

# Lights On Afterschool!



San Francisco Unified School District \* School Health Programs Department  
Expanded Collaborative for Excellence in Learning - EXCEL NEWSLETTER

## WHAT IS IT?

Lights On Afterschool! is the only nationwide event celebrating after school programs and their important role in the lives of children, families and communities. After school programs keep kids safe, help working families and improve academic achievement.

## WHY PARTICIPATE?

To ensure funding for the After School Programs continues, it is very crucial that schools, families and community members get together and put forth all their efforts to lobby for the great need and success of the After School Programs.

## WHEN?

Oct. 20, 2005. All SHPD ExCEL after school programs are expected to host a celebration.

## HOW?

Host an after school celebration by collaborating with your school, community based organization, SHPD ExCEL and neighboring community members.

## EXAMPLES OF CELEBRATIONS:

- Open House (orientation to the school and ASP)
- Family Pot Luck (every one brings a dish to share)
- Read A Loud (ASP/school staff and volunteers read to the participants)
- Community Events (Health Fair, Talent shows, Art Café, Fun Fair)
- March around the neighborhoods (with signs, flashlights, and enough adult guides)

## DON'T FORGET TO...

### Updates/Reminders

- ◆ Due the 2<sup>nd</sup> of each month - **Monthly attendance log**
- ◆ September 21, 2005 - **Itemized Program Budget Due**
- ◆ September 30, 2005 - **Emergency Plan Due**
- ◆ September 30, 2005 - **Program Schedule Due**
- ◆ October 20, 2005 - **Lights On Afterschool!**
- ◆ October 31, 2005 - **Initial Workplan Due**



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## LOOK WHO'S SHINING NOW - SITE SPOTLIGHT

**G**reetings!

**O**n behalf of the SHPD ExCEL team, I would like to welcome you back to the '05-'06 school year! My name is Jessi Frazier and I am one of two new ExCEL District Coordinators for the '05-'06 school year. I have spent the past five years working at McKinley Elementary After School Enrichment Program. At McKinley, I worked in many capacities: As the Site Coordinator, PENL (Physical Education Nutrition Leader), and President of the Board of Directors.

**I** would also like to introduce the newest ExCEL colleague Jason Riggs, a former Lead Teacher and SF Team Coordinator for Marina Middle School. Returning to the ExCEL District Coordinator team and ready to share their expertise are: Andrea Bustamante, Andrea "Ann" Colloco, Linda Lovelace, Eva Jo Meyers, Jennifer Quevedo and Ali Vieira.

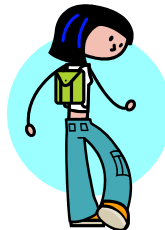
**S**HPD ExCEL looks forward to a year full of learning, growing, and sharing best practices. We are here to provide you with professional development, resources, and support throughout the year. Remember, in addition to providing support, we also serve as a liaison between your school site and the school district.

**P**lease do not hesitate to call if you need our assistance, 415- 242- 2615.

**H**ave a great school year!

- Your SHPD ExCEL District Coordinators

## HEALTH AWARENESS & ASSETS SPOTLIGHT



**September is *Start of a Healthy Year Awareness month.***

This month's School Health Program campaign focuses on starting the school year with developing healthy habits for the entire year.

Students and staff are encouraged to practice by participating in the "**5 A Day**" week. The National 5 A Day event encourages people to eat five servings of fruits and vegetables each day.

The month also stresses that **walking** is a great way to keep in shape. Schools will be given suggested activities to promote walking, as students perform better academically when physically fit.

The September Healthy Spotlight is on **Healthy Habits.**

### **Asset Building Focus: SUPPORT**

**Asset #5- Caring School Climate:** School provides students with a caring, encouraging environment by smiling, greeting students, modeling positive behavior and providing students with resources and alternatives including after school programs.



**October is  
Positive Alternatives  
to Drug Use Month.**

October's School Health Program campaign focuses on **positive alternatives to drug use.**

During **Red Ribbon Week**, students participate in events such as taking a drug and alcohol free pledge and learning about substance use prevention. Wearing a red ribbon shows a commitment to a healthy, drug free lifestyle. Schools should emphasize their tobacco and drug free policy.



The October Healthy Spotlight is on **Poison Awareness.**  
Poison Control: 1-800-523-2222

**Asset Building Focus:  
BOUNDARIES AND EXPECTATIONS**

**Asset #12-** School Boundaries: School provides clear rules and consequences by posting rules in classrooms and hallways. School rules and expectations are distributed through the Student and Parent/Guardian Handbook. Schools make regular contact with families for positive student feedback as well as for disciplinary reasons.

**ASK A MENTOR!**

Have you ever felt that you need to ask a peer a question that you don't want to ask your ExCEL Coordinator? Vent regarding an issue that keeps arising? Or find out how you can host a family event solely on donations?

If you answered YES, then this is the resource for YOU! SHPD ExCEL has set up an ASK A MENTOR! Newsletter column and email address, which will be used to help answer your questions, address any concerns, or share resources with your fellow site coordinators.

We strongly encourage everyone to use these resources and keep your peers brains' ticking.

**Questions? Email a Mentor at [aspexcelmentor@yahoo.com](mailto:aspexcelmentor@yahoo.com)**

**A CHANCE TO LEARN**

**\*SHPD ExCEL Professional Development Workshops at SHPD:**



- ◆ September 30, 9am-1pm Professional Development Workshop #1, Topic: Behavior Guidance
- ◆ October 28, 9am-1pm Professional Development Workshop #2, Topic TBD

**\*FREE Trainings for After School Programs:**  
[www.calsac.org/training\\_page.asp?td=2&to=2](http://www.calsac.org/training_page.asp?td=2&to=2)

**\*FREE online courses on topics such as bullying, program evaluation, and using data to evaluate your program:**  
<http://pathwaysources.samhsa.gov/courses.htm>

**\*Interactive online professional development courses for preK-12 teachers:**  
<http://teacherline.pbs.org/teacherline/>



## HOW ME THE MONEY !

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### Improve your Fitness Resources!

Children's television network Nickelodeon has announced the launch of the 2005-2006 "Let's Just Play" Giveaway Program!

The "Let's Just Play" Giveaway offers kids around the United States the opportunity to take action and enter for a chance to **win \$5,000** to improve their school or community program's fitness resources.

The initiative is part of the network's three-year pro-social "Let's Just Play" campaign, which encourages healthy and active lifestyles for kids and families.

- ◆ **Who can apply:** Anyone!
- ◆ **Deadline:** Rolling
- ◆ For more information, game ideas, or to apply visit:  
<http://www.nick.com/myworld/letsjustplay/>

## TIPS FOR SUCCESS

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### Tips for Managing a Group of Students

\* Be prepared and organized everyday. Post a schedule. \*

\* Consistently use a "getting attention" signal. \*

\* Catch 'em being good!!! \*

"Johnny, you are sitting in your chair, good job!"

"Everybody needs to sit down on the carpet."

Maria, I like the way you followed directions and sat down on the carpet."

\* Have consistent rewards and consequences and focus on the positive. \*

## SHPD AFTER SCHOOL PROGRAMS

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1515 Quintara Street  
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To: