

School Wellness Weekly, 4.15.2013



On April 4 at [Edward R. Murrow High School](#) in Brooklyn, Principal Barge, students, and faculty welcomed the Chancellor and other leaders into their new Wellness Suite, a grant-funded fitness room that PE Teacher and School Wellness Council Champion Paula Boyd credits her students with both conceptualizing and securing. A veteran teacher and advocate for health and physical education, Boyd described how she shared the grant opportunity—a collaboration between Tyson Foods and the [Alliance for a Healthier Generation](#)—with students and guided them as they shared ideas about what would be the most beneficial use of a grant for student and staff wellness. She then engaged them in writing the grant and learning about DOE purchasing to select items for the Wellness Suite, including air hockey and table tennis tables, stationary bikes, climbing ladders, and yoga mats. Students at the event were clearly excited to show off how they are using the space to be active and stay fit. (But knowing that the school wellness council empowered students as an integral part of the grant writing and decision making process makes the new Wellness Suite all the more powerful.)

Opportunities and Recognition

- **Move-to-Improve (MTI) Update:** All-Star MTI school 15K154 Principal Havlik and Champion Clare Ussery included MTI in their Family Fitness Friday April 5, hosting more than 100 parents to learn about the classroom fitness activity program, and move along with students and staff. Engage your school community like 15K154, while also receiving training rate, music, materials, and equipment. Check out more [free](#) trainings scheduled across the city [here](#), or request more information by emailing mti@schools.nyc.gov.
- **School Wellness Council (SWC) and MTI Networking Events:** SWCs and MTI participants are invited to join us at our [Spring Wellness Networking Events](#) across the City, featuring wellness partners (like New York Road Runners, NASPE), exhibits, and incredible opportunities to bolster wellness in your school. Review and register [here](#).
- **Change by Us NYC** provides grants of up to \$2,500 for volunteer-led projects that improve community wellness, including school communities. 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](#).
- **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.
- **The [ING Run for Something Better \(RFSB\) School Grant:](#)** K-8 schools can apply for a grant for up to \$2,500 to establish a school based running program or expand an existing one. Click here to view the [ING RFSB Grant Eligibility Requirements](#) (including sharing PACER data) or visit NASPE's website for [2013 ING RFSB Grant Application](#), due 5/15.

Wellness in the News

- [97% of kids' meals flunk nutrition, as fried chicken fingers, burgers, fries, soda dominate at chain restaurants](#) (*Center for Science in the Public Interest*, 3/28)
- [Fruit, Not Fries: Lunchroom Makeovers Nudge Kids Toward Better Choices](#) (*NPR*, 4/2)
- [Crisis hotlines turn to text to reach teens struggling with suicidal thoughts, abuse, relationship issues and more](#) (*AP/New York Daily News*, 3/29)
- [Most teens well down road to heart disease, study finds](#) (*NBC News*, 4/1)
- [NYer of the Week: Jackie Astrof Combines Running and Reading for Young New Yorkers](#) (*NY1*, 3/29)

Additional Resources

- **Check out NASPE's New Infographic on Physical Activity in Schools:** Part [one](#) and [two](#) of this inaugural series looks at missed opportunities to get kids moving in schools.
- [Action for Healthy Kids](#) awards \$1,000 to \$5,000 through [School Grants for Healthy Kids](#). 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.
- [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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