

## **School Wellness Weekly, 4.22.2013**



Does your school need support to strengthen instructional strategies and practices in physical education? Then check out the upcoming **National Association of Sport and Physical Education (NASPE) Pipeline Workshop: Instructional Practices 6-12 Physical Education** to be held 5/14 8:00am – 3:30pm at St. Francis College (135 Remsen Street, Brooklyn, NY). Through reading about and participating in demonstration lessons, PE teachers reinforce their knowledge of establishing the learning environment, offering students instant activities, providing instruction using different teaching styles, assessing student learning, and promoting critical thinking. PE teachers can register [here](#).

### ***Opportunities and Recognition***

- **Move-to-Improve (MTI) Update:** The [Move-to-Improve](#) (MTI) team partnered with District 75 this month for [MTI K-5 Special Populations trainings](#) citywide. More than 100 D75 teachers have learned active MTI learning strategies so far, with the help of champions like Frank Shultz, who recruited over 30 teachers from his school, the [Mickey Mantle School in Manhattan](#) (75M811). Click [here](#) to register for Staten Island (4/24) or Bronx (4/30) trainings. And as always, check out more [free](#) trainings scheduled across the city [here](#), or request more information by emailing: [mti@schools.nyc.gov](mailto:mti@schools.nyc.gov).
- **Summer School Programs from NYRR:** Encourage your rising senior girls to apply for [Run for the Future](#), a free 8-week girls' summer running program which meets three times a week in July and August. Participants train with NYRR coaches, learn about healthy lifestyles, and participate in two community service projects that address health barriers affecting their communities. Participants who successfully complete the 8-week program are eligible for a \$1,000 college scholarship and running experience is not required. Apply by 4/30 [here](#). Also, high school students can apply for the the NYRR's [High School Cross Country Training Series](#), now in its second year, to receive expert training and advice from NYRR's skilled coaching staff. In order to be eligible, applicants must be able to run a 5k without walking and be able to commit to attend all scheduled practices. [Application materials](#) are due 4/30.
- **Get Moving NYC at Theodore Roosevelt Ed Campus in the Bronx:** The [New York State Association for Health, Physical Education, Recreation and Dance \(NYS AHPERD\)](#) in partnership with the SWCs of [Fordham Leadership Academy \(10X438\)](#) and [West Bronx Academy for the Future \(10X243\)](#) will host two events in the Bronx at Theodore Roosevelt Educational Campus (500 East Fordham Road), on 5/4 from 12:00-3:00pm: (1)The first NYC Schools' Hula-Hoop Championship, and (2) Free Throw & Three-Point Contest. Register [here](#) by 4/26 or at the event.
- **Change by Us NYC** provides grants of up to \$2,500 for volunteer-led projects that improve community wellness, including school communities. Schools should have a bank account or fiscal conduit for accepting award monies. Apply by 4/30 [here](#).
- **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](#).

### ***Wellness in the News***

- [Kaiser Permanente's Obesity Prevention Interventions Prove to be a Success for Improving Children's Overall Health](#) (*The Huffington Post*, 4/15)
- [The Psychology of Small Packages](#) (*The Wall Street Journal*, 4/15)
- [Exercise May Help Protect Children From Stress](#) (*The NY Times*, 3/8)
- [Cooking Classes Teach Kids to Love Veggies on the Upper West Side](#) (*DNAinfo*, 3/18)
- [Frozen Food Gets Ready For Its Image Upgrade](#) (*NPR*, 4/19)

### ***Additional Resources***

- [School District Wellness Policies: Evaluating Progress and Potential for Improving Children's Health Five Years After the Federal Mandate](#) (*RWJF*, 2/13)
- Check out our NYC [Move-To-Improve \(MTI\)](#) visual aid cards for grades [K-3](#) and [4-5](#).
- **Webinar:** [Connecting Physical Education to Common Core Standards](#), 4/24 at 6 p.m.

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