

School Wellness Weekly, 10.8.2013



October is National Bullying Prevention Month: It's a time when school wellness councils and school communities nationwide can unite to raise awareness about bullying through activities, events, and outreach. Encourage parents to come to a special screening of *Bully* tonight as part of [Parents as Partners Week](#) and re-affirm your commitment to preventing

bullying. Also, learn how to better create a supportive and positive environment at your school using [Respect for All](#) resources (see more below).

Also, have you applied for a School Wellness Council Grant yet?: 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.**

Physical Education

- **[Move-to-Improve \(MTI\)](#):** Just last week, three more elementary schools—21K226, 13K056, and 16K081—made All-Star status (learn more [here](#)) with at least 85% of teachers trained and ready to get students moving with 10-minute fitness activities while learning core academic subjects.
- **[AAHPERD Teacher of the Year Application Open](#)** : American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) members who are PE Teachers can apply [here](#) until 10/15.

Health Education

- **Health Education Leadership Program and Leadership Circle Grant:** Middle and high schools interested in technical assistance, materials, and support for comprehensive health education can click [here](#) to learn more, [here](#) to apply, or contact [Paula Kadanoff](#).
- **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 and health information are made available. Also, [NYC Teen](#) has information on where to find free and low-cost clinics, and more.
- **Bring [Hip Hop Public Health](#) to your School:** Interested in improving health literacy through free educational programs focused on disease prevention and health promotion? [Read more here](#) and if interested, email [Alexandra DeSorbo](#).
- **NEWS:** [Social and mental health integration may help prevent, treat obesity in teens](#) (*WTOP*, 9/30)
- **NEWS:** [Teen health program fights obesity, depression](#) (*Chicago Tribune*, 9/27)

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:** The PSA contest, which encourages students to explore and document the environmental, health, and other benefits of walking, is open until November. To learn more and register, [click here](#).
- **Check It Out:** Have you seen the [Active Living Research's resource sheet](#) on increasing physical activity before, during, and after school? How can your SWC play a role in helping students lead active lives?
- **NEWS:** [Walcott shares a last lap with Staten Island high school track team](#) (9/17, *SILIVE.com*)
- **NEWS:** [Stretching and Running in the Right Way](#) (*NBC NY*, 9/29, featuring NYRR Young Ambassadors)
- **NEWS:** [Physical Activity in Schools is Essential to Reversing Childhood Obesity](#) (*Huffington Post*, 10/3)

Food

- **Big Apple Crunch 10/24:** We as New Yorkers celebrate Food Day by attempting to set the world record for the "Most Participants in an Apple-Crunching Event." Your SWC or school can [register here](#), or see [schools already participating](#) here. SchoolFood will feature apples as part of meal service that day.
- **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 that have a garden or are planning to expand one.
- **News:** [Breakfast is served: Free meal programs aim to fight child hunger](#) (*NBC News*, 10/5)

School Environment

- **Respect for All Resources:** Your school community can better understand, prevent, and address bullying, cyberbullying, and discrimination, by accessing resources for [families and students here, teachers and school administrators here](#), or requests for RFA school training, with principal approval, via email [here](#).
- **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:** [About the NYC Girls Project](#) (NYC.gov, 10/02)

Staff Wellness/Community Involvement

- **Yoga and Mindfulness Workshops:** [School Wellness Council](#) (SWC) and [Move-to-Improve](#) (MTI) program champions can join us at our [Fall Wellness Networking Events](#), including yoga with instructors from [Bent on Learning](#) on 10/9 and a mindfulness workshop at the Brooklyn Zen Center on 10/25.
- **[Alliance for a Healthier Generation's Healthy Schools Program](#):** Learn more about healthier environments for students and staff by providing tools, resources, and support. For more information, email [Geri Wurman](#).

To unsubscribe to this email, reply to the [Office of School Wellness Programs](#) with "unsubscribe" in the subject line.