March is Nutrition & Physical Activity Month

WHO: All Pre-K, Elementary, Middle, & High School Staff

WHAT: San Francisco Unified School District celebrates Be Well, Do Well: Nutrition & Physical Activity Month throughout March. Schools are encouraged to hold events and teach lessons which promote The SFUSD Wellness Policy, Nutrition Education and Physical Activity.

WHEN: March 2017

HOW: Health Advocates, Health Education Teacher Leader, Wellness Program Coordinators, School Counselors, School Social Workers, Health Education Teachers and School District Nurses will assist with coordination of activities.

See attached Health Awareness Month Secondary and Elementary Resource Sheets for curricula and activities for teachers and other SFUSD staff.

For any additional questions contact:
Student, Family, and Community Support Department
Mark Elkin or Rosalia Lopez
Phone: 415-242-2615
Be Well, Do Well:
Nutrition & Physical Activity Month
Elementary Level

Eating a healthy breakfast is associated with improved cognitive function, reduced absenteeism, and improved mood.¹

Eating Fruits & Vegetables is associated with improved school performance. (ES CHKS) 2013²

Visit the SFCSD & Health Ed websites for programs, curricula, resources & news: www.healthiersf.org
www.sfusdhealtheducation.org

HOW CAN YOU HELP?

Build a climate of inclusion and wellness with health education and physical activity. Check out the SFUSD Wellness Policy website, www.sfusd.edu/bewell for tips and best practices!

- Establish healthy food and beverage guidelines with your students, for classroom snacks and celebrations.
- Reward students with extra physical activity time instead of sugary snacks.

Teach the District mandated 20 health lessons, including nutrition education:

- Utilize lessons from your school’s Healthy Classrooms, Healthy Schools curriculum tub or from the online HealthSmart curriculum. Contact your Health Advocate, Mark Elkin (elkinm@sfusd.edu) or Martha Adriasola (adriasolam@sfusd.edu) for your school’s Health Smart password.
- Remember to assess your students in Nutrition and P.E. on the Standards Based Report Card!

Collaborate to address 3 key messages:
1. ReThink Your Drink! Drink water (with sliced fruit!) instead of juice, soda and other sugary drinks.
2. Be Physically Active! Get at least 30 minutes of physical activity every day (your students should get 60!)
3. Snacks are not Treats! Snacks are nutrient dense mini-meals; treats are high in sugar, fat and salt and for special occasions.

- Promote the SFUSD Wellness Policy by being a role model for your peers; bring healthy snacks to meetings.
- Check in with parents/caregivers around student health; organize parent workshops or a health fair.

² CA Healthy Kids Survey 2013, N=739
Five or more hours of any type of screen time was significantly associated with obesity among youth, where TV viewing was linked to 78% higher odds for obesity (1.40-2.27), while other device use was also associated with higher odds for obesity (aOR=1.43, 1.21-1.71), reported Erica L. Kenney, ScD, MPH, and Steven L. Gortmaker, PhD, both of Harvard T.H. Chan School of Public Health in Boston.

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Build a climate of inclusion and wellness with health education and physical activity.
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Teach the District mandated health education content, including nutrition education:
- Middle School: HealthSmart (ETR)— Grade 6: L 1—3, 9, 11, 15; Grade 7: L 4—6, 13, 16—17; Grade 8: L 1—6
- High School: HealthSmart (ETR) L 1—15; DVD’s: NOURISH (PBS), Fed Up; Food, Inc.

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Promote the SFUSD Wellness Policy by being a role model for your students and peers; bring healthy snacks to meetings! Visit the Wellness Policy website for guidelines and best practices: www.sfusd/bewell.