

January 22, 2018

# Local School Wellness Council News

Hello Wellness Teams,

Congratulations LSWC's! All schools have submitted a first draft of their action plan and their mid-term reports. You all should have received an email with feedback. Please review and resubmit the required documents. We are hoping to provide grant funding for your wellness goals as soon as possible.

**Grant Funds and Action Plan:** Grant funds should only be used for activities that support the accomplishment of sustainable wellness goals outlined in your action plans. Once your action plan and budget is approved you will then submit a purchase request to the MCPS- Financial Management System (FMS). The purpose of the action plan is to serve as a living document for your team. You may add action steps or make adjustments to your budget as you progress with your wellness plan.

If you know of any opportunities or events, or would like to share something that your school is doing, please email me with the details. The goal of this newsletter is to provide you with ideas, wellness tools, and relevant opportunities that may be useful to your school.

As always, do not hesitate in contacting me if you have any questions or comments.

Best,

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## Wellness News from MCPS

### **Takoma Park Move More! Sit Less Program**

Take a look at this video about the Move More! Sit Less program: [www.healthyschoolstakoma.org/](http://www.healthyschoolstakoma.org/)  
"Minds on the Move" documents three Takoma Park Elementary School teachers' efforts to incorporate more physical activity into their classrooms. In the video, Ms. Campbell (Kindergarten), Mr. Paredes (1st grade), and Mrs. Croft (2nd grade) speak about the benefits and challenges of active seating and other kinds of movement in their everyday work.



Read more about Takoma Park Elementary School in the Washington Post article: [Second-graders ditch their desks in active learning experiment.](#)



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## Resources

**Webinar - Alliance for a Healthier Generation Active Learning & Classroom Energizers**  
Active kids learn better. They perform better on tests, get better grades, attend school more often, and behave better in class. Join this interactive webinar to learn how to manage physical activity in the classroom with no-cost, turnkey resources that you can start using today! **Attendees will be entered in a monthly drawing to receive a \$200 Target GiftCard.** Ten winners will be chosen each month!\*

The webinar will be held on January 23rd, 7PM EST. [Register here!](#)

### **DC Greens Food Education - Open to MD teachers!**

DC Greens uses existing infrastructure and partnerships to provide support for teachers looking to infuse food systems education into their curriculum. In its seventh year, the Trellis Program supports teachers to integrate food systems education into their curricula and supports administrators in prioritizing food education in the city's school systems. Visit the DC Greens [website](#) for more information.

### **Workshop Calendar:**

- Jan 19th - **Food Justice**
- March 17th & 18th - **LifeLab Growing Classroom Workshop at Oak Spring (for MD and VA teachers only).** [Register here.](#)
- April 27th - **Digging Deeper**
- May 25th - **Cooking with Kids**

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## Grant Opportunities

### **Every Kid Healthy Grants Available**

Action for Healthy Kids will be hosting a couple of webinars to inform your schools about grant opportunities. More information will be sent soon.

- [Game On](#)
- [Super Fit Schools Challenge](#)
- [School Grants for Healthy Kids](#)



### **Lowe's Toolbox for Education**

*Deadline: 2/9/2018*

Lowe's announced funds to support community improvement projects such as: building

renovations/upgrades, grounds improvements, technology upgrades as well as safety improvements. Eligibility: Nonprofit organizations, Independent school districts, and Local Educational Agencies. Awards are available up to \$100,000. For more information, visit the [website](#) or contact Community Relations at (704) 758-2917 or [Community@Lowes.com](mailto:Community@Lowes.com).

**Get Out and Grow: School Garden Sweepstakes**

*Deadline: 3/1/2018*

Your school could win \$15,000 toward a garden-plus a visit from a Team USA Athlete! Smucker Away From Home wants to help schools across the country develop gardens that help cultivate hard work and healthy eating habits. The [Get Out and Grow](#) School Garden Sweepstakes is open to School Administrators or Foodservice Directors of K-12 schools. [Learn more and apply here.](#)

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