

SFUSD EXCEL AFTER SCHOOL PROGRAMS WEEKLY UPDATES

– week of December 1st, 2009

Professional Development Updates

We only have two options this month due to the winter break. Both events will address Section 8 of the [QSA](#): Family Involvement. Please read complete event descriptions and sign up by clicking on the highlighted links below. Site Coordinators are required to sign up and attend at least one event per month. Lead program staff are invited as long as space allows.

- [Speakers' Forum](#): TODAY - Wednesday, December 2, 11am-1pm (This will be a dynamic panel of Parent Liaisons and Site Coordinators who will share the successes and challenges they have experienced with engaging families and caregivers).
- [Workshop](#): Thursday, December 17, 9am-1pm (Presented by Stacey Daraio).
- [October Action Plans](#) were mailed out to you last week. Please take a minute to complete this very quick [survey](#) to let us know what you were able to follow up on.

Science Olympiad on Saturday, December 12th

SFUSD Science Olympiad on Saturday, December 12th from 8:30 am - 1:30 pm **at James Denman Middle School.** Each [ExCEL Middle School/K-8 After School Program](#) can send up to 20 youth and 2 adult staff to the event. ExCEL After School Programs can coordinate with their school day Science Teacher(s) to invite students to attend this event and to coordinate logistics. ExCEL Elementary sites can send 1 adult to bring information back to elementary after school programs. RSVP form is attached. **[REGISTRATION IS DUE TODAY.](#)** If you are unable to submit today, but want to bring students, please call Ali Metzler at 750-8650 so we can plan for participants.

[RAD](#) dance applications are due **this Friday, December 4** (click [here](#) for an application). Mark your calendar for the performance and plan to bring your students on **Thursday, February 4, 2010 at Everett Middle School!** Ticket request forms will be out closer to the performance date.

CBO Itemized Budgets

CBO Partners: As a reminder, itemized budgets for funds contracted to your community based organization were due to Lilian Capuli capuliL1@sfusd.edu by **December 1st**. If you have not submitted these, please do so. See the link to the ExCEL website for the form in the Itemized Budget Spreadsheet in the Budgets and Contracts section:

<http://www.healthiersf.org/ExCELAfterSchool/Resources/forms.html>

Bridging the Bay: Region 4 Conference - January 29th & 30th 2010, Balboa High School

January 29th 11:00 am - 4:30 pm & January 30th 8:00 am - 3:30 pm

WHO SHOULD ATTEND: Line Staff, Program Coordinators & Administrators from school and non-profit after school programs in Alameda, Contra Costa, Napa, San Francisco, San Mateo, and Solano counties.

**All ExCEL sites are requested to participate in the Bridging the Bay Conference and send staff to this region wide event. Friday, January 29th is a SFUSD professional development day and programs will be closed. If you are not requested to participate with your SFUSD school staff in

PD, we are encouraging you to pay your staff to attend the conference Friday 1/29 & Saturday 1/30. ExCEL sites are approved to use ASP funds to cover staffing and conference costs for this event. **REGISTER:** online at www.ACOE.org
Conference Flyer is attached.

Youth Performers Wanted for the Bridging the Bay Conference - January 29th & 30th, Balboa High School. There are 4 open slots for 10 minute performances. Each performing organization will receive a \$100 stipend. Contact Michelle Hamilton at OUSD to apply: Michele.hamilton@ousd.k12.ca.us. Deadline is December 15th. This is a great way to warm up for RAD!

SPARK Introduction Workshop- Sports, Play and Active Recreation for Kids for After School Staff- Elementary and Middle

ExCEL SPARK Introductory Workshop - SPARK is a physical activity program that can be used to enhance your recreation activities and to support students receiving at least **30 minutes of daily physical activity!** The focus of SPARK is the development of healthy lifestyles, motor skills and fun, interactive ways of getting students more physically active. Introductory Trainings are for those participants who are **new** to SPARK. This training is for **Elementary & Middle After School Program Site Coordinators and Program Leaders**. Space is limited and pre-registration is required.

January 13, 2010

8:30 to 3:00

20 Cook Street, 1st Floor

TO REGISTER: <http://sparkintroduction.eventbrite.com/>

SPARK Booster Session- Sports, Play and Active Recreation for Kids for After School Staff- Elementary and Middle

ExCEL SPARK Advanced Workshop- is designed for After School Site Coordinators and Program Leaders who have **already** been trained in the SPARK basics and want to have more physical activity skills to add to their " toolkit" of activities. Please, have completed a SPARK Introduction Workshop prior to attending this session. Space is limited and pre-registration is required.

January 15, 2010

8:30 to 3:00

20 Cook Street, 1st Floor

TO REGISTER: <http://sparkbooster.eventbrite.com/>

Snack and Attendance Reminders:

- MPWs are due every Monday at 12pm- if your site can not turn it in on time please let Lucy Hong know at: excelasp_snacks@yahoo.com
 - Please include in the name of the person completing the MPW/ date completed/ School name
- Attendance is due every 5th of the month
 - Please make sure the spreadsheet has your school site name
 - Please make sure H0 numbers (H0: 0=zero, not the letter O) are included for every child and are accurate

- **Adjustments/Cancellation are due on Monday 12pm for anything the following week**
- If you are going on a field trip, having an event, or not using snack this day, you are expected to cancel snack 1 week in advance or ExCEL is required to pay for your undistributed snack. Please help us eliminate waste of food and funds!!
- When sending snack emails to excelasp_snacks@yahoo.com please include the name of your school in the title
- Snacks Frequently Asked Question sheet is attached. Please review.

Redesign of SFUSD Student Assignment

Through the middle of January, SFUSD wants to inform and engage district staff, students, parents, and community members in conversations about the redesign of student assignment. SFUSD is using multiple strategies to reach as many people as possible. Attached please find flyers that provide the details about these meetings. Please assist us in promoting the following events:

- Staff Information Meetings: December 17th and January 11th
- Community Town Hall Meetings: December 2nd, December 15th, January 7th, and January 14th

Join the ExCEL 09-10 Google Group. Share and receive information directly with and from other ExCEL Site Coordinators. To join this informative group, please click on the following link:

[Visit this group](#)

The **Youth Action Conference** on November 25th was a great success!! We had over 70 youth and 15 adults participate in youth-led workshops & service learning projects. Thanks to everyone who came out and participated! If you are at Dolores Park, the amazing mural painted on the boat was done by ExCEL YAC students.

Thank you!!

Ali Metzler

ExCEL After School District Coordinator

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www.healthiersf.org/excelafterschool

**Please note my last name & email address have changed from Ali Vieira: vieiraa@sfusd.edu*