

Volume 2
Issue 1
Sept. 1,
2011

NEWS From ExCEL
Month of September

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2011-12 School Year!
Here We Go!

Welcome back new and returning Site Coordinators! We have an exciting new year ahead of us! Our website is updated and available and we have a new method to track attendance. District Coordinators are here to assist you with technical support so don't hesitate to ask—
Let's make this a wonderful year for our students and families!

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Meeting for Site Coordinators

September 20th (For All Site Coordinators)
Topics: Federal Program Monitoring (FPM),
Program Environment & Safety

Special interest:

- What is your favorite art project?
- Send all comments to polkk@sfusd.edu



Lights On After School

The 12th annual *Lights On Afterschool* is
October 20, 2011

Join 1 million Americans and 7,500+ communities nationwide in celebrating the afterschool programs that keep our kids safe, inspire them to learn and help working families.

*attached is information and the forms to help support your Lights On After School event

Light Up a Landmark - A Lights On Afterschool Contest



We've seen the Empire State Building, LA's Lindbergh Beacon and Mt Rushmore lit up for *Lights On Afterschool*, the nation's celebration of afterschool programs. What are your plans to shine a spotlight on the importance of afterschool in your community? Tell us what landmark you can light up for *Lights On Afterschool*, and you may win up to \$5,000 from longtime afterschool champion jcpenny. Eleven (11) winners will be selected nationwide:

One Megawatt award winner: \$5,000

Ten Spotlight award winners: \$1,000

[You must enter by September 23, 2011.](#) Winners will be selected by October 1, 2011.

Don't be daunted if you don't have an obvious landmark in your community -- creativity and the potential reach of your event will be taken into consideration. We are looking for geographic diversity, including representation from urban, suburban and rural communities.

Event plans will be reviewed based on a mix of criteria:

- Visibility and reach of event
 - High profile guests/speakers
 - Media plans
 - Prominence of landmark/ability to bring attention to event and afterschool

Reach across community

- Success Indicators
 - Registration completed as *Lights On Afterschool* event host
 - Ability to light up the landmark (lighting approved or pending approval)

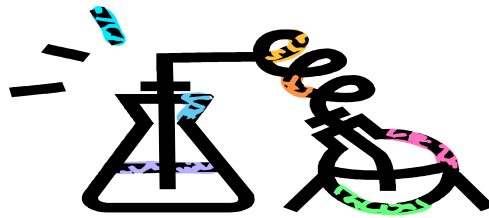
Demonstrated experience organizing Lights On Afterschool or other events

- Jcpenny store tie (optional/extra credit)
 - Existing relationship with store
 - Plans to involve/invite specific store representative

For more information go to:

<http://www.afterschoolalliance.org/loa.cfm>

STEM—Science, Technology, Engineering and Mathematics



ExCEL After School STEM Cohort will follow the guidelines established with After School Alliance

Highlight the urgency of providing our children with a strong background in STEM;

- ◆ Showcase how afterschool programs can help engage and excite children and youth about STEM topics and careers;
- ◆ ☐ Increase awareness within the afterschool about opportunities for quality STEM learning in these spaces;
- ◆ ☐ Educate afterschool practitioners and provide pathways to professional development to help deliver high-quality STEM programming;
- ◆ ☐ Increase national, state and local media coverage of STEM learning outside the traditional school day;
- ◆ ☐ Educate national, state and local policy makers about best practices in STEM learning outside the school day;
- ◆ ☐ Build support for partnerships between schools and community-based organizations to bring more STEM opportunities to students in afterschool and summer learning programs;
- ◆ ☐ Advocate for greater public and private investment in STEM; and
- ◆ ☐ Use our conferences, newsletters, and public speaking opportunities to advance this critical agenda

Last year's STEM cohort was extremely successful. A video was created which highlights the project and lessons achieved last year. To view visit link below: (left click, click open hyperlink)

http://www.youtube.com/watch?v=QfrGwpf_Zl4

This year's cohort is going to be AWESOME! If you are interested in learning more about STEM and being a part of the cohort, all you need is:

1. A representative to attend the monthly meeting
2. Share ideas and resources
3. Implementation of lessons learn in cohort meeting



Afterschool & STEM (Science, Technology, Engineering and Math)

Literacy and proficiency in Science, Technology, Engineering, and Mathematics (STEM) are increasingly the currency for successful participation in modern society and the workplace. But students in the United States are lagging behind their international peers in math and science, which is of great concern to parents, teachers, policy makers and employers alike. Our students are living and competing in a globalized marketplace where jobs are no longer bound to a geographic region but go wherever talent and skills reside.

Consider these facts:

- 80% of future jobs will require STEM literacy and skills.
- Students in the United States rank 25th in math and 17th in science skills among their peers in other industrialized countries.
- Only 43% of graduating seniors are ready for college math and 27% are ready for college science.
- Just 32% of U.S. college undergraduates are graduating with a bachelor's degree in science or engineering.
- A number of studies show that STEM learning during the school day is necessary but not sufficient for life-long

STEM literacy.

- Research is showing that an interest in science in 8th grade is a better predictor of students choosing a STEM career
- than academically high-performing students of the same age who show no interest in science. Schools cannot tackle this problem by themselves - students spend less than 20% of their waking hours in a classroom. Afterschool programs are complementary partners in the STEM education effort and offer hands-on projects and programs to excite a diverse group of children and youth about STEM topics and careers. The Afterschool Alliance, along with the National Afterschool Association and the National Summer Learning Association, are committed to STEM learning and have pledged to make 2011 the [Year of Science in Afterschool](#).



San Francisco, California



Institute for Inquiry[®] presents

Workshops for Professional Developers

FUNDAMENTALS OF INQUIRY

October 24–28, 2011

and

ASSESSING FOR LEARNING

February 6–8, 2012

For more than thirty years, the Institute for Inquiry has served as a professional development center for teachers, administrators, and professional developers interested in exploring the theory and practice of inquiry-based teaching and learning. Our workshops illuminate the power of learning scientific content through inquiry and introduce strategies for providing inquiry experiences in the classroom.

www.exploratorium.edu/ifi

Questions? Call 415-561-0397



Harvest of the Month (HOTM) Program Fact Sheet Nutrition Education Project

Program Description:

Harvest of the Month provides materials and resources to support healthy food choices through increased access and consumption of fruits and vegetables. It uniquely supports core curricular areas through exploration and study. Harvest of the Month presents a strategic opportunity to bring together the classroom, cafeteria, home and community to promote a common goal and healthier habits for students, especially those in low resource schools.

Target schools will receive:

- **Stipend support** for a teacher position (*Harvest of the Month Teacher Leader*: \$450 for 15 hours) to coordinate the HOTM program, organize a family event and to provide professional development and resources for classroom teachers
- **Monthly deliveries** of a highlighted fruit or vegetable* for classroom lessons
- **Educator Newsletters** with nutrition information, hands-on activities, grade level workbooks and links to curricular areas
- **Family Newsletters**—educational materials in English, Chinese and Spanish
- **Grade level student workbooks**

*Harvest of the Month 2011 – 2012 Calendar (tentative)	
October	Apples
November	Green Beans
December	Kiwi
January	Grapefruit
February	Broccoli
March	Spinach
April/May	Dried Fruit

Program Objectives:

Students, families and staff will increase their:

- preference for selected produce items through classroom activities, such as taste testing, cooking in class and school garden activities
- knowledge of and familiarity with California grown fruits and vegetables and the rich agricultural bounty of the State
- access to fruits and vegetables through school meal programs, classrooms, school gardens, etc.



**Harvest
of the
Month**

For further information contact:

Mark Elkin

School Health Programs, www.healthiersf.org

1515 Quintara Street, San Francisco, CA 94116

(415) 242-2615 FAX (415) 242-2618

For CalFresh information, call 1-877-847-3883. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. -California Department of Public Health



Student Support Services Department
San Francisco Unified School District
Nutrition Education Project

Take Your Class on a Farmers' Market Fieldtrip

WHO: Elementary & Secondary Teachers - Grades K - 12

Open to teachers who have not attended previous Farmers' Market workshops in the last three years

Per funding requirements priority will be given to teachers from schools with $\geq 50\%$ participation as free/reduced in the School Lunch Program

WHAT: Learn the 'Ins & Outs' of taking your class on a fieldtrip to a Farmers' Market
\$60 stipend provided

WHEN: Wednesday, September 14, 2011, 4:00 to 6:00 p.m.

WHERE: SF Environment 11 Grove Street (between Market and Hyde Streets)

We will tour the *Heart of the City* Farmers' Market

Public Transportation is recommended! SF Environment is accessible to BART and all Market St. MUNI lines. Parking is available for \$3.00/hour at Civic Center Plaza, the underground lot @ 355 McAllister. There are additional private parking garages in the neighborhood.

WHY: To familiarize teachers with resources and logistics for taking a class fieldtrip to a farmers' market, including: transportation, market layout, kid-friendly vendors, pre and post trip lessons and resources to encourage students to eat more fruits and vegetables

HOW: Fax this registration form **by Friday, September 7, 2011 to:**

Donna Gurr – FAX 242-2618

Student Support Services Department

Confirmation will be sent via e-mail.

**Market Professional Development on Wednesday,
September 14, 2011**



R Yes, I will attend the Farmers' Market Professional Development on Wednesday, September 14, 2011

4:00 p.m. – 6:00 p.m., at SF Environment.

School: _____ Grade Level: _____ Employee ID # _____

Name: _____ Email address: _____

Classroom type: (Special Ed, Spanish immersion...) _____



As the Site Administrator I support SFUSD's *Health Education Policy* which requires a **minimum of 20 Elementary & 40 Middle School** health education lessons and **1 semester High School** health & I support the *SFUSD Wellness Policy* .

Principal's signature: _____



About Dragonfly Designs

Dragonfly Designs seeks to bring an ancient form of art, the tactile and creative activity of jewelry-making, into the classrooms of these very children. Its vision is to empower children through art-based education to foster the skill set to effect positive change in themselves and in their communities.

Dragonfly Designs was founded on the basis of consciousness and individuality. Recognizing the need for the arts education for all children, artist Stacey Gillelen launched Dragonfly Designs in 2005. Her goal is to bring the art of jewelry making to children of all socio-economic circumstances so that creative expression would not be fostered in only those whose parents could afford high cost afterschool programs. By bringing art to at-risk kids who wouldn't otherwise receive the opportunity, Dragonfly Designs' programs seek to:

MISSION STATEMENT: At Dragonfly Designs it is our mission to offer exceptional handmade jewelry and the opportunity to create it, while promoting social justice, personal style and fun.

VISION STATEMENT: Dragonfly Designs' programs seek to foster a sense of individuality and encourage children to think "outside-the-box." We work to provide a sense of accomplishment, consciousness, and individuality that empowers children to effect positive change within themselves and their communities through art-based education.

Dragonfly Designs is a Certified B Corporation.

Curriculum

Classes by Dragonfly Designs are offered to students k-8th grade in 5-12 week sessions. Each class is especially created for the demographics of its students. The pace of the curriculum is monitored so that each student gets the best experience from every class session. Each class contains a minimum of 8 students and a maximum of 15 students. Once the maximum number of students is reached, additional staffing is added so as not to dilute the impact of the program.

<http://www.jewelrybydfly.com/our-philosophy.html>

**ExCEL After School Programs
Site Coordinator Professional Development Calendar
2011-2012**

ExCEL Site Coordinator meetings are an opportunity to provide technical assistance and support to all after school programs in a collaborative environment. All meetings are from 10 am – 12 pm, and require mandatory attendance and will be held monthly. In addition, opportunities to participate in Optional Workshops will be made available.

**September 20th (For All Site Coordinators)
Topics: Federal Program Monitoring (FPM), Program Environment & Safety**

**October 11th – 13th
Elementary Areas – October 11th
Superintendent's Zone – October 12th
Middle School & High School – October 13th
Topics: FPM, Youth Development, Alignment & Linkages with School Day**

**November 15th (For All Site Coordinators)
Topics: FPM, Staff Recruitment & Professional Development, ELL Support**

**December 13th – 15th
Elementary Areas – December 13th
Superintendent's Zone – December 14th
Middle & High School – December 15th
Topics: Family Involvement, Diversity, Access, Equity & Inclusion**

**January 17th (For All Site Coordinators)
Topics: FPM, Administration & Finance**

**February 15th – 16th
Elementary Areas – February 15th
Superintendent's Zone, Middle School & High School – February 16th
Topics: Partnerships & Collaboration**

**March 13th, 10am – 12 pm (For All Site Coordinators)
Topics: Summer Success Planning**

**April 17th – 19th
Elementary Areas – April 17th
Superintendent's Zone – April 18th
Middle & High School – April 19th
Topics: Planning for 2012-13 school year**

**May 15th (For All Site Coordinators)
Year End Review & Celebration!**

Ann Collaco, MSW—School Social Worker is ExCEL School based and will provide support around mental health needs in After School programs including professional development to After School staff. We are so excited to having her expertise as a permanent part of our team.



To all Site Coordinators, Program Leaders and CBO's
Visit our ExCEL Website:
www.healthiersf@sfusd.edu/excelafterschool

For updated information, such as

- Presentations from August Institute
- Updated forms and templates
- Key Updates and information



SFUSD

ExCEL Afterschool
Programs
20 Cook Street
San Francisco

Phone: 415-750-4500
Fax: 415-750-8650

[www.healthiersf.org/
excel/afterschool](http://www.healthiersf.org/excel/afterschool)



Did you know



An analysis of 73 afterschool studies concluded that afterschool programs using evidence-based approaches were consistently successful in producing multiple benefits for youth, including improvements in children's personal, social and academic skills, as well as their self-esteem. (The Collaborative for Academic, Social, and Emotional Learning, 2007)

September

Did you know Team Cheerios® cereal is made with whole grain and is sweetened with brown sugar and frosting?

Prep time:

5 Min

Total time:

5 Min

Makes:

24 servings (1/2 cup each)

Ingredients

- 4 cups Team Cheerios® cereal
- 2 cups raisins
- 2 cups cheese-flavored tiny fish crackers
- 2 cups candy-coated chocolate candies

2 cups butterscotch chips (11 oz)

1 Directions

1. In large bowl or reseal able gallon-size food-storage plastic bag, mix all ingredients.

