



SDDTAC

Saeeda Hafiz, Wellness Policy Project Manager
8/21/2019

Land Acknowledgment - Ohlone People ²

We gather today on the traditional, ancestral and stolen land of the Ohlone Peoples past and present, and honor with gratitude the land itself and the people who have stewarded it throughout the generations

Today's Agenda

- Wellness Policy Vision and Mission
- Water Access
- Oral Health
- Student-Led Action
- School Food



Vision: To make the healthy choice the easy, most-desired, choice

Mission: To implement a framework to actively promote an environment that encourages and supports students, staff, families, and communities to make healthy choices.



COMMUNITY IS WELLNESS

Water Access



SAN FRANCISCO UNIFIED SCHOOL DISTRICT

Water Access \$500,000

“To install hydration stations at low income schools serving students with health disparities, to elevate the schools to the **Silver or Gold standard** for hydration:

- Gold - multiple on each floor, centrally located, and conduct water education
- Silver - one on each floor, centrally located, and conduct water education

Funds may support purchase of Spa Water Supplies, station maintenance and beautification, refillable water bottles to distribute to students, water testing.”

REUSABLE WATER BOTTLE



- Work Team Celebration Meeting
- Celebration (ribbon cutting)
- Communication Plan
- Supplies/Materials Needed
- Education (Contribution/Delivery)
- Professional Development
- Beautification
- Installation
- Pre-Installation

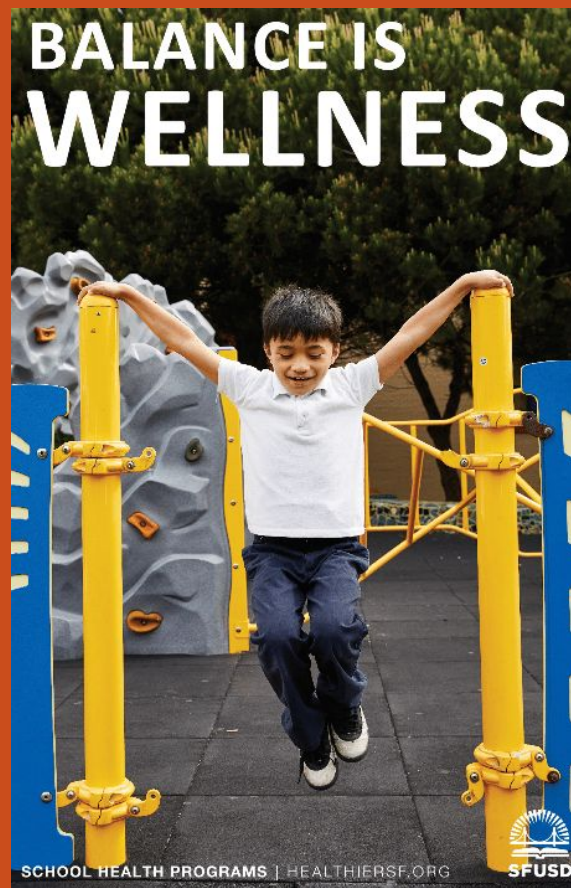
SY 19-20 First-Round Installations

The first round of the 33 schools to receive Hydration Stations at the Silver or Gold standard for Hydration Stations are:

- ★ McLaren EES (3) as well as a public-facing Station at McLaren Bike Park (1) - 94124, District 10
- ★ Francisco Middle School (2) - 94113 - District 3
- ★ Rosa Parks Elementary School (1) and Raphael Weil EED (1) - co-located 94115, District 5



Oral Health



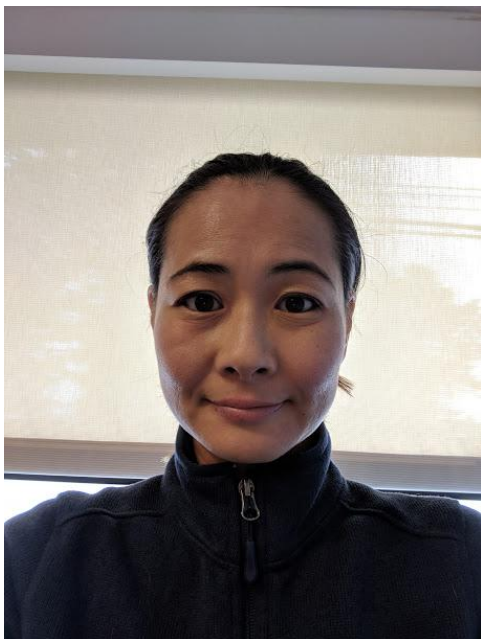
Oral Health

\$200,000

“Support School-based and school-linked preventative oral health programs within SFUSD schools serving high-risk target populations. This should also support SFUSD dedicated oral health staffing”



Tomoko Isogai,
Nurse



Victor Wan,
Health Worker
Cantonese Bilingual



Student-Led Action



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Student Led Action \$500,000

12

“Support student led (stipend) efforts to:

- decrease consumption of sugary drinks,
- Increase consumption of water, and
- increase awareness of sugary drinks consumption among students,

with focus on schools with the largest populations of high-risk students that are disproportionately targeted by the sugary drinks industry, SFUSD should provide to SDDTAC a proposal of how the funding will be spent through student led action.”

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Jade Rivera
Teacher on Special Assignment (TSA)
SF Native, Spanish Bilingual



Vanessa Lieu
Para on Special Assignment (PSA),
LA Native, Mandarin



Jennifer Lopez,
Site Nutrition Coordinator
SF Native, Spanish Bilingual



Maya Pastreich,
Site Nutrition Coordinator
SF Native, Spanish Bilingual



Student-Led Groups

Stipended student groups at

- Balboa High School (10 students)
- Lincoln High School (9 students)
- O'Connell High School (9 students)
- Mission High School (4 students)
- Willie Brown Middle School (5 students)
- BSU at Ulloa Elementary (4 students)

who embody and advocate for the SFUSD Wellness Policy, especially through supporting environmental and behavioral shifts around Nutrition.

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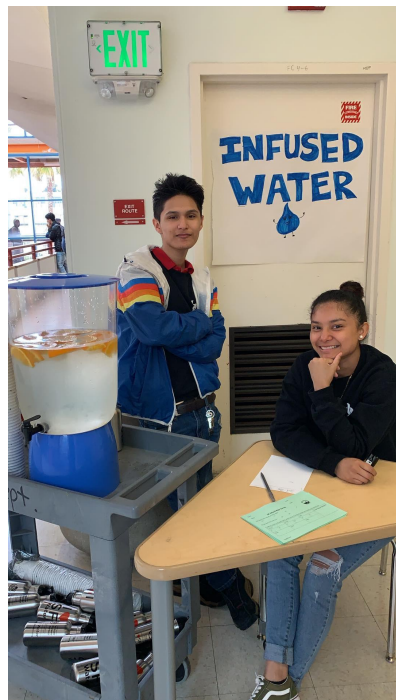
In SY 19-20, these Student Groups will focus on SSBs and Healthy Eating, through a racial equity lens and with project-based learning initiatives.

Future Collaborations with:

- Black/Latinx Student groups in leadership with Student Advisory Groups
- The Bigger Picture



O'Connell High School Water Project



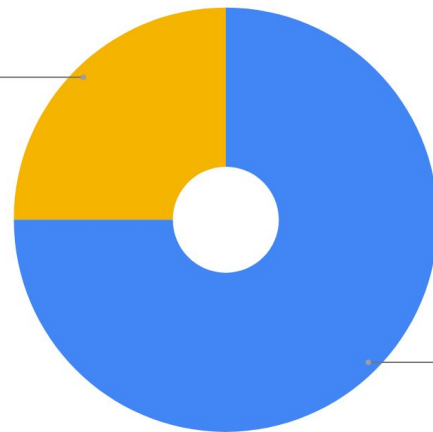
Mission High School Water Project with CTE Teacher Mark D'Acquisto



O'Connell, Mission High School Water Project Student Leaders Racial Makeup

Mission HS, n=4

African American
25.0%

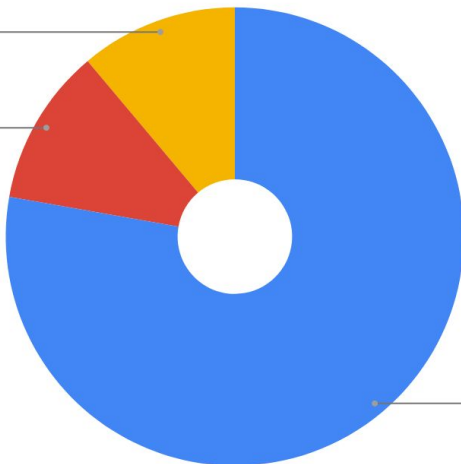


O'Connell HS, n=9

African American
11.1%

White
11.1%

Latino
77.8%

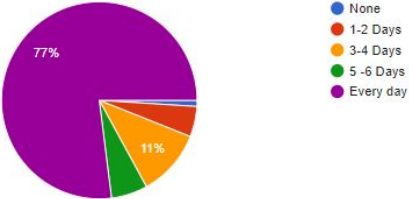


Mission High School Water Project

Pre-Survey

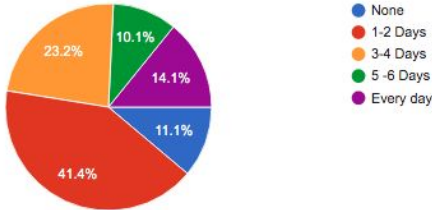
How many days per week do you usually drink water?

100 responses



How many days per week do you usually drink sugar sweetened beverages?

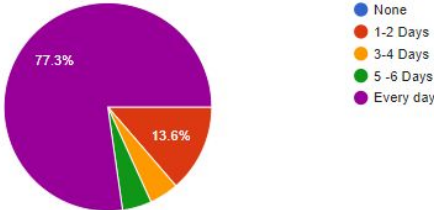
99 responses



Post-Survey

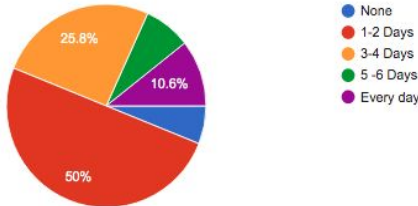
How many days per week do you usually drink water?

66 responses



How many days per week do you usually drink sugar sweetened beverages?

66 responses



Black Student Union



Willie Brown
BSU

Nutrition
Outreach
Workers

Nutrition Outreach Workers (NOWs)



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Lincoln HS
NOWs

Harvest of the
Month



Nutrition Outreach Workers (NOWs)



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Balboa HS
NOWs

Healthy
Breakfast and
Lunch
Campaign



PBL Conference Project-Based Learning

Let students lead the way... 23

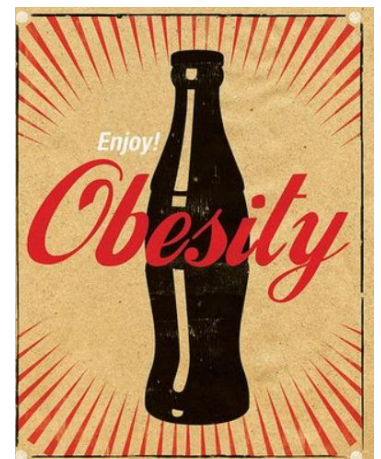
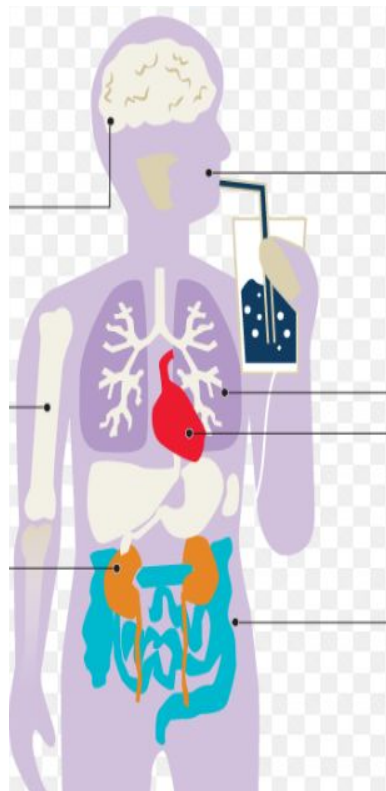
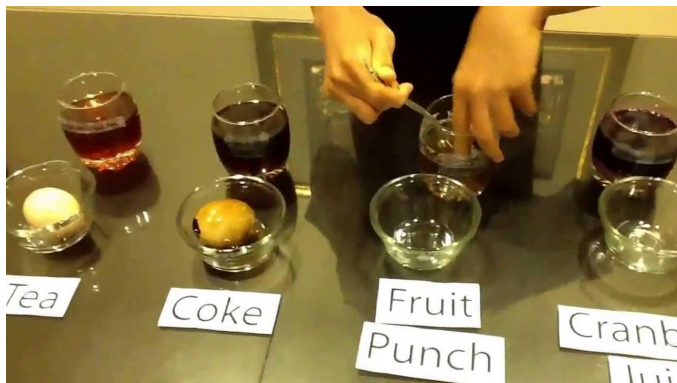


- Attended by crucial staff at School Health Programs, Student Nutrition Services and BSU to design, assess and manage Project-Based Learning, especially for our historically least served-students
- Attendees will use and share their knowledge to implement projects and to build capacity at school sites to support student-led efforts



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Tap Thirst First Student Led Film Project



Nutrition Facts		Valeur nutritive	
Per 1 bottle (591 mL) / pour 1 bouteille (591 mL)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories	260		
Fat / Lipides	0 g	0 %	
Sodium / Sodium	65 mg	3 %	
Carbohydrate / Glucides	70 g	23 %	
Sugars / Sucres	70 g		
Protein / Protéines	0 g		
Not a significant source of other nutrients. Source négligeable d'autres éléments nutritifs.			

How Much Sugar in This Drink?

STEP 1: Find the sugar from nutrition facts label
70g

STEP 2: Divide the grams of sugar by 4 to find the number of teaspoons
70g divided by 4 = 17.5
teaspoons of sugar

SF-CESS Equity Training



- 6 crucial staff attended racial equity training to interrupt and improve inequitable experiences and outcomes for the students we serve

Culturally Competent 25

- Trainees included:
 - 1 Asian-American,
 - 1 Latina,
 - 1 Arab-American, and
 - 3 Caucasians
- Ensure that all employees are **culturally competent** and can use and share the knowledge, skill and resources to **foster equity-centered environments** at school sites across the district

Expenditures

- Student Stipends
- Adult Ally Stipends
- Hiring (2) FTE staff to implement and oversee student-led project-based initiatives: Teacher and Paraprofessional on Special Assignment
- 10% of (2) Site Nutrition Coordinators
- Materials, supplies
- Conferences, Professional Developments

SFUSD Wellness Policy Budget Overview

Student Led Action	Budget	Water Access	Budget	Oral Health	Budget
Staff	\$216,000.00	Procurement	\$363,000.00	Staff	\$125,794.76
Teacher on Special Assignment	\$120,000.00	Tap Station	\$33,000.00	Nurse	\$67,905.76
Paraprofessional on Special Assignment	\$80,000.00	Splash Mat	\$3,300.00	Health Worker	\$57,889.00
Site Nutrition Coordinator	\$16,000.00	Installation	\$264,000.00	Benefits	\$59,286.68
Training	\$20,490.00	Carpentry, Plumbing	\$264,000.00	Supplies	\$14,908.56
Conferences	\$10,490.00	Hazmat	\$33,825.00	Net Total:	\$200,000
Professional Development	\$10,000.00	Lead Abatement and asbestos services	\$33,000.00		
Stipends	\$200,600.00	Lead Testing	\$825.00		
Student Stipends, \$15.57/hr	\$125,850.00	Water Bottles	\$56,000.00		
Adult Ally Stipends, \$30/hr	\$74,750.00	16 oz sports cap	\$66,000.00		
Implementation	\$62,910.00	Graphics	\$26,875.00		
Materials	\$21,615.00	Contingency	\$33,000.00		
Supplies	\$20,295.00	Net Total	\$450,000		
Outreach	\$21,000.00				
Net Total:	\$500,000				



Evaluation & Next Steps

CDC School Health Index Tool

- Assessment with SF State Interns I

SFUSD (priorities 19 - 20)

- Attendance
- Sense of Belonging
- Achievement Gaps
-

Impact on Project-Based Learning Initiatives

Our Children Our Families (OCOF)

- Healthy Bodies Goal C
- Physical Activity - FitnessGram Aerobic Capacity Gaps

Future Focus on the following:

- Historically Underserved Schools (Zip Codes)
- High Equity Gap Schools
- Messaging going home to parents



Questions?

Email: hafizs@sfusd.edu

Twitter:
@SFUSDBeWell

Instagram:
@SFUSD_BeWell

Facebook:
@SFUSDBeWell

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School Food

NOURISHMENT IS WELLNESS

WHAT'S ON YOUR PLATE?

FRUITS
Fruits are a great source of vitamins, minerals, and fiber. They also contain antioxidants that help protect your body from disease.

VEGGIES
Vegetables are a great source of vitamins, minerals, and fiber. They also contain antioxidants that help protect your body from disease.

GRAINS
Grains are a great source of energy and fiber. They also contain B vitamins and iron.

DAIRY
Dairy products are a great source of calcium and protein. They also contain B vitamins and potassium.

PROTEIN
Protein is essential for building and repairing your body. It also helps you feel full and satisfied.

SCHOOL HEALTH PROGRAMS | HEALTHIERSF.ORG

SFUSD

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School Food, Nutrition Ed

\$1,000,000

“To improve the quality and appeal of school meals and support nutrition education to increase participation in school meal programs (for example: cooking and serving equipment, staff professional development, and innovative procurement and menu strategies to increase freshly prepared food). Funding will target schools with the largest populations of high-risk students that are disproportionately targeted by the sugary drinks industry.”