

SFUSD EXCEL AFTER SCHOOL PROGRAMS WEEKLY UPDATES

– Week of April 12th, 2010

Excel's April Professional Development

If you have not done so already, please register for Excel's April Professional Development opportunities. This month's focus is on Sections 2 and 3 of the QSA: Program Administration and Finance, and Community Partnerships and Collaboration. Please note that you are required to attend at least one event per month. Lead Program staff are invited to attend as space allows. Choose from the options below:

Thursday, April 15, 11am, 11:30am-1pm, Brown Bag

Friday, April 23, 10am-12pm,

Elementary Site Coordinators' Meeting (no registration required)

09-10 Enrichment Providers

We hope you all enjoyed working with the Enrichment Providers we contracted with this year! Please take a minute to give us feedback on their services by completing this brief survey. Please complete one survey for each provider. Please complete and return the survey by Friday, April 30. Thank you in advance!

Yoga Classes

Tired? Worn out? Come join us for some energizing yoga. Youth Yoga Dharma has agreed to lead a 6 week session every Monday 10-11am, starting April 19th – May 24th here at 20 Cook St in the Backroom. This is open to ALL after school staff/volunteers. Please sign up at:<http://yogaat20cook.eventbrite.com/>

For more information, please contact Matt Pemberton at 750-4500 or pembertonm@sfusd.edu

2010 - 2011 Award Letters

2010-2011 award letters for high school and middle school ExCEL After School Programs sites were mailed out several weeks ago. All documents are due back to ExCEL this Thursday, April 15 (budget set up, contract request, extended calendars, etc). 2010-2011 award letters for elementary ExCEL After School Programs sites are in the mail this week and are due back April 23, 2010. Please check in with your school site administrator to make sure these documents are returned to ExCEL on time.

April Snack Menu

http://portal.sfusd.edu/data/SNS/K12_Apr_SNK.pdf

Snacks for the Week of June 1st will need to be requested by May 19th

Due to last year's large amount of wasted snack during the last week of school, ExCEL is requesting school sites that want snacks on the last week of school to email Lucy Hong at excelasp_snacks@yahoo.com letting her know exactly how much they need for that week. If we do not receive an email from your site by Wednesday, May 19, we will not request snacks for the

last week of school – June 1-4. (Please be aware that your site is still responsible for providing snacks to your students).

ExCEL Summer RFP

In order to provide a range of high quality summer activities, ExCEL After School Programs is seeking proposals from Community Partners with existing afterschool or summer programs to build on their current capacity. ExCEL funds would be used to augment programming and/or to add slots to existing programs. Please see the complete RFP (attached) for more information. Deadline for submission of proposals is 5pm, April 16, 2010.

Summer Professional Development and Resource Fair – April 21st

Site Coordinators are invited to network and share ideas with colleagues: Take part in the first ever summer professional development and resource fair! See attached flyer for more information. TO REGISTER CONTACT: Melanie Hopson, New Day for Learning at hopsonm@sfusd.edu

Sponsored by DCYF, SFUSD, and New Day for Learning.

April 21st

10AM – 3PM (*because of programming, Site Coordinators can leave early*)

First Unitarian Church

1187 Franklin Street

SUMMER SCHOLARSHIP for YOUTH grades K-5

Crissy Field Center Summer Camp has scholarship opportunities for SFUSD students who are currently in grades K-5.

What: Full and partial scholarships to Crissy Field Center's Summer Day Camp. Valued up to \$800

Where: Crissy Field Center (An environmental education center located in the heart of San Francisco's National Park)

1199 East Beach, Presidio, San Francisco, CA 94118 www.crissyfield.org/Camp

When: Two week summer camp sessions running from 6/14-8/6

Contact: Josh Gannis @ 415-561-7768 or jgannis@parksconservancy.org

Download Scholarship Application: <http://www.parksconservancy.org/our-work/crissy/programs/summer-camp.html>

Service-Learning Professional Development Workshops

Need a little dose of action in your next professional development? Our VISTA*s, Helen and Ashley, have an excellent "How-To" session for integrating service-learning into your curriculum. What's better than that? They bring it to your house (er, school). Email them to schedule right away:

ahildred@yscal.org or hyu@yscal.org.

GET ACTIVE!

It's Back . . . the 4th Annual - SHAPE UP SF WALKING CHALLENGE - March 1 to May 7
REGISTRATION IS NOW OPEN! <http://www.shapeupsfwalkingchallenge.com/>

Mayor Gavin Newsom challenges your ExCEL After School Program to get MOVING by participating in the fourth annual Shape Up SF Walking Challenge. Each team is encouraged to collectively walk 1,016 miles –the California Coastline- during this 10 week challenge. Teams log and track their miles online, you can even compare their progress against other teams. See the attached flyer for more information.

[PEER COURT - Restorative Justice Best Practices Questionnaire](#)

Peer Court supports the efforts of the San Francisco Unified School District to make response to discipline more "restorative" and less punitive. Therefore, we're collecting anecdotes, suggestions, and strategies already being used by teachers, counselors, support staff, administrators and others working with young people.

If you currently work with students in an instructional or disciplinary setting, we want to know what strategies, creative solutions, and best practices you employ. The information you provide will be shared with others attempting to provide restorative alternatives for students, victims, families and community members.

Please go to the following link to participate in the questionnaire:

<http://www.peercourt.org/RJBestPractices.html> or www.peercourt.org

[San Francisco Alliance of Black School Educators](#)

Tareyton Russ, President

Presents Its 2010 Scholarship Application

Graduating Seniors in the Class of 2010

Total Scholarships: Eight (8)

Amount of Each Scholarship: \$500.00

Application Deadline: Friday, April 23, 2010

Awardees and Retiring Alliance Members will be honored at our Annual Salute & Banquet, May 2010

For More Information Contact: Ms. Valarie Bell, Scholarship Chairperson (415) 695-5400

[TV-TURNOFF CHALLENGE & RESOURCES 2010](#)

WHO: All

WHEN: The week of April 19 – April 25, 2010

WHAT: TV-Turnoff Challenge 2010:

- Encourage students and families to turn off their TVs, computers and video games in order to pursue physical activities and a healthier lifestyle.
- Aligns with SFUSD's standardized testing. A good night's sleep, no TV and a healthy breakfast will help students perform better on tests this week and year-round! This is an excellent time to practice healthy breakfast habits and a no-TV policy.
- Currently, about 12% of elementary school students report watching TV for three or more hours on an average school day. At the MS and HS levels, where students' reports of watching TV and playing video games are monitored, results show that 50% of middle school students and 53% of high school students report three or more hours of screen time (i.e., TV and/or video games) per average school day. In addition, about 17% of MS students and 13% of HS students report six or

more hours of screen time per average school day (Source - Elementary Level: California Healthy Kids Survey and Secondary: Youth Risk Behavior Survey 2009).

HOW: Copy the enclosed resources to share with classroom teachers and families.

Attached, you will find activities to do in class and with parents/caregivers, including:

- A TV-Turnoff Challenge: win a classroom strawberry party at the elementary, middle and high school level
- 50 Ways to Leave Your Sofa
- Alternatives to Screen Time
- Facts and Figures about our TV Habits

Thank you for your participation in TV-Turn Off Week!

Let's get Fit

WHAT: San Francisco Bike to School Day 2010 Bike to school with a purpose this one day of the year (and others) – to promote health, safety, physical activity and respect for the environment.

WHO: All Staff, Students and Families at elementary, middle and high schools

WHEN: Thursday, April 15, 2010

WHY:

- To increase physical activity for students, families and staff
- To improve bicycling safety near your school
- To reduce automobile congestion during school drop off and pick up
- To save on fuel costs and help the environment
- To raise awareness about viable school transportation options like bicycling.

WHERE: From your home to school and back!

HOW:

- Lead a group of kids bicycling to school in a Commuter Convoy.
- Incorporate Bike to School Day education into regular health programming, such as physical activity promotion and physical education.
- Welcome biking students the morning of the event & distribute goody bags.
- Volunteer to coordinate or help with your school's Bike to School Day.

Resources, updates and helpful tips available at:

<http://www.sfbiketoschoolday.org>

Monthly Harvest Update

WHO: All Staff at Elementary, Middle and High Schools

WHAT: April Harvest Of The Month –Strawberries!

Facts about Strawberries:

- One cup of strawberries provides more than 140 percent of the recommended Daily Value of Vitamin C.
- Strawberries are an excellent source of antioxidants and many essential minerals including calcium and iron.
- If all the strawberries produced in California were laid berry to berry, they would wrap around the world 15 times.

For more information about Strawberries, click on the link below:

Nutrition Education Project

Student Support Services Department
415.242.2615
www.healthiersf.org

Karen Polk
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20 Cook Street
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