

# School Wellness Weekly, 10.21.2013



**National Food Day is October 24:** While many students and New Yorkers will enjoy the bumper crop of apples this year for the Big Apple Crunch (register [here](#)), it's a useful time to consider how good nutrition education, healthy eating habits, and understanding how food gets from farms to tables

can engage students. Check out a [Food Day curriculum from Teachers College](#) for ideas, and read how one NYC teacher uses a nutrition curriculum to teach about food, health and sustainability [here](#), using free resources from [Nourish](#). Or maybe it's time for your students to Change One Thing (like [CookShop's high school peer education program](#)) by creating healthy eating campaigns, and support strong peer-to-peer campaigns to counter influential [food marketing campaigns](#) for unhealthy products.

## Physical Education

- **Does Your School [Move-to-Improve \(MTI\)](#)?** Maybe you've heard about MTI, but want to experience it before bringing it to your school. Check out open Election Day sessions for elementary teachers in [Manhattan](#), [Queens](#), [Downtown Brooklyn](#), or [South Brooklyn](#). Refer 15 teachers and get a free MTI T-shirt or learn how to become an MTI All-Star school by emailing [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 be integrated into a school's PE program. 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](#).
- **Free Election Day Professional Development:** Click [here](#) to select from a host of PE and wellness offerings for PE, APE, health, and common branch teachers, but register today. Slots are filling quickly.
- **NEWS:** [AAHPERD Releases Grade-Level Outcomes for K-12 PE New Benchmarks Set to Take Students on a Path to Become Physically Literate Individuals](#) (AAHPERD, 10/16)
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## Health Education

- **Strengthen HIV/STD and Pregnancy Prevention in High Schools:** US Centers for Disease Control and Prevention (CDC) is launching a five-year opportunity for a select number of NYC high schools, in partnership with the Office of School Wellness Programs. If your high school would like to strengthen sexual health education emphasizing HIV/STD and pregnancy prevention; create a safe and supportive environment to be LGBTQ inclusive; improve your students' access to key sexual health services at school- or community-based providers; and participate in the Youth Risk Behavior Survey (YRBS) and School Health Profiles, contact [Betty Rothbart](#) for more information by 10/31.
- **Free Fall Health Professional Development:** Click [here](#) to select from a host of *HealthTeacher*, *HealthSmart*, *Reducing the Risk*, Condom Availability Program, and HIV/AIDS trainings citywide through December.

## Physical Activity and Fitness

- **NFL Play 60 Challenge for NYC Sixth-Grade Teachers:** Get your students moving for 60 minutes of daily physical activity, both in school and at home, by registering for this 4-week Super Bowl Edition Challenge. Rack up minutes of physical activity and become eligible for a \$2,500 grant, prize packs, or meet

the players (school visit or event). To learn more, view [take home resources](#), and register for start up materials, [click here](#).

- **Active Recess Resources:** Check out DASH-NY's [Active Recess Policy implementation guide](#), including steps for School Wellness Councils to build and implement an active recess policy in your elementary school.
- **NEWS:** [Alvin Ailey education staff teaching students about dance, discipline and the world around them \(gallery\)](#) (*Alabama Media Group*, 10/10)

## Food

- **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:** 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 on PS 244:** [Healthy School Lunches at PSS 244 \(Video\)](#) (*ABC 7 News*, 10/17); [Queens School Serving All-Vegetarian Meals Sees Student Progress](#) (*WWYC*, 10/16)

## School Environment

- **Start a School Sustainability Team:** Your SWC can help form a sustainability team to optimize your school's building operations, energy efficiency, and recycling efforts. Click [here](#) to learn more.
- **Morning Wakeup Calls for Students and Families:** Address absenteeism by scheduling morning wakeup calls with pre-recorded messages from sports and entertainment notables through the [WakeUp!NYC campaign](#). For information on setting up calls, schools can visit the [Principals' Portal attendance page](#) (intranet access required).

## Staff Wellness/Community Involvement

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

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