

Directive to Administrators (Specify which administrators)	WAD (Wednesday) Publication Date	WAD Notice (Number)	No. of Pages
Elementary School Site Administrators	April 14, 2010		1 of 4

WAD Title (Limit to 4-6 Words)	Date Due (if applicable)	Not Applicable After this Date:
Nutrition Education Project Elementary Application Information	April 23, 2010	April 30, 2010

From: Meyla Ruwin (Cabinet member or approved by one below)	Title: Senior Executive Director, Student Support Services	Signature:	Telephone: (415) 242-2615
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Inform:

(X) Certificated Staff () Classified Staff () Parents () Post on Bulletin Board Other

Administrative Directive

Informational Meeting for "Nutrition Education Project"

- The Nutrition Education Project* (Student Support Services Department) is at twenty elementary schools, addressing nutrition education and physical activity promotion.
- In school year 2010 – 2011 the project **will add at least one additional elementary school.**

*The project is funded by the United States Department of Agriculture Food Stamp Program, through the *Network for a Healthy California.*

WHO: Principals at Elementary Schools with at least 50% free & reduced School Lunch Program participation

WHAT: Information & Application Meeting for Nutrition Education Project

WHEN: Thursday, April 29, 2010, 4:00 p.m. – 5:00 p.m.

**WHERE: Student Support Services Department
1515 Quintara St. @ 24th Ave.**

HOW:

- Review attached memo & Fact Sheet
- Complete Letter of Interest
- Fax completed letter **by Friday, April 23, 2010** to:
Terry Vargas, Student Support Services Department
FAX 242-2618

<i>Approved</i>	Cabinet Member: Trish Bascom	Title: Associate Superintendent, Student Support Services	Signature:
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MEMO

Date: April 12, 2010

To: Elementary Principals at schools with at least 50% free & reduced school lunch participation

From: Meyla Ruwin, Senior Executive Director, SSSD

Re: Nutrition Education Project Elementary Application

Cc: LEAD Assistant Superintendents and K-8 Executive Director
Trish Bascom, Associate Superintendent, Student Support Services Department

San Francisco Unified School District receives funding from the USDA, through the Network for a Healthy California for *nutrition education* and *physical activity promotion*. The award is administered through Student Support Services Department. Currently the program is at the following 20 elementary school sites:

Bessie Carmichael	George Moscone	Leonard Flynn	Sherman
Bret Harte	Harvey Milk CRA	Longfellow	Starr King
El Dorado	Hillcrest	Malcolm X Academy	Sutro
E. R. Taylor	Jose Ortega	Mission Ed. Center	Rosa Parks
Francis Scott Key	Junipero Serra	Sheridan	Ulloa

In school year 2010 – 2011 the project will be adding at least one additional elementary school. Target schools will be selected based on:

- **At least 50% free and reduced school lunch program participation**
- Teacher and administrative support and participation
- Family/caregiver interest
- Capacity for integrating program components into school activities

An informational meeting for interested schools will be held:

Thursday, April 29, 2010
4:00 PM – 5:00 PM
Student Support Services Department, Bungalow 8
1515 Quintara St. @ 24th Ave.

Site Administrators and other interested members of the school community should plan to attend. At the meeting, the Nutrition Education Project goals, program overview, site requirements and application process will be reviewed.

➤**ACTION:** Please read through the attached project Fact Sheet. If interested, fax in the attached Letter of Interest by **Friday, April 23, 2010** to Terry Vargas 242-2618. For additional information please contact Mark Elkin @ 242-2615 or elkinm@sfusd.edu.

Nutrition Education Project Letter of Interest

Schools interested in applying for the Nutrition Education Project should complete the following information:

Elementary School _____

Principal _____

YES, at least 50% of our students qualify as **free or reduced** in the Federal School Lunch program (data for 2009-2010)

I have read the Project Fact Sheet and feel that my school site would benefit from the program in the following ways:

Yes, the Site Administrator will attend the **April 29, 2010 meeting**, as well as the following teachers, staff & or parents/caregivers:

<u>Name</u>	<u>Position</u>
1. _____	_____
2. _____	_____

For additional information please contact **Mark Elkin at Student Support Services Department @ 242-2615.**

Please RSVP: FAX this form to **Terry Vargas @ 242-2618 by Friday, April 23, 2010.**



Student Support Services Department
San Francisco Unified School District

Nutrition Education Project

**34.2 % of San Francisco Unified School District fifth graders are aerobically unfit.
28.2 % of San Francisco Unified School District fifth graders are not at a healthy weight.**

FITNESSGRAM, 2007/2008

Nutrition Education Project Objectives: To increase the healthy food choices and daily physical activity of low income children and families in San Francisco.

Objectives:

- Educate children in the benefits of eating more fruits and vegetables and being physically active for 60 minutes a day
- Increase family awareness and participation related to nutrition and physical activity

Target Schools: The Nutrition Education Project is present at the following 20 Elementary Schools: B. Carmichael/FEC, El Dorado, L. Flynn, B. Harte, Hillcrest, F.S. Key, S. King, H. Milk CRA, Longfellow, Malcolm X Academy, Mission Education Center, G. Moscone, J. Ortega, R. Parks, J. Serra, Sheridan, Sherman, Sutro, E.R. Taylor, Ulloa.

Program Elements:

I. Nutrition Education and Physical Activity Promotion in the classroom:

- Model comprehensive nutrition lessons which incorporate California Health Education Content Standards and Nutrition Competencies while linking to SFUSD academic standards
- Provide demonstration and tasting of healthy foods utilizing a mobile cooking cart
- Promote physical activity linked to nutrition education

II. Teacher Support:

- Provide professional development on nutrition education and physical activity promotion
- Facilitate field trips to farmers' markets

III. Family Outreach:

- Coordinate school-based Family Health Events
- Provide parent/caregiver workshops on nutrition education and physical activity promotion
- Publish a quarterly nutrition newsletter and distribute Harvest of the Month newsletters
- Organize a school community social marketing campaign promoting *More Fruits and Vegetables*

IV. Project Partners:

- SFUSD Student Nutrition Services
- ExCEL After School Programs (SFUSD)
- California Dairy Council
- UC Cooperative Extension
- San Francisco Department of Public Health
- Center for Urban Education about Sustainable Agriculture (CUESA)
- Bay Area Nutrition and Physical Activity Collaborative (BANPAC)
- Network for a Healthy California, Chinese Project

For further information contact:

Student Support Services Department, www.healthiersf.org
1515 Quintara Street, San Francisco, CA 94116
(415) 242-2615 FAX (415) 242-2618

The Nutrition Education Project (NEP) is funded by USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483.



