

# School Wellness Weekly, 10.16.2013



**The Health Education Leadership Program and Leadership Circle Grant application is extended 10/22:** Middle and high schools looking for ways to strengthen comprehensive health education should take advantage of this extended deadline for free materials, curricula, ideas, training, guidance for optimal scheduling, and a community of health

teachers. A mini-grant of \$1,500 is also available to high schools seeking a deeper level of support. Click [here](#) to learn more, [here](#) to apply, or contact Paula Kadanoff (PKadanoff@schools.nyc.gov) with questions.

**School Wellness Council (SWC) Grant Application Closed:** We've received hundreds of applications and are beginning the review process now. Our team will notify implementation and continuation applicants of grant status in the coming weeks and will invite awardees to our upcoming orientations. Continuation schools that missed the deadline should contact their assigned SWC manager as soon as possible in case there are remaining funds to be awarded.

## Physical Education

- **Does Your School [Move-to-Improve \(MTI\)](#)?** Mosaic Preparatory Academy (04M375) knows how to be an MTI All-Star, hosting four workshops with nearly 100% of their teachers trained. Second grade dual language teacher Elena Ketelsen says her class uses MTI "everyday as a transition activity, or when we need a minute to reset our brains and continue to focus. Sometimes, we use Move-to-Improve on a Spanish day and incorporate vocabulary." Interested in becoming an MTI All-Star school? Contact [MTI@schools.nyc.gov](mailto:MTI@schools.nyc.gov).
- **Swim for Life Slots Still Open for Fall:** The NYCDOE, along with NYC Parks, provide free swimming classes to second grade students at locations throughout the city during the school day. In addition to teaching drowning prevention and basic swimming skills, this 10-week program can also count towards a school's required PE time. The sessions are typically held when schools can access the free OPT field trip bussing (between 10am-1pm). For available slots and contact information, [click here](#).
- **Connecting Elementary PE to the Common Core State Standards in ELA:** Connect specific knowledge for implementing literacy standards into PE, integrating content into activity-based lessons. Click [here](#) to register. Cost: \$30 AAHPERD members and \$45.00 non-members.
- **Free Election Day Professional Development:** Click [here](#) to select from a host of PE and wellness citywide offerings for PE, APE, health, and classroom teachers, but register today. Slots are filling quickly.
- **NEWS: [Fitness vs. academics: The PE tug of war](#)** (*Parent Map*, 10/10)

## Health Education

- **Free Election Day Professional Development:** Click [here](#) to select from a host of Healthteacher, Health Smart/Reducing the Risk, CAP, and HIV/AIDs curriculum citywide offerings available to PE, APE, health, and classroom teachers, but register today. Slots are filling quickly.
- **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.
- **NEWS: [Non-regular bedtimes tied to kids' behavior problems](#)** (*Reuters*, 10/14)

## 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](#).
- **Free Physical Activity Professional Development:** On Election Day, classroom teachers and other staff are invited to Asphalt Green for complementary MTI and Recess Enhancement Program sessions, or yoga and Tai Chi for Kids at West Side High School. Click [here](#) to register.
- **NEWS:** [Youth Sports Organizations Team up on Concussions](#) (*ABC News*, 10/7)
- **NEWS:** ['Walk to School Day' brings healthy habits to Great Lakes Bay Region students](#) (*Mlive*, 10/8)

## Food

- **Food Day and Big Apple Crunch on 10/24:** Schools across the nation are participating in a celebration of food, with nutrition lessons, cooking demonstrations, lectures, workshops, conferences, and health fairs. Check out this [guide for school organizers](#) for ideas, or [register here](#) for the Big Apple Crunch. Help set the world record in NYC for the "Most Participants in an Apple-Crunching Event." SchoolFood will feature apples as part of meal service that day.
- **City Harvest's Annual Kids Can Help Week Food Drive – sign up now:** Opt in by emailing [here](#) to receive your collection bin, [classroom activities](#), and promotional materials to get your food drive started by the end of October. Held from 12/9-12/13.
- **School Gardening Grants:** (NEW) Join [New York Botanical Garden's Teacher Training](#) events, Gardening 301, Saturdays in October and November by [emailing](#) here. 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. Or apply for the [The Whole Kids Foundation](#) \$2,000 grant [application](#) by 10/31.
- **NEWS:** [Queens school that went vegetarian shows student gains, draws plaudit](#) (*Daily News*, 10/15)

## School Environment

- **Leadership Development Opportunities:** Wellness-minded teachers and principals can learn about programs to increase their sphere of influence at [Leadership Pathways Fair](#) on 10/21. All teachers, APs, principals, superintendents, and clusters are invited to attend. Email questions [here](#).
- **NEWS:** [Bronx School Boosts Girls' Confidence, Creativity](#) (The Today Show, 10/7)
- **NEWS:** [Bullying prevention from the ground up](#) (SmartBlog on Education, 10/7)

## Staff Wellness/Community Involvement

- **Mindfulness Workshop:** [School Wellness Council](#) (SWC) and [Move-to-Improve](#) (MTI) program champions can join us at our upcoming [Fall Wellness Networking Event](#), a mindfulness workshop in Brooklyn 10/25.

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