

School Wellness Weekly, 5.24.2013



The [NYC FITNESSGRAM reports](#) will look a little different this year – expect them in your principal’s mailbox through June 7th. The new design seeks to spark conversations among [School Wellness Councils \(SWC\)](#), [teachers](#), [families](#), and your [school community](#) about how students can set goals and be healthy. A combination of curl-ups, push-ups, sit-and-reach, trunk lift, and the PACER test for [grades 4-12](#) ([grades K-3](#) measures only [BMI](#)), the NYC FITNESSGRAM is an essential [part of physical education class](#) and an [important tool](#) to help students develop personal [fitness goals](#). Use the report to help connect health back to everyone involved in the life of a student. Check out the recommended options for fun ways to stay active with friends and family, like dancing or playing in the park. If you have any questions, need assistance, or want to share some of the ways your school community has promoted student wellness using the NYC FITNESSGRAM report, email us [here](#).

Opportunities and Recognition

- **FREE Physical Education and Health Education Professional Development June 6:** The [Office of School Wellness Programs](#) (OSWP) invites NYC DOE elementary, middle, and high school teachers to register for [one of a host of professional development workshops](#) on Anniversary Day, including sessions on HealthSmart, HealthTeacher, HIV/AIDS Curriculum, Physical Best, Move-to-Improve, Adaptive Physical Education and Related Service Provider collaborations, and many more. Click here to see [the catalog](#) and to enroll.
- **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](#).
- **Free Screening of [A Place at the Table](#):** Explores the economic, social, and cultural implications surrounding food insecurity and hunger at this 5/29 screening at 6 p.m. at the Bronx Documentary Center (614 Courtlandt Avenue at 151st St.) Your SWC could also host its own screening by emailing [here](#), supported by [The Partnership for a Healthier NYC](#).

Wellness in the News

- [Best Tool to Fight Childhood Obesity? Your Kitchen](#) (*The NY Times*, 5/20)
- [What do we eat? New food map will tell us what we buy at stores and what we consume](#) (*The AP/Washington Post*, 5/19)
- [Study: Kids Are Prejudiced Against Fat People by Age 4](#) (*The Atlantic*, 5/20)
- [Teen Birth Rates Decline in Most US States](#) (*AP/ABC News*, 5/23)
- [Can A Piece Of Hair Reveal How Much Coke Or Pepsi You Drink?](#) (*NPR*, 5/20)

Additional Resources

- **Campaign Starters:** Use these tips and [tools](#) for [Serving Up Food Justice at School](#).

- **Read the new Institute of Medicine’s report, [“Educating the Student Body: Taking Physical Activity and Physical Education to School”](#) and take a look at the [Obesity: Complex but Conquerable Infographic](#) .**
- **Check out the [Substance Abuse and Mental Health Services Administration’s](#) (SAMHSA) “Caring for Every Child’s Mental Health” [campaign](#).**
- **[Teens in NYC Protection+](#) smart phone app with information about sexual health services. Learn more about [sexual health education](#) in schools and the [HIV/AIDS curriculum](#).**

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