



Directive to Administrators (Specify which administrators)	WAD (Wednesday) Publication Date	WAD Notice (Number)	No. of Pages
All Administrators	November 2, 2011		1 of 2

WAD Title (Limit to 4-6 Words)	Date Due (if applicable)	Not Applicable After this Date:
November is Tobacco Free Awareness Month		November 30, 2011

From: Kim Coates (Cabinet member or approved by one below)	Title: Supervisor, School Health Programs	Signature:	Telephone: 242-2615
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Inform:
 Certified Staff
 Classified Staff
 Parents
 Post on Bulletin Board
Other _____

Administrative Directive

WHO: All Staff at Elementary, Middle and High Schools

WHAT: November's Student Support Services Department campaign: Tobacco Prevention Education. Schools are encouraged to publicize the District's Tobacco Free Policy and intervention protocols. High Schools are encouraged to promote tobacco cessation programs.

November Asset Building Focus: SOCIAL COMPETENCIES
Asset #32 – Planning and Decision Making, #35 – Resistance Skills:
A young person knows how to plan ahead and make choices while learning to resist negative peer pressure and dangerous situations. Schools can teach goal setting skills and refusal strategies from District research validated curricula.

WHEN: November 2011

WHY:

- To highlight the *Great American Smoke Out*, where students participate in school wide events like *Adopt a Smoker* to encourage and support individuals to quit smoking
- To assist youth with planning and decision making by working with students to develop goals on ways to be tobacco free

HOW: See the attached resources on the following pages for grade level lessons and suggested resources. In addition, please be aware of the **Save these Dates** flyer which lists professional development for the 2011-12 school year.

<i>Approved</i>	Cabinet Member: Kevin Truitt	Title: Associate Superintendent, Student Support Services	Signature:
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November 2011

Post and distribute appropriately. Thank you!



Student Support Services
San Francisco Unified School District

WHAT YOU CAN DO TO SUPPORT TOBACCO FREE AWARENESS Month!

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

Teach a Lesson:

Contact your Health Advocate or your Health Liaison to locate curriculum resources at school site.

Recommended lessons from District adopted curricula for *Tobacco Free Awareness*

Elementary Curriculum	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
<i>Too Good for Drugs</i> (Mendez) (Evidence-based Curriculum)	Lesson 5	Lesson 7	Lesson 9	Lesson 8	Lesson 5	Lesson 6
<i>Actions for Health</i> (ETR)	Lessons 23 - 26	Lessons 26 & 27	Lesson 27	Lessons 20 - 22	Lessons 19 & 20	Lessons 17 -21
Middle School Curriculum	Grade 6		Grade 7		Grade 8	
<i>Project Alert</i> (BEST Foundation) (Research Validated Curriculum)			Lessons 1 & 10		Booster Lesson 1	
<i>Decisions For Health</i> (Holt)	Lesson 14		Lesson 11		Lesson 14	
<i>Health Smart</i> (ETR)			Lesson 3, activity 1		Lesson 3, activity 2	
High School Curriculum	Grades 9-12					
<i>Towards No Drug Abuse</i> (USC) (Research Validated Curriculum)	Lesson 7					
<i>Lifetime Health</i> (Holt)	Lesson 11					

Attend a Professional Development Workshop:

Brief Intervention Training (MS & HS) Second Semester

Wednesday, January 18, 2012, 8:00 a.m. – 3:30 p.m.

There are no other upcoming workshops scheduled for this topic, therefore contact your Health Advocate or Health Liaison (or school teams) for more information or school site curriculum sharing; Teachers on Special Assignment at School Health Programs are available to offer technical assistance call 242-2615 and ask for Martha Adriasola (elementary) and Rosalia Lopez (secondary).

Collaborate to organize a classroom or school-wide activity:

Work with your students, parents, parent liaison, Health Advocate, HST/HPC Team Members & other Student Support Services Department staff (Nurse, Learning Support Professional, After School Program Site Coordinator, Site Nutrition Coordinator, Tobacco Youth Outreach Coordinator/Peer Educators, Community Health Outreach Worker, and Wellness Coordinator)

- Participate in *the Great American Smoke Out Thursday, November 17th* by teaching a lesson, creating a bulletin board, sponsoring a poster contest, providing a workshop for parents, hosting a health fair.
www.cancer.org
- Contact a community based organization to invite a speaker into your classroom (i.e., American Cancer Society at 1-800-ACS-2345)
- Refer parents to free community smoking cessation groups through CA Smokers' Helpline at 1-800-766-2888
- For more *tobacco free* ideas contact Ira Sachnoff, SFUSD Tobacco Consultant, at 242-2615 x3043