

## **School Wellness Weekly, 5.13.2013**



From more than 100 school entries, [The NYC Department of Transportation](#) selected winning Public Service Announcements (PSAs) for the “We’re Walking Here” student competition, honoring PS 94 in Queens, PS 19 in Staten Island, and the Brooklyn Academy of Innovative Technology with recognition and cash awards. Students recorded their walking trips for two weeks in October and November and then submitted their ideas for PSAs promoting the health benefits of walking. Share these [winning PSAs](#) with your SWC or classroom, and think about ways your students can create campaigns and messages about health and wellness in a variety of formats.

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

- **Move-to-Improve (MTI) Update:** In order to let parents see, first hand, how MTI-trained teachers are incorporating physical activity into their classrooms, the MTI team has joined parent conferences and events across the City. From “Family Fitness” night at PS 116 in Manhattan to “Fitness Friday” at PS 154 in Brooklyn, from the Parent Academy’s Spring networking event to the Annual Conference for Parents of English Language Learners, parents are discovering the benefits of active learning, and can be strong advocates for MTI in schools. They can also reinforce fitness activities at home by having students create their own physical activity tracking sheets, incorporate 10-minute wake-up activities to get the day started, or reinforce homework lessons with MTI activities such as “[True or False](#)” and “[Count and Catch](#).” Click [here](#) to check out the upcoming schedule. Teachers 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](mailto:mti@schools.nyc.gov).
- **[Teens in NYC Protection+](#)** : The NYC Department of Health and Mental Hygiene released a teen smart phone with information about sexual health services. Teens can access medically accurate answer to questions about sex along with directions to city-approved health clinics. Teens in NYC have the right to confidential sexual health services. View [the app](#), or click the links for more about [sexual health education](#) in schools, the [HIV/AIDS curriculum](#), or an [overview](#) of what has been added recently to the HIV/AIDS curriculum.
- **Save the Date 7/2 for FoodFight Conference:** [FoodFight](#) will sponsor a free summer conference, *E.A.T.: Educating America's Teachers to Lead the Fight Against Obesity*, at the Tishman Learning Center in the Bronx. Educators are invited to hear from leading experts in the fields of health, nutrition, food politics, sustainability and school food reform. Participants will explore personal health goals to become better role models for students and change agents within schools. To register, [click here](#).

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

- [NYC promotes app to help teens find reproductive services, get answers confidentially](#) (*AP/The Republic*, 5/8)
- [Hungry Planet: What the World Eats - in pictures](#) (*The Guardian*, 5/6)
- [A Musical Message for Children on Healthy Eating](#) (*The NY Times*, 5/6)
- [Elementary School Cafeteria Goes Vegetarian](#) (*ABC News*, 5/1)

## ***Additional Resources***

- **Highway to Health:** Join student groups and [HealthCorps](#) coordinators from across the City on 5/19 at the South Street Seaport for cooking demos, dancing, and more!
- **Comment on [AAHPERD](#) position paper:** Members can review and comment on [“Comprehensive School Physical Activity Programs: Helping All Students Achieve 60 Minutes of Physical Activity Each Day.”](#) Email your comments [here](#) by 5/24.
- **[Obesity: Complex but Conquerable Infographic](#)** from the Institute of Medicine (IOM)
- **Check out the [Substance Abuse and Mental Health Services Administration’s](#) (SAMHSA) “Caring for Every Child’s Mental Health” [campaign](#).**
- **[CDC School Health Index](#):** Upgrades to the SHI will occur 5/16-17 and the SHI will not be available for use.

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