

## **School Wellness Weekly, 4.30.2013**



### **National Physical Education and Sport Week (NPESW) May 1-7:**

Celebrate the week by leading the charge for strong physical education programs—the cornerstone of any school wellness plan—as well as more comprehensive physical activity before, during and after school. The American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) posts resources and ideas, including information on [Let's Move! Active Schools](#), [strategies and teaching tools](#), [quality PE observation tools](#), and [appropriate instructional practices guidelines](#). School Wellness Councils can use the week as an awareness building opportunity to share internal resources, or for community building to highlight what your PE program does to support students and staff wellness. Whether you host a dance off, discuss what quality PE looks like with your community, or start interdisciplinary teams to better integrate PE and other academic subjects, share your innovations with us ([wellness@schools.nyc.gov](mailto:wellness@schools.nyc.gov)) so we can tell other schools!

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

- **Move-to-Improve (MTI) Update:** The [Move-to-Improve](#) (MTI) team is coming back to Staten Island! Join them 5/2 at [PS 16](#) (31R016) (K-3 and 4-5); 5/7 at [PS 1](#) (31R001) (grades 4-5 ONLY); or 5/23 at [PS 42](#) (31R042) (K-3 and 4-5). Click [here](#) for more information on how to register for the Staten Island trainings and other MTI trainings throughout the five boroughs, or request more information by emailing: [mti@schools.nyc.gov](mailto:mti@schools.nyc.gov).
- **Designing a Strong and Healthy NY: Community Partnerships to End Obesity Disparities:** See the New York Academy of Medicine's March 2013 conference videos and materials, learn more about [Designing a Strong and Healthy New York \(DASH-NY\)](#), [sign up](#) to receive free e-blasts, become a [Partner Organization](#), or get involved in one or more of DASH-NY workgroups by clicking [here](#).
- **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 at the event.
- **School Wellness Council (SWC) and Move-To-Improve (MTI) Networking Events:** SWCs and MTI participants are invited to join us at our [Spring Wellness Networking Events](#) across the City. Lace up and register for our next events, NY Road Runners Running 101 in [Prospect Park](#) (5/14) and [Central Park](#) (5/16).
- **Sports Injury Prevention Workshop for Parents** 5/16, 6-8 p.m. at Lenox Hill Hospital, (Einhorn Auditorium, 131 E. 76 St.). Join medical professionals from pediatric, psychology, orthopedics, sports therapy and nutrition departments as they discuss injury prevention for young athletes and children. Share with your parents so they can RSVP by 5/10 [here](#).
- **Community Supported Agriculture (CSAs):** If you talk about food justice in your nutrition classes, or your school wants to connect families to high quality, fresh produce grown by regional farmers, visit [Just Food](#) to learn more.

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

- [Alice Waters, school officials talk teaching with food](#) (*LA Times*, 4/26)
- [The Latest Tool for Tracking Obesity? Facebook Likes](#) (*Time Magazine*, 4/25)
- [The Flexitarian: Healthy Meet Delicious](#) (*The NY Times*, 4/23)
- [Pushing Teens to Change Their Eating Habits Could Backfire](#) (*Time Magazine*, 4/22)
- [Prescription drug abuse by teens up sharply: study](#) (*AP/CBS News*, 4/23)

### ***Additional Resources***

- [Nutrition Voyage: The Quest To Be Our Best for grades 7-8](#). USDA standards-aligned activities for Math, Science, and English Language Arts.
- Check out NYC [Move-To-Improve \(MTI\)](#) visual aid cards for grades [K-3](#) and [4-5](#).

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