

To	WAD Date	WAD No.	Page
ALL SITE ADMINISTRATORS	October 6, 2010		1 of 1
Subject	Date Due	Not Applicable After	
October Harvest of The Month	N/A	October 31, 2010	
From	Title	Signature	Telephone
Kim Coates	Supervisor- Student Support Services Department/School Health Programs Department		522-6739
Action Required			
PLEASE INFORM ALL STAFF AND ENCOURAGE HARVEST OF THE MONTH ACTIVITIES <input checked="" type="checkbox"/> Post <input checked="" type="checkbox"/> Distribute To All Staff			

Administrative Directive

WHO: All Staff at Elementary, Middle and High Schools



WHAT: October's Harvest Of The Month – Apple

Facts about Apples:

1. Apples are a good source of potassium, which helps maintain a healthy heart.
2. As a good source of fiber, apples help maintain steady blood sugar levels and may help prevent some kinds of cancer.
3. Many kinds of apples are grown in the United States, with 2,500 known varieties, and more than 7,500 varieties grown worldwide.

For more information about *Apples*, click on the attachments below:

- Educator's newsletter
- Family Newsletter (English)
- Family Newsletter (Spanish)
- Family Newsletter (Chinese)

HOW:

- **Distribute Harvest of the Month materials:**
 - ⇒ Copy Educator's Newsletter for every classroom teacher
 - ⇒ Copy Family Newsletter, send home in weekly envelope
- Prepare and offer **Apple Yogurt Trifle or Tuna Apple Salad Recipe**, from the newsletters, at your next staff meeting
- Teach a lesson from the Educator's Newsletter

WHY:

The goal of Harvest of the Month is to increase fruit and vegetable awareness and to motivate children, families, and school staff to make healthier choices.

WHEN: October 2010

<i>Approved</i>	Name Kevin Truitt	Title Associate Supt. Student Support Services	Signature
SAN FRANCISCO UNIFIED SCHOOL DISTRICT WEEKLY ADMINISTRATIVE DIRECTIVE			