

School Wellness Weekly, End of Year Issue



As we close the school year, we want to recognize the efforts of hundreds of schools Citywide that exemplified the power of **School Wellness Works**: starting [School Wellness Councils \(SWCs\)](#), encouraging staff to participate in physical and health education professional development and networking events, implementing programs like [Move-to-Improve \(MTI\)](#) to promote active learning, starting and using gardens for learning and nutrition, promoting students to drink more water, providing staff opportunities to be active and focused, hosting fitness and health nights for families, developing health snack policies—the list of ideas and efforts goes on and on. These efforts were showcased by more than 100 SWC grant schools this year at a June 6 culmination event at New York University, and typified by 18 new Move-to-Improve All-star schools who committed to training a majority (85%+) of their teachers (these teachers join more than 2,200 K-5 teachers trained in MTI this year). We've seen countless schools bring in free programming from partners (e.g., [Alliance for a Healthier Generation](#), [New York Road Runners](#)), as well as City-supported opportunities (DOHMH resources like [Adopt-a-Bodega](#) and [Teens in NYC Protection+](#), DOT programs like [We're Walking Here Contest](#) and [Bike to School Day](#), Interagency efforts like [PlayStreets](#) and [Swim for Life](#)). Looking to the next school year, our team will seek to capture these many opportunities for funding, resources, and information in one place—organized using the [School Wellness Works Observation Scorecard](#) and accessible through a Citywide wellness portal. We aspire to make the **School Wellness Works** portal an advanced system of wellness resources and tools, both local and national, so that your council can focus on assessing your needs and linking to solutions more efficiently and effectively. Watch for more in the new school year, and have an active, restful, and relaxing summer!

Opportunities and Recognition

- **Team Healthier Generation:** The endurance training and fundraising program of [The Alliance for a Healthier Generation](#) is recruiting team members (must be 18 years or older) for their guaranteed entry to the [2013 ING New York City Marathon](#) on 11/3. Team members need not be from Alliance schools, and receive guaranteed entry to the race, coaching and training support. Any questions please contact [Natalie Sutton](#).
- **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](#).
- **Health Bucks Application—Priority Deadline 6/30:** Community groups can apply for 2013 Health Bucks, \$2 coupons redeemable for fresh fruits and vegetables at any farmers' market in NYC [here](#). If your group or team is interested in scheduling a market tour or attending a nutrition and cooking workshop, please [email here](#) or call 347-396-4264.

Wellness in the News

- [Bedford-Stuyvesant School Waging Successful War Against Childhood Obesity](#) (*NY 1*, 6/24)
- [Exercise and Academic Performance](#) (*The New York Times*, 5/24)

- [Institute of Medicine: Kids need daily hour of physical activity, PE should be core subject](#) (AP/The Washington Post, 5/23)
- [Post-Sandy Pen Pals From Connecticut, Queens Meet For The First Time](#) (CBS News NYC, 5/29)
- [Bicycle helmet laws linked to fewer child deaths](#) (Chicago Tribune, 5/29)
- [A Workout With Plenty of Bounce](#) (The New York Times, 5/30)
- [Consumer Reports Tests Exercise Video Games](#) (Pittsburgh CBS KDKA 2, 6/6)
- [Five Plague Years: 'AIDS in New York' at New-York Historical Society](#) (The New York Times, 6/6)

Additional Resources

- [CDC's Winnable Battles Sheet](#): See the at-a-glance look at the targets and trends driving the Winnable Battle efforts with updated data.
- **2014Be Safe at the Pool**: Check out this [checklist](#) for safe fun in the pool this summer.
- **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](#).

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