

February 2012

Secondary Level



WHAT YOU CAN DO TO SUPPORT...

PHYSICAL ACTIVITY AWARENESS Month!

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

Teach a Lesson

Contact your Health Liaison to locate curriculum resources.

Middle School Curriculum	Grade 6	Grade7	Grade 8
<i>Decisions For Health</i> (Holt)	CH 4: Lesson 1-4 CH 8: Lesson 1-8	CH 4: Lesson 1-8 CH 6: Lesson 1-4	CH 6: Lesson 1-7 CH 8: Lessons 1-6
Middle School <i>Health Smart</i> (ETR)	Nutrition and Physical Activity	Nutrition and Physical Activity	Nutrition and Physical Activity
<i>Body Talk 2: The Body Positive</i>	All Levels	All Levels	All Levels
High School Curriculum			
<i>Lifetime Health</i> (Holt) CH 6: Lesson 1 - 7			
High School <i>Health Smart</i> (ETR) Nutrition and Physical Activity			
<i>Body Talk 1: The Body Positive</i> All Levels			

Attend a Professional Development Workshop

Contact your Health Liaison for more information; also see the *Save the Date* for other Secondary health and physical education workshops and the WADs online.

Collaborate to organize a classroom or school-wide activity

Work with your students, parents, parent liaison, HST/HPC Team members and Student Support Services Department staff: Nurse, Learning Support Professional, After School Coordinator, Tobacco Youth Outreach Coordinator/Peer Educators, Community Health Outreach Worker, and Wellness Coordinator.

- **Participate in the poster contest, *My Favorite Physical Activity***, sponsored by School Health Programs and Shape Up S.F.'s P.E. Advocates. See WAD, January 11, 2012. Deadline has been extended to February 8!
- **Organize a school-wide physical activity promotion activity:** Create a bulletin board, sponsor a poster contest, provide a parent workshop on physical activity & limiting screen time, hold a jump-a-thon
- **Staff Wellness:** Be part of a team at your school site that encourages physical activity and improves nutrition
- **Contact a community based organization** to invite a speaker into your classroom. Look at the SSSD website www.healthiersf.org