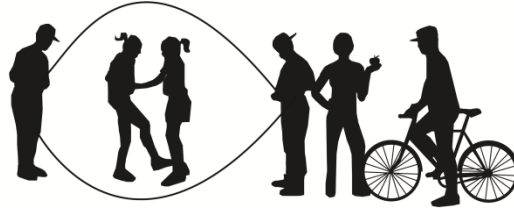


"Improving health and wellness in our schools: We are all in it together"



When: Saturday, May 10, 9:00am-1:30pm

Where: UFT Bronx Borough Office

2500 Halsey St. (near Waterbury Ave & Seabury Ave),
Bronx, NY 10461

Agenda:

Registration, Breakfast, and Networking (9am-9:30am)

Welcome & Introductions (9:30am-10:00am)

Move to Improve (10:00-10:15am)

Session 1 (10:20-11:05am) (Attend ONE workshop during Session 1)

- 1 Physical Education in Schools
- 2 Tips and Resources for School Gardens
- 3 We All Want Healthy Children: Food & Beverage Corporate Marketing to Youth

Session 2 (11:10-11:55am) (Attend ONE workshop during Session 2)

- 1 Physical Activity in Schools
- 2 Healthy Food for Your School Community
- 3 SCHOOLFOOD and Garden to Café

Session 3 (12:00-12:45pm) (Attend ONE workshop during Session 3)

- 1 Active Design in Schools & Community
- 2 How much are you eating? Nutrition Education workshop by Cornell University Cooperative Extension
- 3 Getting Involved in a Wellness Committee at Your School
- 4 Get Your School Moving and Learning with Asphalt Green's Recess Enhancement Program

Lunch and Networking (12:45-1:30pm)

*Please register at: <http://2014bronxuftpconference.brownpapertickets.com/> or by calling 718-862-6074.

Workshop Descriptions

Physical Education in Schools

Speakers will talk about how parents can advocate to ensure that their children receive quality physical education instruction.

Providing quality physical education is essential to improving health and wellness in schools. Physical education has been proven to help reduce obesity and improve the overall health and fitness of students. Physical education is also linked to improved academic performance. Yet in New York City, schools are struggling to provide quality physical education instruction to students.

Speakers:

Brian Semonian, Executive Director, Phys Ed Plus

Sascha Murillo, Community Organizer, New York Lawyers for the Public Interest

Jennifer Swayne, Staff Attorney, New York Lawyers for the Public Interest

Tips and Resources for School Gardens

Come see what types of school gardens are growing in New York City, learn what resources are available to NYC public and charter schools, and hear tips for having a successful school gardening experience. This session will also discuss how the food grown in school gardens can be connected with what students eat in the cafeteria through the SchoolFood Garden to Café Program.

Speakers:

Matt Mili and Emma Banay, School Garden Coordinators, GrowNYC Grow to Learn: The Citywide School Garden Initiative

Peter Forte, Garden to Café Chef, DOE Office of SchoolFood Garden to Café Program

We All Want Healthy Children: Food & Beverage Corporate Marketing to Youth

Come learn how you can take a stand against limiting the exposure of children and adolescents to unhealthy food and beverages.

Marketing directed at children increases their preferences for food and drink products that are high in sugar, fat, and sodium. Consuming too many of these products puts youth at risk for health complications like high blood pressure, diabetes, and heart disease both as children and as adults.

Speaker:

Jose Quintana, Community Health Educator, Bronx District Public Health Office

Physical Activity in Schools

This session will cover both Activity Works as well as NY Road Runners. Find out how easy it is to get programs like Activity Works and NYRR Mighty Milers into your school.

Activity Works is a series of curriculum-aligned 12 minute activity videos designed for use in elementary school classrooms as a "brain-break" during transitions. Activity Works was developed at the NSLIJ Health System in response to the rising rates of childhood obesity, and through the Johnson & Johnson Gateway to a Healthier Community grant Activity Works was brought to NYC schools, currently serving over 60 schools in all 5 boroughs. Activity Works is FREE for all sites.

With FREE youth running programs in more than 600 schools and community centers, New York Road Runners (NYRR) is a leader in providing fitness services to children throughout NYC. This year, more than 75,000 elementary and middle school Mighty Milers will run more than 2.5 million miles and receive more than 200,000 free incentives.

Speakers:

Kate Masuch, NYC Implementation Manager at Activity Works and Cliff Sperber, Executive Director, NY Road Runners Youth and Community Services

Healthy Food for Your School Community

This session will cover both the Shop Healthy program to increase healthy food access, as well as how to fundraise in schools while not undermining children's health.

Come learn how you can transform your neighborhood's food environment by working not only with food retailers, but with food suppliers, distributors and other community groups! Shop Healthy NYC works with communities – including residents, food retailers, and food suppliers and distributors – to increase access to healthy foods.

Healthy Fundraisers are just as practical and profitable as unhealthy fundraisers AND do not undermine our children's health. Come learn why they are important, how other schools have been successful, and discuss and problem solve barriers. Learn about fundraisers that schools in New York City have successfully conducted – raising money for their schools and promoting the health of their whole school community.

Speakers:

Johanny Mejia, Shop Healthy Program Consultant and Anita Reyes, Director of Community Outreach, Bronx District Public Health Office

SCHOOLFOOD and Garden to Café

The session will raise awareness the healthy food choices and school gardening opportunities available through SchoolFood, and how to motivate students to consume more fresh and locally-grown produce.

The New York City Department of Education's SchoolFood Program is committed to promoting healthy food choices for students and maintaining high nutritional standards while offering delicious and satisfying menu choices. This session will provide more information about the nutritional standards and menu choices available in schools, and how students can benefit from the program and apply for free or reduced-price meals.

School Food's Garden to Cafe program will explain how school gardens, harvest events and culinary workshops encourage students to learn more about fruits and vegetables and develop a better appreciation for them.

The NYC DOE Wellness Policy recommends that SchoolFood offer and promote the inclusion of plant based entrees (including grains, beans, and other vegetables). Plant based offerings are part of the overall SchoolFood program and included in the “Eat Your Colors” menu options, the salad bars found in all schools, the free Fresh Fruit and Vegetable Program at select schools, and at school breakfast which is free to all students. SchoolFood also offers an Alternative Menu and 100% vegetarian menu for schools that would like to participate. The Coalition for Healthy School Food (a statewide non-profit) will discuss the ways in which we can encourage students to eat more plant-based options and support schools that want to include more plant-based entrees.

Speakers:

Jorge Collazo, Executive Chef and George Edwards, Garden to Café Program Coordinator at DOE Office of SchoolFood, and Kelley Wind, Program Director, NY Coalition for Healthy School Food

Active Design in Schools & Communities

In this session, you will be asked to envision different small and large changes to the built environment (physical design of the school community) that you think would make NYC's students healthier, happier & more active.

There are many creative ways to foster physical activity in and around schools by transforming spaces into more active spaces. In this session, speakers will introduce you to the Active Design Guidelines and encourage you to think about how NYC students get to-and-from school and their spaces at school.

Speaker:

Sarah Wolf, Active Design Manager, NYC Department of Health & Mental Hygiene

How much are you eating? A Workshop by Cornell University Cooperative Extension-NYC

Are you trying to maintain a healthy body weight? Discover how to determine how much you should eat. Learn about ways to enjoy your food, but eat less! Find out how to transform meals to help maintain a healthy body weight. Apply USDA Dietary Guidelines and “TEN” tips toward healthier everyday living.

Speaker:

Marta Garcia, Community Educator, Cornell University Cooperative Extension

Getting Involved in a Wellness Committee at Your School

You will be given an overview of the programs offered through the Office of School Wellness Programs, including the School Wellness Council Grant program, Inform parents of the

purpose of school wellness councils, why parental participation is crucial, and how they can get involved. You will also be provided with guidance on how to engage others to actively participate in their school wellness council.

Speaker:

Jennifer Paulino, Obesity Task Force Manager, DOE Office of School Wellness Programs; Veronica Echols, PS/MS 218 School Nurse & Wellness Champion; Aiowa Aponte, PS 369 Parent Coordinator

Get Your School Moving and Learning with Asphalt Green's Recess Enhancement Program

Join Asphalt Green's Recess Enhancement Program (REP) for an interactive session designed to keep students active and safe during the school day. Learn fun ways to incorporate organized activities, team building, and play into your child's school and at home! REP will also review methods to increase student organization and engagement at recess to lower incident rates of bullying, physical and verbal aggression which can impact learning in the classroom. The skills that you will learn will also be valuable for any parent, school staff, or anyone involved in school events and parent engagement. The goals are to get students, staff, and parents active, and to have fun doing so!

Speaker:

Arlen Zamula, Associate Director of Asphalt Green's Recess Enhancement Program