

EXCEL AFTER SCHOOL PROGRAMS

RESPECT FOR YOURSELF & OTHERS EDITION

MARCH/APRIL 2008



THE SFUSD WELLNESS POLICY & YOU!

In January 2003, the Board of Education voted to create a healthy food policy in response to the growing number of childhood obesity and other health-related issues. For example, the incidences of asthma, heart disease, high blood pressure, and Type 2 diabetes are at an alarming rate. After School programs should make it a part of their programming goals to follow the policy as should the regular school day. Here are some examples of activities that you can do in order to encourage healthy eating behaviors in your after school program:

The best thing that program staff can do to encourage healthy eating behaviors is to model good eating habits for students. Carry around a bottle of water instead of soda, and eat healthy snacks, such as celery and spinach instead of chips and sweets.

Instead of having a party with high fat foods, have a healthy party, consisting of foods that meet the requirements of the Wellness Policy, such as air-popped popcorn or hummus with carrots.

Display healthy eating posters that show fruits and

vegetables. Encourage the incorporation of discussions about healthy foods and physical activity.

Have students create enriching ways of integrating healthy eating practices in the after school program by having a cooking class showcasing your students culinary skills!

Let us do our part to ensure that our students are as healthy and active as they can be by incorporating healthy activities throughout the after school program!

MEET YOUR NEW DISTRICT COORDINATOR!

Aurelio Cisneros is the newest member to the ExCEL After School Programs District Coordinator team. Prior to joining ExCEL, Aurelio was a classroom teacher in San Pablo and most recently was an Academic Coordinator for a non-profit in Richmond, where he helped to develop and execute curriculum for 70 students in

an after school setting. Other than helping children succeed, Aurelio enjoys relaxing at home with his wife, working out in the gym, and inventing new recipes in his kitchen. Be sure to introduce yourself to Aurelio and welcome him to the ExCEL ASP Team!



ASK A PROJECT LIAISON

Dear P.L.,

What are some ways that Site Coordinators can help encourage their students to make healthy snack choices during their time away from school?

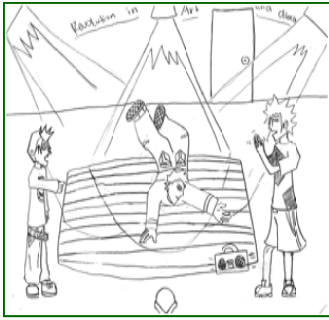
Signed,

Discouraged

Dear Discouraged,

Something that I have done in the past is have a cooking contest. Give the youth a list of ingredients, for example: apples, raisins, honey, and graham crackers. Give them food options they might have in their homes and don't involve the use of a stove. Have youth write (in pairs or individually) a creative recipe for using these ingredients. Then have the youth vote for the recipe that they like. The winning recipe will be chosen and created! The winners can host as "chefs" and lead the activity with their group. This is a great activity that can be done at home with their families!

Johanna Chiong-Masis, Site Coordinator at Spring Valley Elementary School and Project Liaison for the Leadership & Management Cohort.



Students from Burton High School designed this awesome graphic to help advertise RAD!

THE 2ND ANNUAL RAD WAS A HIT!

Thank you to all that supported the 2nd Annual Revolution in Art and Dance! Our talented students in our after school programs put on quite a show, and their professionalism was exceptional! Our creative and talented student performers wowed the audience of over 800 with lion dances, B-Boy and B-Girl, Hip-Hop, Polynesian, and Latin Dance. Our MC's for the evening, Kellen from Aptos Middle School and Tammy from Burton High School did a fantas-

tic job keeping the crowd entertained between acts. We would like to thank the following schools for their participation this year:

- Aptos Middle School
- Bret Harte Elementary School
- Everett Middle School
- Galileo High School
- Marina Middle School
- Mission High School

- Burton High School
- Roosevelt Middle School
- Ulloa Elementary School
- Willie Brown Elementary School

A special thanks Ruben Urbina, Site Coordinator at Everett Middle School, for hosting this event for a second year! We would also like to thank Cesar Chavez Clubs for all of their work. We look forward to having RAD next year!

MARCH IS:
NUTRITION
AWARENESS MONTH



APRIL IS:
GAY PRIDE/RESPECT
PROMOTION
MONTH

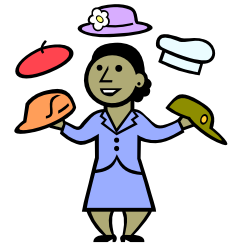


CAREER LAUNCH!

ExCEL ASP has launched an exciting job skills training opportunity for ExCEL High School After School Programs! Based on the need for employment skills at this level, ExCEL ASP has received a grant from the GAP Foundation to provide Career Launch curricula and job training resources at Galileo High School, ISA, Thurgood Marshall High School, and Mission High School. After

completion of Career Launch, students will have identified their goals and assessed their career interests. They will also build upon their professional skills, including their interviewing skills and the drafting of a resume. After completion of the program, students will be eligible to apply for job opportunities through a career placement organization. Students will also receive a certificate of

completion and a \$25 GAP card. Students that complete 18 hours of Career Launch will receive 1 SFUSD credit towards graduation.



March Harvest of the Month

SPINACH



April Harvest of the Month

CARROTS



ASSET BUILDING

The March Asset Building Focus is **Commitment to Learning**. Young people are motivated to do well in school by having time allotted by their school site or home for completing homework, reading for pleasure and caring for his/her school. Schools can provide tutoring time, homework assistance, school spirit activities and promote youth engaging in

- #21 Achievement Motivation
- #22 School Engagement
- #24 Bonding to School
- #25 Reading for Pleasure
- #37 Personal Power
- #38 Self Esteem
- #39 Sense of Purpose
- #40 Positive View of Future

reading activities. Try to provide healthy incentives to students, help them organize a school spirit week, or have students read for pleasure.

The April Asset Building Focus is **Positive Identity**. Young people feel a control over their personal futures. Schools can work with their Student Governments and youth leadership groups to create Town Hall meetings where

students can share their beliefs and discuss youth issues in a safe environment. Help students identify and coordinate community service activities. You can also help students plan for the future by participating in goal-setting activities and attending local college and job fairs.

SALUTE TO CESAR CHAVEZ

The Cesar E. Chavez Service Learning Clubs will be celebrating Cesar's life and work with the **Cesar E. Chavez Parade and Festival** on Saturday, April 19th, 2008. The Parade will assemble on 24th Street at Harrison at 12:00 pm. Chavez Clubs from around the City will be marching together in the parade and then tabling an

informational booth at the festival afterwards. Come by to learn more about Cesar E. Chavez and our service learning clubs! We will be playing games and showcasing some of this year's service projects. Resources are also available for programs interested in creating their own project. Students can

have the opportunity to make a Cesar Chavez Dream poster, play Cesar Chavez BINGO, or learn more about social justice heroes. If you would like to learn more about the other ways to get involved, please contact Ariel Speser, AmeriCorps*VISTA at ariel.jasmine@gmail.com



GLOBAL YOUTH SERVICE DAY

From April 25 to 27, millions of youth around the globe will participate in the world's single largest service event. SHPD ExCEL After School Program is proud to serve as the 2008 Lead Agency for **Global Youth Service Day (GYSD)**. Our goal is to engage over 600 San Francisco youth in service during GYSD, and we are hoping you will join us in this exciting event! Last year, over 40 schools hosted trash-a-thons, made get-well cards, and collected donations

for those affected by the citrus freeze in the Central Valley. This year, we are making the event bigger and better, with lesson plans for schools, resources on service learning, and networking opportunities with San Francisco non-profit and volunteer organizations. GYSD is an extraordinary opportunity to highlight the contributions of youth to the community and to empower youth to incorporate volunteerism and social action into their daily lives. Want to

get involved? Keep your eyes out for registration forms for lesson plans, tool kits, and activity ideas for GYSD. Start publicizing now for GYSD with your youth! By participating in GYSD, students will become part of a worldwide movement for change and youth leadership! And to celebrate their efforts, there will be a special recognition for youth service at **ExCELebration** on May 10. For info, be sure to contact **Emily O'Keefe** at: eokeefe@yscal.org.

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us..."

-Nelson Mandela



APRIL IS GAY PRIDE/RESPECT PROMOTION MONTH

One of the most common forms of verbal violence heard at schools targets staff or students who are perceived as gay. By addressing and ending verbal violence, we create safer schools for all students. By educating students about the appropriate use of terms associated with LGBTQ persons and issues, we teach respect for the diversity of the larger community.

The Day of Silence is an optional school-wide activity that can raise awareness of the discrimination that LGBTQ persons experience and how they are often silenced due to the fear of violence. This year, the National Day of Silence is set for Friday, April 25, 2008. On this day, students and staff take a vow of silence-for a day, an hour, a lunch period-to recognize and protest the discrimination

that LGBTQ persons and their allies experience.

For more information, contact the Support Services for LGBTQ Youth at (415) 242-2615.





SFUSD SCHOOL HEALTH PROGRAMS DEPARTMENT

ExCEL After School Programs
1515 Quintara Street
San Francisco, CA 94116

Phone: (415) 242-2615
Fax: (415) 242-2618
www.healthiersf.org

To:

SHOW ME THE MONEY!



Be the Change: Program Grants for Youth-Led Projects

Deadline: March 31st

Peace Child International empowers young people to take responsibility for peace, human rights and the environment through education, leadership development, and direct participation in the events that shape our world community. Be the change! Program provides small scale grants for youth-led projects. To learn more, visit:

www.peacechild.org

Do Something Flip Scholarship

Deadline: April 1st

Do Something is in partnership with Flip.com to score you some extra money for college. Create flipbooks showing how you're making a difference in your school, neighborhood, community or world at large, and you could be the winner of a \$5000 college scholarship! To learn more, visit:

[www.dosomething.org/
flip_scholarship](http://www.dosomething.org/flip_scholarship)

March is Nutrition Awareness Month!

This month's School Health Program campaign focuses on nutrition education and physical health issues. Schools can encourage healthier eating by teaching lessons and sponsoring activities that promote a diet which includes 5-9 servings of fruit and vegetables and promote snacking on nutrient-rich foods that are low in sugar, fat and sodium. Schools are encouraged to support and promote the District's Wellness Policy in the prevention of obesity, diabetes, and heart disease.



Mark Your Calendars!

Parent-Teacher Conference
Week

March 17-21

Spring Break!
March 23-28

Youth Action Conference
Everett Middle School
March 28

Cesar Chavez Holiday
March 31

ES Puberty PD
SHPD, Room 4, 4-6pm
April 3

ES Lead Teacher Meeting
SHPD, Room 4, 4-6pm
April 8 & 9

Sec Lead Teacher Meeting
SHPD, Room 4, 4-6pm
April 10