

Directive to Administrators (Specify which administrators) <b>All Administrators</b>		WAD (Wednesday) Publication Date May 18, 2017	WAD Notice ( Number )	No. of Pages 1 of 2
WAD Title ( Limit to 4-6 Words ) <b>Summer Health Month</b>			Date Due (if applicable)	Not Applicable After this Date: May 26, 2017
From: <b>Kim Coates</b> (Cabinet member or approved by one below)	Title: <b>Executive Director, School Health Programs, SFCSD</b>	Signature:	Telephone: <b>(415) 242-2615</b>	
Inform: ( x ) Certificated Staff    ( x ) Classified Staff    ( x ) Parents    ( x ) Post on Bulletin Board    Other _____				
<b>Administrative Directive</b>  <b><i>Summer Health Month</i></b>				
<b>WHO: All staff at Pre-K, TK, Elementary, Middle, and High Schools</b>				
<b>WHAT: May is <i>Summer Health Month</i>.</b> This month's School Health Program theme focuses on preparing for a healthy and fun summer break. Schools should emphasize sun safety and skin cancer awareness.				
<b>WHEN: May 2017</b>				
<b>WHY:</b>				
<ul style="list-style-type: none"> <li>• <b>To provide students and families with a variety of information and resources regarding summer health, including safety and local summer activities.</b></li> <li>• <b>To provide teachers with information on how students can stay healthy, safe, and active during the summer months.</b></li> </ul>				
<p><b>Sun-Protective Behavior Rates</b> - National surveys supported by CDC indicate that U.S. youth and adults are being exposed to ultraviolet radiation and can do more to protect themselves. More than one-third of the U.S. population reported sunburn in the previous year. Among high school students, when they were outside for more than an hour on a sunny day, 13% of girls and 7% of boys reported they routinely used a sunscreen with an SPF of 15 or higher. About one-third of U.S. teens aged 14–17 years had a sunburn during the past year. About half of non-Hispanic white teens, 22% of Hispanic teens, 18% of non-Hispanic Asian teens, and 7% of non-Hispanic black teens had a sunburn during the past year. <a href="http://www.cdc.gov/cancer/skin/statistics/behavior.htm">http://www.cdc.gov/cancer/skin/statistics/behavior.htm</a></p>				
<p><b>Summer Safety</b> – national reports show that more than 10,000 children ages 19 and under are seen in emergency rooms every day for injuries that happen in the home. To read more go to: <a href="http://www.cdc.gov/Features/KidsSafety/">http://www.cdc.gov/Features/KidsSafety/</a></p>				
<b>HOW: See the resources on the attached page for grade level lessons and suggested summer resources for school and home.</b>				
<i>Approved</i>	Cabinet Member: <b>Kevin Truitt</b>	Title: <b>Chief of Student, Family, and Community Support Department</b>	Signature:	
SAN FRANCISCO UNIFIED SCHOOL DISTRICT - WEEKLY ADMINISTRATIVE DIRECTIVE (WAD)				

May 2017

## WHAT YOU CAN DO TO SUPPORT SUMMER HEALTH MONTH!

⇒ Visit [healthiersf.org](http://healthiersf.org) and [SFUSDHealthEd.org](http://SFUSDHealthEd.org) for programs, resources, and news



### Health Education is a Tier One Support for all SFUSD Students

#### Teach a Lesson: Recommended lessons from District Adopted curricula for *Summer Health*

Contact [TiuK@sfusd.edu](mailto:TiuK@sfusd.edu) to get your school's HealthSmart login and password

PreK-TK Curriculum						
Safety Rules for Summer: <a href="https://tinyurl.com/summersafetyrules">https://tinyurl.com/summersafetyrules</a>						
Elementary School Curriculum	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
<i>Health Smart</i> (ETR)	Lessons 16, 17	Lessons 11, 14, 16, 17	Lessons 7, 8, 11, 14, 16, 17	Lessons 5, 6, 7, 8	Lessons 9, 25	Lessons 21, 28

Contact your Social Worker or School Nurse to locate curriculum resources.

Middle School Curriculum	Grade 6	Grade 7	Grade 8
<i>Middle School Health Smart</i> (ETR)	Violence and Injury Prevention: Lessons 1- 6		
High School Curriculum			
<i>High School Health Smart</i> (ETR) Violence and Injury Prevention: Lessons 1 – 6			

#### Collaborate to organize a classroom or school-wide activity

Work with your students, parents/caregivers, Family Liaison, Health Advocate, and Student, Family & Community Support Department staff: School District Nurse, Social Worker/Wellness Counselor, After School Coordinator, Community Health Outreach Worker, and Wellness Coordinator.

- **Organize a school-wide summer safety promotion activity:** Create a bulletin board, sponsor a poster contest, and/or provide a parent workshop on summer health resources available in your community.
- **Go online** for resources on sun safety and skin cancer awareness - the Centers for Disease Control and Prevention at: [http://www.cdc.gov/cancer/skin/basic\\_info/children.htm](http://www.cdc.gov/cancer/skin/basic_info/children.htm) and/or the American Cancer Society at: <http://www.cancer.org/healthy/besafeinthesun/index> for "Be Safe in the Sun".

#### Summer Resources for Families – keep kids healthy, active, safe, and prevent summer learning loss.

- SF Kids funded by the Department of Children, Youth and Their Families has summer programs for youth 18 and under. Some programs may have costs, scholarships are also offered. Sessions last a few weeks or all summer. Go to: <http://www.sfkids.org>
- SF Rec & Park offers fantastic camps and programs with scholarships available. Go to: <http://sfrecpark.org/>
- Free Family Adventures allows San Francisco families to visit museums, pools, and attractions with children up to age 18. Visit any SF Public Library and use your SF Public Library Card to check out a FAMILY PASS. Go to <http://sfpl.org/index.php?pg=2000812701>
- Other summer programs: <https://www.activityhero.com/in/san-francisco-ca> and summer reading at SF State <http://sfsu.readingprograms.org/>