

Directive to Administrators (Specify which administrators) All Administrators	WAD (Wednesday) Publication Date October 27, 2010	WAD Notice (Number)	No. of Pages 1 of 2
---	--	-----------------------	-------------------------------

WAD Title (Limit to 4-6 Words) November is Tobacco Free Awareness Month	Date Due (if applicable)	Not Applicable After this Date: November 30, 2010
---	--------------------------	--

From: Kim Coates (Cabinet member or approved by one below)	Title: Supervisor, School Health Programs	Signature:	Telephone: 242-2615
---	---	------------	-------------------------------

Inform:
 (x) Certificated Staff
 (x) Classified Staff
 (x) Parents
 (x) Post on Bulletin Board
Other _____

Administrative Directive

WHO: All Staff at Elementary, Middle and High Schools

WHAT: This month’s Student Support Services Department campaign focuses on 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 2010

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 2010-11 school year.

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

November 2010

Post and distribute appropriately. Thank you!



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		Lessons 1 & 10	
<i>Decisions For Health</i> (Holt)	Lesson 14		Lesson 11		Lesson 14	
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:

There are no 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; also see the *Save These Dates* flyer and the WADs online for other health education workshops. 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 18th** by teaching a lesson, creating a bulletin board, sponsoring a poster contest, providing a workshop for parents, hosting a health fair
- 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