

Save the Dates 2019-2020: *Elementary Level Professional Development Series**

Audience: TK–5 teachers and school staff

Registration: required; stipends provided unless otherwise noted; LWEA available with approval

Location: **CHOOSE** School Health Programs 1515 Quintara Street (Wednesdays) or
Sanchez Elementary 325 Sanchez Street (Thursdays) *unless otherwise noted

SERIES: Building [Social Emotional Learning Competencies](#) through [Health Education](#)

Date/Location	Connections Across the Curricula	Social Emotional Learning Competency
Wed., Sept. 11, 2019 or Thurs., Sept. 12, 2019 4:00 p.m. - 6:00 p.m.	<ul style="list-style-type: none"> Wellness routines for the healthy classroom 	<i>Overview of the four SEL Competencies: Routines for a Healthy Classroom</i>
Wed., Oct. 23, 2019 or Thurs., Oct. 24, 2019 4:00 p.m. - 6:00 p.m.	<ul style="list-style-type: none"> Anti-bullying & upstanding 	<i>SEL Competency: Social Awareness</i>
Wed., December 11, 2019 or Thurs., Dec. 12, 2019*	<ul style="list-style-type: none"> Safe Touch 	<i>SEL Competency: Self Efficacy</i>
Wed., Jan 22, 2020 or Thurs., January 23, 2020 4:00 p.m. - 6:00 p.m.	<ul style="list-style-type: none"> Self Management and Substance Use Prevention - <i>tobacco, vapes, alcohol, and cannabis</i> 	<i>SEL Competency: Self Management</i>
Wed., April 8, 2020 or Thurs., April 9, 2020 4 - 6 p.m.	<ul style="list-style-type: none"> Growth Mindset strategies across the curriculum 	<i>SEL Competency: Growth Mindset</i>
Date/Location	Health Topic	Health Ed resources & curriculum
Wed., Nov., 14* 4p.m. - 6 p.m. SF HSS, 1145 Market St.	Connecting Farm to Classroom	<ul style="list-style-type: none"> How to take your classroom on a Farmers' market field trip Lessons/resources with extensions into the classroom

<p>Wed., Dec. 4 8 a.m. – 3:30 p.m. 1515 Quintara St.</p>	<p>Puberty Education Professional Development by Planned Parenthood (substitute provided for certificated)</p>	<ul style="list-style-type: none"> ● Inclusive Puberty Education strategies and curriculum ● Audience: 4th, 5th and 6th grade teachers, School District Nurses, and School Social Workers
<p>Tuesday, February 11 8 a.m. – 3:30 p.m. 1515 Quintara St.</p>	<p>Puberty Education Professional Development by Planned Parenthood (substitute provided by SHP for certificated)</p>	
<p>Wed., March 18, 2020 or Thurs., March 19, 2020 4-6 p.m. 1515 Quintara St</p>	<p>Diversity & Pride <i>LGBTQ Family & Gender Diversity in Elementary School Workshop</i></p>	<ul style="list-style-type: none"> ● LGBTQ Inclusive Practices ● Books + Curriculum ● Gender Diversity

Visit www.sfusdhealtheducation.org for curriculum and resources

Additional Professional Development Opportunities!

<ul style="list-style-type: none"> ● Health Advocate Meetings: 9/26/19 all day training McLaren ● 1/8/20, 11/7/19, 5/6/20 4:00 p.m.-5:30 p.m. 1515 Quintara Room 8
<ul style="list-style-type: none"> ● Be Well School Wellness Committees (SWC)--Open to EED, ES, K/8, MS, HS. Dates TBD for more info. contact Saeeda Hafiz, hafizs@sfusd.edu

*Classroom teachers are mandated to **teach 20 lessons of Health** each year. Recommendations: 3 lessons each on violence prevention, HIV prevention (puberty for upper grades), substance use prevention, family diversity, nutrition and physical activity, and 3 lessons based on students' needs.

FOR MORE INFORMATION: Registration information will appear in the OASIS, contact your Health Advocate or a School Health TSA: Mark Elkin elkinm@sfusd.edu, Karen Tiu tiuk@sfusd.edu or (415) 242-2615 x 3225.