

March 2011

Secondary Level



WHAT YOU CAN DO TO SUPPORT

NUTRITION Awareness Month!

⇒ Visit the SSSD website for programs, resources & news: www.healthiersf.org

Teach a Lesson

Contact your Health Liaison to locate curriculum resources.

Middle School Curriculum	Grade 6	Grade7	Grade 8
Decisions For Health (Holt)	CH 4: Lessons 1 – 4 CH 12: Lesson 1 - 3	CH 5: Lesson 1 – 4 CH 6: Lesson 1 – 4	CH 8: Lesson 1 – 6
Human Relations Media	The New Dietary Guidelines: What you need to know	The New Dietary Guidelines: What you need to know	The New Dietary Guidelines: What you need to know
Middle School Health Smart (ETR)	Nutrition and Physical Activity	Nutrition and Physical Activity	Nutrition and Physical Activity
Sunburst Visual Media Nutrition Making Healthy Choices	All Levels	All Levels	All Levels
Body Talk 2: The Body Positive	All Levels	All Levels	All Levels
High School Curriculum			
Lifetime Health (Holt) CH 7: Section 1 - 4			
Human Relations Media The New Dietary Guidelines: What you need to know			
High School Health Smart (ETR) Nutrition and Physical Activity			
Sunburst Visual Media Nutrition Making Healthy Choices			
Body Talk 1: The Body Positive All Levels			

Collaborate to organize a classroom or school-wide activity

Work with your students, parents, Parent Liaison, HST/HPC Team members and Student Support Services Department staff: Nurse, Learning Support Professional, After School Coordinator, Tobacco Youth Outreach Coordinator/Peer Educators, Community Health Outreach Worker, and Wellness Coordinator.

- **Organize a school-wide nutrition education activity:** Create a bulletin board, sponsor a poster contest, provide a parent workshop on healthy snacks or on the importance of eating a healthy breakfast.
- **Contact a community based organization** to invite a speaker into your classroom or for curriculum resources: UC Cooperative Extension (650) 871-7559, California Dairy Council (www.dairycouncilofca.org) or visit <http://www.healthiersf.org/Resources/pubs/cbo/CBO%20Resource%20Guide.pdf>.
- **Promote the SFUSD Wellness Policy** (www.sfusdfood.org) by displaying the Wellness Policy poster, setting up a school wide wellness policy, role modeling healthy snacks at staff meetings; rewarding students with non-food items, including physical activities or field trips; and fundraising with a walkathon or sales of non edible items.
- **Participate in Shape Up SF Walking Challenge** – join the 2011 School/Staff Wellness Program as a team – for more information go to www.shapeupsfwalkingchallenge.com or contact Martha Adriasola at adriasolam@sfusd.edu
- **Visit the Nutrition Education Project website @ www.healthiersf.org/nutrition for additional resources, including:** Harvest of the Month, Nutrition Newsletters, wellness tips, best practices & more