

School Wellness Weekly, 9.30.2013



School Wellness Works: Convening a School Wellness Council (SWC) ensures you have an active team to consider quality physical education and health education in your school, along with other programs to promote healthy habits among students, families, and staff. If your school didn't participate in the [School Wellness Council grant program](#) last year, now is

the time to apply for \$2,500, as well as networking, technical assistance, and recognition. [Read more and apply here.](#) If you did receive funding last year, your council is eligible for up to \$1,000 in continuation funds, and you can review [the submissions process here.](#) All SWC grant schools will be able to more efficiently coordinate, assess, implement, and sustain their wellness initiatives using a new School Wellness Works portal, featuring a comprehensive database of local and national wellness related resources. **Applications for both are due October 15.**

Also this year, middle and high schools interested in technical assistance, materials, and support for comprehensive health education can apply for the [Middle and High Schools Health Education Leadership Program/Leadership Circle Grant.](#) Fifty-five schools can take advantage of this opportunity on a first-come, first-served basis by applying now, and high schools interested in more in-depth support and funding (\$1,500 mini grant) can apply for the Leadership Circle by completing a competitive application. **The application is available [here](#) and due October 16.**

Finally, we've reorganized our newsletter to match the components of wellness that matter most to schools. The items under each of these headings will provide relevant opportunities and practical advice to support your school with strengthening Physical Education, Health Education, Physical Activity and Fitness, Food, School Environment, and Staff and Community Wellness (the same components SWCs assess using the School Wellness Works scorecard as part of the SWC grant program). We hope by reorganizing this publication, you can get to what you need more quickly to launch programs, find funding, improve instruction, and/or inspire your school community with wellness-related action.

Physical Education

- **[Move-to-Improve \(MTI\):](#)** We're only three weeks in, and four more elementary schools are MTI All-Star schools, for a total of 24. These schools have at least 85% of teachers trained and ready to get students moving with 10-minute fitness activities while learning core academic subjects. Congratulations to 25Q193, 27Q273, 14K084, and 19K557. Learn how you can attend a training or be an MTI All-Star school [here.](#)
- **National PE Standards and Grade Level Outcomes for K-12 Released:** Using the new national standards, [The American Alliance for Health, PE, Recreation and Dance](#) has published benchmarks of what students should know and be able to do by the end of each grade, providing a roadmap that PE teachers can use to track students' progress toward becoming a "physically literate individual." Download free [here.](#)
- NEWS: [How Physical Fitness May Promote School Success](#) (*NY Times*, 9/18)
- NEWS: [Not your grandmother's gym class](#) (*Yahoo Health*, 9/02)
- NEWS: [CDC Reveals Positive Physical Education Trends Over Past Decade](#) (*Education Week*, 8/31)

Health Education

- [Condom Availability Program \(CAP\)](#): High schools can check out the [CAP web page](#) or email [here](#) to learn how to strengthen their Health Resource Room, where free condoms, health information, and health referrals are made available.
- Bring [Hip Hop Public Health](#) to your School: Interested in improving health literacy through free educational programs focused on disease prevention and health promotion? [This program](#) uses music and multimedia to motivate children to learn about healthy eating, exercise, sugar-sweetened beverages, stroke, and Alzheimer's Disease. And, your school may be eligible for a National Institutes of Health-funded research opportunity, which includes grant money for participating schools. If interested, email [Alexandra DeSorbo](#).

Physical Activity and Fitness

- **On Your Mark, Get Set, Run!**: If you are interested in applying for or re-enrolling in [NYRR's Mighty Milers, Young Runners, or Developmental Cross Country Series](#) click here to complete the [online application](#). Also, the next NYRR Youth Jamboree is 10/19 from 9am-5pm with track and field events all day organized by grade. Registration and details [here](#).
- The [Department of Transportation's We're Walking Here](#) PSA contest, which encourages students to explore and document the environmental, health, and other benefits of walking, is open until November. The first 100 teachers to register their classes will receive enhanced starter kits with pedometers and high visibility slap bracelets. To learn more and register, [click here](#).
- NEWS: [Michelle Obama's Newest Initiative: Using Hip-Hop to Fight Obesity](#) (*US News*, 8/5)

Food

- **2013-14 Breakfast and Lunch**: Visit [SchoolFood](#) for [a list of important forms](#) to support school breakfast and lunch service. Also, remind parents that households can apply [here](#) for free and reduced-price meals for all children living in the household attending pre-k to high school on-line.
- **School Gardening Grants**: Register your public school garden with [Grow to Learn](#), the City-wide school gardening initiative, to become eligible for [mini-grants](#) ranging from \$500 - \$2,000 by 11/1. Also, [The Whole Kids Foundation](#) is now accepting [applications](#) by 10/31 for \$2,000 grants to schools who have a garden or are planning to expand one.
- NEWS: [Fast food: Students struggle with healthy options in short lunch periods](#) (*Center for Investigating Reporting*, 8/28)
- NEWS: [Just What The Doctor Ordered: Med Students Team With Chefs](#) (*NPR*, 9/18)

School Environment

- **Kick Off the Year with School Environment Resources**: The NYC DOE provides resources and programs to promote positive school climate and culture which can easily be part of your School Wellness Council: Consider making [sustainability a subcommittee of the SWC](#); consider strategies for addressing [absenteeism](#) with your SWC and [share your attendance success story](#) (intranet available through a school staff member).
- NEWS: [Keeping Students with Disabilities Safe from Bullying](#) (*Homeroom*, 8/20)

Staff Wellness/Community Involvement

- **Yoga and Mindfulness Workshops to Support School Wellness:** [School Wellness Council](#) (SWC) and [Move-to-Improve](#) (MTI) program champions are invited to join us at our Fall Wellness Networking Events at [YogaWorks](#), partnered with [Bent on Learning](#), on 10/9 from 4pm-6pm. Register [here](#). Later in the month, join us for a Mindfulness Workshop at the Brooklyn Zen Center on 10/25. Register [here](#).
- **NYC DOE Parents as Partners Week 10/5-10/12:** Your SWC can engage parents around wellness-related films and events, like a special screening of *Bully* on 10/8 at the Museum of the Moving Image, or join our MTI team 10/12 at a Parent Academy Workshop in the Bronx. Click [here](#) to register or [here](#) to download a flyer of the week's events.
- **Alliance for a Healthier Generation's Healthy Schools Program:** Schools are invited to create healthier environments for students and staff by providing tools, resources, and support in the areas of nutrition and physical activity at absolutely no cost. For more information, email [Geri Wurman](#)
- **NEWS:** [11 of the city's top educators make our schools better](#) (*Daily News*, 9/19), [Raise the roof!](#) (*Today Show*, 9/20) **Editor's note:** We are happy to see SWC grant program participants so prominently recognized for their commitment to students, including Principal Torres at PS 055 Benjamin Franklin, Principal Gittens at Jacques Cartier School, and Principal Leong at Liberation Diploma Plus High School as hometown heroes in education, as well as the students of Principal Anthony Armstrong's school, 074 Nathaniel Hawthorne, promoting physical activity to a national audience.