

Directive to Administrators (Specify which administrators)	WAD (Wednesday) Publication Date	WAD Notice #	No. of Pages
ALL SITE ADMINISTRATORS	April 21, 2010		1 of 2
WAD Title (Limit to 4-6 Words)	Date Due (if applicable)	Not Applicable After this Date:	
RE-THINK YOUR DRINK POSTER CONTEST	May 21, 2010	May 21, 2010	
From: Meyla Ruwin (Cabinet member or approved by one below)	Title: Senior Executive Director, Student Support Services	Signature:	Telephone: 242-2615
Inform: (X) Certificated Staff (X) Classified Staff (X) Parents () Post on Bulletin Board Other _____			

Administrative Directive

“Re-Think Your Drink!” POSTER CONTEST

WHO: All SFUSD schools

WHAT: SFUSD celebrates *Rethink your Drink Week* (May 17 – May 21) to encourage students to cut down on sugary drinks and have a “soda free summer”

WHY:

- Regular soft drinks are the #1 source of added sugar in the American diet¹
- The average American consumes almost *100 pounds of sugar a year*²
- One 20 ounce cola contains 17 teaspoons of sugar

¹JF Guthire & JF Morton (2000) Food sources of added sweeteners in the diets of Americans. J Am Diet Assoc.

²From the USDA Economic Research Service (ERS): <http://www.ers.usda.gov/Briefing/Sugar/Data.htm> 4/23/09

HOW

- Students and classes enter the *Re-Think Your Drink* poster contest
- See attached entry requirements
- Entries are due Monday, May 24, 2010
- First and second cash prizes or gift certificates will be presented to students in grade level groups: Pre K – K; Grades 1 – 2; Grades 3 – 5; Middle school; High School. One Grand Prize will be awarded.
- Winning artwork may be made into posters, bookmarks or used on the Student Support Services Department website, www.healthiersf.org

WHEN Submit to Terry Vargas, SSSD, 1515 Quintara St. **by Monday, May 24, 2010**
Winners will be notified by May 28, 2010.

<i>Approved</i>	Cabinet Member: Trish Bascom	Title: Associate Superintendent of Student Support Services	Signature:
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RE-THINK YOUR DRINK

POSTER CONTEST ENTRY REQUIREMENTS

1. Come up with a recipe for your own "Think Drink", made with tap water and your choice of fruit, vegetable or herbal flavorings
2. Give it a catchy name (example: *Sunshine Water*, with a slice of orange and lemon)
3. Draw and write the ingredients in an artful way

ART MATERIALS

Landscape
orientation

- 8 ½" x 11" white paper
- Please use markers, pens, crayons, colored pencils ...
- The following are not allowed:
 - Glitter or paste-ons; computer graphics; cutouts from magazines
 - Name brands, cartoon characters or commercial symbols (Mickey Mouse, Anime...)

CONTENT

- Creatively draw and illustrate your "Think Drink" recipe ingredients
- Give your drink a catchy name (Do not use the word "soda" in your recipe name)
- The *Re-Think Your Drink!* slogan must appear on the poster
- Your recipe must include tap water
- Ingredients should only include tap water sliced fresh fruit and/or vegetables and herbs (optional)
- Recipes should not include added sugar or sugar substitutes (honey, Nutrisweet...)
- Be simple with your artwork
- Be creative: Advertise, promote and encourage others to enjoy your "Think Drink"

LABEL

- Label your poster legibly, on the back, with the following information:
 - Student's first and last name, student's grade level, student's age
 - School name, classroom teacher's name and room number
- Write out your "Think Drink" recipe on the back

PRIZES: gift certificates/cash prizes

- One Grand Prize
- Five First Place grade level winners:
 - ★Pre-K to K ★Grades 1–2 ★Grades 3–5 ★Grades 6–8 ★Grades 9–12
- Five Second Place grade level winners
- First place winners will receive a delicious strawberry tasting for their class or homeroom!

SUBMISSION: Submit posters by 5 p.m. on Monday, May 24, 2010. Drop off or send through school mail to:

Terry Vargas, Student Support Services Department/1515 Quintara St.

All entries become the property of San Francisco Unified School District and will not be returned. Artwork may be duplicated to appear on posters, stickers, and/or bookmarks.