

School Wellness Weekly, 5.9.2013



School Wellness Council (SWC) grantee [25Q244](#), The Active Learning Elementary School, is the [first public school in NYC](#), and perhaps the [nation](#), to serve an [all-vegetarian lunch](#) five days a week. When school staff noticed that the predominately Asian and Indian student populations preferred vegetarian meals, they teamed up with School Food as well as the [NY Coalition for a Healthy School Food](#) (NYCHSF); formed tasting councils; carried out parent sample sessions; and hosted a family dinner night to convert the menu. These types of collaborations and initiatives, groundbreaking in what they can achieve, are what effective SWCs create. To help you understand your school's wellness needs and start the conversation with a committee of council, check out our [School Works Observation Scorecard](#), by grade—highlighting physical education, physical activity, health education, school environment, or staff wellness/community involvement. Feel free to email us [here](#) with any questions or recommendations you have for implementing wellness across your school's community.

Opportunities and Recognition

- **Move-to-Improve (MTI) Update:** We've trained more than 1,500 teachers this year, teachers who believe in active learning and getting students moving in classrooms, improving their ability to focus while integrating academic concepts. Click [here](#) to check out the upcoming schedule, receive free materials, music CD's, and 3 hours of UFT training rate for attending the MTI workshop. For more details visit our [website](#) or email mti@schools.nyc.gov.
- **Teen Sex Education Tool:** The NYC Health Department released a teen sex education app called [Teens in NYC Protection+](#). When downloaded onto a smartphone, teens can see videos answering sex questions and get directions to city-approved health clinics. Teens in NYC have the right to confidential sexual health services. Click here to check out other [official apps](#) from the City of New York.
- **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](#).
- **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

- [Elementary School Cafeteria Goes Vegetarian](#) (ABC News, 5/1)

- [NYC public school swaps chicken nuggets for tofu, becomes first all-vegetarian cafeteria](#) (*NBC News*, 5/1)
- [Do school programs keep kids from smoking?](#) (*Chicago Tribune*, 4/30)
- [The Language of Junk-Food Addiction: How to 'Read' a Potato Chip](#) (*The Atlantic*, 4/30)
- [Plan B One-Step approved for use without a prescription for women 15 and older](#) (*CBS News*, 4/30)

Additional Resources

- **Highway to Health:** Join student groups and [HealthCorps](#) coordinators from across the City next Sunday, May 19 at the South Street Seaport for cooking demos, dancing, and more!
- **[National Teacher Appreciation This Week \(5/6-5/10\)](#)**! Honor your teachers with wellness-themed events (e.g., fun runs) and recognition. [Check out](#) who is thanking a teacher.
- **[Brooklyn Bike Jumble in Park Slope](#):** The park will be filled with vendors selling used bikes as well as new and used bike accessories on 5/10. The perfect place to find a summer ride!
- **[Nutrition Voyage: The Quest to Be Our Best for grades 7-8](#).** USDA standards-aligned activities for Math, Science, and English Language Arts.

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