



Directive to Administrators (Specify which administrators)	WAD (Wednesday) Publication Date	WAD Notice ( Number )	No. of Pages
School Administrators	January 30, 2013		1 of 5
WAD Title ( Limit to 4-6 Words )	Date Due (if applicable)	Not Applicable After this Date:	
Have a <i>Heart Healthy Valentine's Day</i>	N/A	February 14, 2013	
From: Kim Coates (Cabinet member or approved by one below)	Title: Director, School Health Programs, SFCSD	Signature:	Telephone: 242-2615
Inform: <input type="checkbox"/> ( x ) Certificated Staff <input type="checkbox"/> ( x ) Classified Staff <input checked="" type="checkbox"/> ( x ) Parents <input type="checkbox"/> ( x ) Post on Bulletin Board    Other _____			
<b>Administrative Directive</b>			
<b>WHO:</b>	<b>All School Staff</b>		
<b>WHAT:</b>	<b>Heart Healthy Valentine's Day Party Ideas</b> This Valentine's Day, leave the candy and sugary snacks out of the classroom and teach students and parents/caregivers about the importance of having heart healthy snacks and being physically active.		
<b>HOW:</b>	<ul style="list-style-type: none"> <li>➤ Send home the attached <b>Nutrition News February Newsletter (English/Spanish)</b> with tips for heart healthy Valentine's Day foods</li> <li>➤ Use the <b>Heart Healthy Valentine's Day handout</b> to plan a 'heart healthy' party: <ul style="list-style-type: none"> <li><b>Step 1:</b> Brainstorm a list of "healthy heart" snacks with students. Create a party shopping list.</li> <li><b>Step 2:</b> Send a note home to parents, requesting specific recipe ingredients – see sample letter: <a href="#">Heart Healthy Valentine's Day Sample Letter</a>.</li> <li><b>Step 3:</b> Teach a lesson from the SFUSD adopted physical education or health curricula.</li> <li><b>Step 4:</b> Teach students to find their pulse at rest and then after exercising.</li> </ul> </li> </ul>		
<b>WHY:</b>	According to the FITNESSGRAM data (2011-12) <b>21.6% of SFUSD 5<sup>th</sup> grade students, 32.9% of 7<sup>th</sup> grade students and 33.9% of 9<sup>th</sup> grade students are physically fit—meeting 6 of 6 physical fitness standards.</b> For more information, visit <a href="http://www.healthiersf.org/Nutrition/Facts/4fitnessgram.php">http://www.healthiersf.org/Nutrition/Facts/4fitnessgram.php</a> .		
<b>WHEN:</b>	<b>Week of February 11, 2013</b>		
	For more information about the Nutrition Education Project, visit <a href="http://www.healthiersf.org">www.healthiersf.org</a> and CLICK on the icon 		
Approved	Cabinet Member: Kevin Truitt	Title: Associate Superintendent, Student, Family and Community Support Department	Signature:
SAN FRANCISCO UNIFIED SCHOOL DISTRICT – WEEKLY ADMINISTRATIVE DIRECTIVE (WAD)			