

**LOOK WHO'S SHINING NOW!
 SITE SPOTLIGHT**

This year the Martin Luther King, Jr. Middle School After School Program is rockin'!

What has been making the MLK after school program work so well? We spoke with Site Coordinator Essie Fanning to find out.

*This year the program hired a PENI through SPARK, now they can offer their students more than just kickball and basketball!

*The MLK enrichment programs include Guitar, Art, and even a Ping-Pong team. They have a group called "Community Connections," that is responsible for decorating the school for holidays, such as Dia de los Muertos, and Chinese New Year.

*Students report that the things they like most about the program are:

- ◆ Getting help with their homework
- ◆ Using the computers
- ◆ Participating in recreation activities
- ◆ Going outside and playing
- ◆ Hanging out with their friends
- ◆ Getting to do new stuff
- ◆ Having a place other than home to be

What would Dr. Fanning recommend to a site coordinator trying to improve the after school program?

Decide what you want to focus on in the program, and focus on it. Once you get it going, then you can move on to other things.

DON'T FORGET...

Updates/Reminders

- ◆ November 15th, 10am –12pm, SHPD: Secondary Site Coordinators meeting
- ◆ November 16th, 10am-12pm, SHPD: Elementary Site Coordinators meeting
- ◆ December 9th, ExCEL Optional Workshop: Presentation and Training Skills
- ◆ December 13th, 10am –12pm, SHPD: Secondary Site Coordinators meeting
- ◆ December 14th, 10am –12pm, SHPD: Elementary Site Coordinators meeting



Students at Luther Burbank



LIGHTS ON AFTERSCHOOL!

A poem by the 3rd Graders at Rosa Parks Elementary School

Knowledge is power so let your light shine
 To have a great future you have to take time
 To learn and contribute to all of mankind

We love education so study with us
 Through after school programs we all have learned much
 Our bodies and mind have grown stronger each day
 Don't waste all your time with TV and play
 Your future depends on hard work today

In class we work hard and let our light shine
 Our future looks bright as we strengthen our minds
 If you want success then listen to me
 Be the light of the world with knowledge you're free.



Rally at Francis Scott Key

INSIDE THIS ISSUE:

| | |
|---------------------------|----------|
| Look Who's Shining Now... | 1 |
| Health & Assets Spotlight | 2 |
| Ask A Mentor! | 3 |
| A Chance to Learn | 3 |
| Show Me the Money! | 4 |
| Tips for Success | 4 |

AIDS Quilt



WHAT IS IT?

In June of 1987, a small group of strangers gathered in a San Francisco storefront to document the lives they feared history would neglect. Their goal was to create a memorial for those who had died of AIDS, and to thereby help people understand the devastating impact of the disease. This meeting of devoted friends and lovers served as the foundation of the NAMES Project AIDS Memorial Quilt.

Today the Quilt is a powerful visual reminder of the AIDS pandemic. More than 44,000 individual 3-by-6-foot memorial panels -- each one commemorating the life of someone who has died of AIDS -- have been sewn together by friends, lovers and family members.

WHY?

Hosting the AIDS Memorial Quilt at your school site offers an unique opportunity to educate students about HIV/AIDS and infection prevention, to remember those who have died, and to comfort the grieving and help them heal.

HOW?

If you are interested in bringing the AIDS Quilt to your after school program, contact the Health Advocate/Health Liaison at your school site and review the October 26th WAD.



Picture of the AIDS Quilt from Wikipedia.com

HEALTH AWARENESS & ASSETS SPOTLIGHT



November is Tobacco Free Awareness Month.

This month's School Health Program campaign focuses on tobacco prevention education highlighted by the *Great American Smoke Out*, where students participate in school wide events like *Adopt a Smoker* to encourage and support individuals to quit smoking. Schools are encouraged to publicize the District's *Tobacco Free Policy* and intervention protocols. High Schools are encouraged to promote tobacco cessation programs.

The November Healthy Spotlight is on Cancer Prevention

Asset building Focus: SOCIAL COMPETENCIES

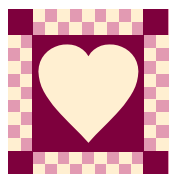
Asset #32- Planning and Decision Making, and
Asset #35- Resistance Skills

Young person knows how to plan ahead and make choices while learning to resist negative peer pressure and dangerous situations.

Schools can teach goal setting skills and refusal strategies.

Youth Development Activities to Implement Health Awareness:

- ◆ Submit an application to SHPD to host a panel of the Names Project AIDS quilt or have students make their own version of AIDS quilt with names of friends and family.
- ◆ Conduct an activity for youth to learn about local support services. Have students access the Youthline website www.youthline.org or call the youth line hotline at 1-888-977-3399.
- ◆ Have students research the World AIDS epidemic by category (women, ancestry, culture, famous people).
- ◆ Study art that conceptualizes effects of AIDS (e.g. Keith Haring—www.haring.com).
- ◆ Create a bulletin board display with materials provided by School Health Programs Department.



December is World AIDS Awareness Month

This month's School Health Program campaign focuses on HIV prevention education. Schools participate in a variety of activities to commemorate World AIDS Day on December 1st including *Names Project* quilt displays, HIV prevention educational theater performances, and classroom presentations by community based organizations (see below).

The December Healthy Spotlight is on STD and Teen Pregnancy Prevention

Asset building Focus: POSITIVE VALUES

Asset #26-Caring, #30-Responsibility, and #31-Restraint: A young person places high value on helping other people while accepting and taking responsibility for his or her actions.

AIDS Awareness Asset Building Activities:

Asset #26- Foster caring by creating a safe place where youth can share their own stories of family or friends who are living with HIV/AIDS. Brainstorm with youth how the school community can create a safe and welcoming place for people living with HIV/AIDS.

Asset #30 – Build youth understanding of personal responsibility by organizing a youth debate this month with topics like *Should athletes who are HIV positive be allowed to participate in sports?*

Asset #31- Learn about health education and prevention strategies by bringing in organizations like Latinos en Extasis from Mission Neighborhood Health Center to hold peer-to-peer presentations on STD/HIV education, pregnancy prevention, anatomy and birth control. Contact: Mission Neighborhood Health Center, Gabriela Bernal (415) 552-3870.



ASK A MENTOR!

Dear Mentor,

I'm a new Site Coordinator and am nervous about the upcoming fall site visit from my District Coordinator. Do you have any recommendations for how I can plan for the visit?

Signed,
A Newbie

Dear Newbie,

Relax! Site visits are a chance for you to show the great things you have been doing and get feedback on what you can do to improve your program.

Here are some suggestions to help things run smoothly:

- ◆ Practice emergency drills with staff and students (fire, earthquake, and lockdown)
- ◆ Review your Start Up Guide for policy, procedure, and program requirements
- ◆ Look over the Site Visit Form that will be sent to you so that you know exactly what is going to be focused on
- ◆ Run program as you normally would—remember, this is opportunity to receive support!

**Questions? Email a Mentor at
aspexcelmentor@yahoo.com**

A CHANCE TO LEARN



SHPD ExCEL Professional Development Workshops at SHPD

- ◆ December 9, 9am-1pm Professional Development Workshop #3: Presentation and Training Skills

Introduction to Youth Development Trainings by CNYD: www.cnyd.org/home/index.php

Diversity, Equity and Youth Development
December 15th and 16th, 9-2—CNYD

FREE trainings for After School Programs:

CalSac provides free trainings catered to the needs of your program! Contact them to arrange a training for your site staff:

www.calsac.org/training_page.asp?



SHOW ME THE MONEY !

Box Tops for Education Kids' Caucus Essay Contest

Give your school the chance to win \$1,000 to improve parental involvement in education programs -- and send a star student to speak on Capitol Hill!

This fall, Box Tops for Education is proud to build on its five-year commitment to improving parental involvement in education programs across the country with the first-ever **Kids' Caucus Essay Contest**.

Here's how it works:

Box Tops for Education is asking students in grades 5 - 8 to tell us in 250 - 500 words what they would do to increase parental involvement in their school if they were made principal for a day.

Student essays will be accepted from now until **December 1, 2005**.

In February, Box Tops for Education will select fifty Finalists—one from each state—to receive a \$1,000 grant that will be used by their school to make their creative ideas to improve parental involvement a reality!

For more information, visit the Box Tops for Education website at: www.boxtops4education.com

TIPS FOR SUCCESS

Strategies For Successful Staff Development

- *Capitalize on staff talents and enthusiasm to get program buy-in and develop ownership of program.*
- *Plan Ahead! Incorporate into year long after school calendar, professional development, staff meetings, and trainings for all staff (including: staff, consultants, volunteers, and identified regular day staff) utilizing early days and SFUSD staff development days.*
- *Conduct one-on-one mid year evaluation with staff.*
- *Acknowledge staff successes by incorporating staff recognition time/community building.*

SHPD AFTER SCHOOL PROGRAMS

1515 Quintara Street
San Francisco, CA 94116

To:

