

Directive to Administrators (Specify which administrators)		WAD (Wednesday) Publication Date	WAD Notice (Number)	No. of Pages
All Administrators		March 10, 2010		1 of 3
WAD Title (Limit to 4-6 Words)		Date Due (if applicable)	Not Applicable After this Date:	
March is Nutrition Awareness Month			March 31, 2010	
From:	Title:	Signature:	Telephone:	
Meyla Ruwin (Cabinet member or approved by one below)	Executive Director, Student Support Services		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:	<p>March Health Awareness Month: <i>NUTRITION AWARENESS</i> <i>This month's Student Support Services Department campaign focuses on promoting the SFUSD Wellness Policy and providing nutrition education lessons in the prevention of obesity, diabetes and heart disease.</i> Schools can encourage healthier eating by sponsoring activities that promote a diet which includes colorful fruits & vegetables, nutrient-rich foods and water, while limiting foods that are high in fat, salt and added sugars, such as soda, chips and candy.</p> <p>March Balanced Score Card Goal and Objective: Student Achievement Objective 2.2: Prepare the citizens of tomorrow</p> <p>March Asset Building Focus: COMMITMENT TO LEARNING (Asset #21 – Achievement Motivation, #22 – School Engagement, #24 – Bonding to School, #25 – Reading for Pleasure) <i>Schools can encourage students to participate in meaningful activities which support academic success and school/community engagement including, tutoring time, homework assistance, school spirit activities, youth engaging reading opportunities & service learning activities.</i></p>			
WHEN:	March 2010			
WHY:	<ul style="list-style-type: none"> • To promote both student and staff wellness. • To promote the SFUSD Wellness Policy. Visit www.sfusdfood.org & www.healthiersf.org for policy information, healthy fundraising ideas, educational resources and best practices. • To organize activities that highlight diets that include colorful fruits & vegetables. • To increase awareness of Childhood obesity and diabetes, current national health concerns caused by inactivity and poor nutrition habits that may lead to health complications later in adulthood. Coronary heart disease (CHD) is the number one killer of males and females in the United States. 			
HOW:	Read, copy & distribute the attached elementary level and secondary level resource sheets for grade level lessons and suggested activities.			
<i>Approved</i>	Cabinet Member:	Title:	Signature:	
	Trish Bascom	Associate Superintendent, Student Support Services		
SAN FRANCISCO UNIFIED SCHOOL DISTRICT - WEEKLY ADMINISTRATIVE DIRECTIVE (WAD)				