who advocate for school wellness in your community know about upcoming Community Education Councils (CECs) elections. Parents can apply online by 3/27 by [clicking here](#).
- **[Action for Healthy Kids](#)** awards \$1,000 to \$5,000 through [School Grants for Healthy Kids](#), so apply [here](#) by 4/19.
- **[Need More Space to Play?](#)** The NYC Departments of Health and Transportation is expanding [Play Streets](#), now allowed below 96th street. To learn more, email [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. 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](#).
- **[School District Wellness Policies: Evaluating Progress and Potential for Improving Children's Health Five Years After the Federal Mandate](#)** (*RWJF, 2/13*)

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