

Directive to Administrators (Specify which administrators)		WAD (Wednesday) Publication Date	WAD Notice (Number)	No. of Pages
All Administrators		February 1, 2012		1 of 3
WAD Title (Limit to 4-6 Words)			Date Due (if applicable)	Not Applicable After this Date:
February is Physical Activity Month				February 29, 2012
From:	Title:	Signature:	Telephone:	
Kim Coates (Cabinet member or approved by one below)	Director, School Health Programs, SSSD		242-2615	
Inform:				
(x) Certificated Staff (x) Classified Staff (x) Parents (x) Post on Bulletin Board Other _____				
Administrative Directive				
WHO: All Staff at Elementary, Middle, and High Schools				
WHAT: February's Health Awareness Month: <i>PHYSICAL ACTIVITY PROMOTION</i> This month's Student Support Services Department campaign focuses on healthy hearts, both physically and symbolically. Students participate in activities designed to promote cardiovascular health including <i>Jump Rope for Heart</i> at elementary and middle schools. High schools focus on the development of healthy relationships and decision-making skills during the week of Valentine's Day.				
February Asset Building Focus: <i>CONSTRUCTIVE USE OF TIME</i> <i>Schools can encourage students to participate in clubs, provide structured physical education activities, links to after school programs and structured activities provided by community based organizations. (Asset #17 – Creative Activities, #18 – Youth Programs)</i>				
WHEN: February 2012				
WHY:				
<ul style="list-style-type: none"> • To publicize the District and State requirements for physical education: <ul style="list-style-type: none"> ➤ ES: 200 minutes/10 days; MS: 400 minutes/10 days; HS: 2 years (For P.E. Codes, see: http://portal.sfusd.edu/template/default.cfm?page=chief_academic.pe.codes) • To organize activities which highlight the daily recommendation of 60 minutes of physical activity for students & 30 minutes for adults • To increase awareness of childhood obesity and diabetes, current national health concerns caused by inactivity and poor nutrition habits. 				
HOW: See the attached elementary level and secondary level resource sheets for grade level lessons and suggested resources.				
<i>Approved</i>	Cabinet Member:	Title:	Signature:	
	Kevin Truitt	Associate Superintendent, Student Support Services Dept.		
SAN FRANCISCO UNIFIED SCHOOL DISTRICT – WEEKLY ADMINISTRATIVE DIRECTIVE (WAD)				