

ExCEL Weekly Update
1/23/09

Greetings Everyone!

Here are your ExCEL After School Programs updates:

Do you want your students to see an **incredible dance performance** put on entirely by students in ExCEL After School Programs? Then **bring them to RAD!** Tickets are now available by sending in a ticket request form: <http://www.healthiersf.org/ExCELafterschool/News/documents/Ticket%20Request%20Form%20for%20Schools.pdf> Visit www.healthiersf.org/ExCELafterschool for a link to student permission slips (all students in attendance as part of your program must complete a permission slip). **Come see ExCEL After School Programs students shine on stage!**

Increase physical activity in your after school program. **Register for upcoming SPARK workshops!** Please see the attached registration form for dates, times, and to register.

If you have not already done so, please take **one minute** to complete the **enrichment provider survey** to give ExCEL feedback on the services you received this year. The survey can be accessed here: http://www.surveymonkey.com/s.aspx?sm=nCZ2vYbvOaxtPRGVnQ_2bsrw_3d_3d

Help us create 1,400 Valentine's Day cards for homebound seniors in San Francisco! In February we are celebrating Valentine's Day and Healthy Hearts Day. As part of the celebration, ExCEL is providing service-learning kits to after school programs. The kit includes lesson plans to make Valentine's Day cards for seniors who receive Meals on Wheels and an activity to promote healthy eating. If you would like to receive this kit with materials, please register by sending the following information to Kamil Faridi at kfaridi@yscal.org:

Your Name & Phone Number
Your School
Expected Number of Students Participating

The deadline for registration is Tuesday, February 3.

Save the Date - Read Across America: Monday, March 2, 2009

It is time again to share the joy
Of reading a book to a girl or boy
So tell the program leaders, parents and children
That you are having a READ Aloud
So you can have a BIG crowd
Don't forget to tell ExCEL
Maybe we can stop by to read as well!

Resources can be found:

- <http://www.nea.org/grants/886.htm>
- www.healthiersf.org/excelafterschool
- Literacy Empowerment Foundation, a 501(c)3 non-profit organization, invites your school or other literacy project to apply for **FREE books** for Read Across America Day. Resources are allocated on a first-come, first-served basis. Orders must be received by **February 14th, 2009**. Free Books for Read Across America Day: Order Form at <http://www.literacyhelp.org>.

If you have any questions, please call Jennifer Quevedo-Serrano @ 242-2615, ext.3247

More **Tribes** training dates are being put on the calendar. If you are looking to build a more positive climate in your after school program and are able to commit to a 2-day training (12 hours total) that ALL of your staff can attend (Site Coordinator and all program leaders) then let us know! Remember you have 2 official days where you can close program to attend trainings. This is a great opportunity for all professionally to improve after school climate at your sites. If you are interested in signing up, e-mail Karen Polk at polkk@sfusd.edu

Space still available! **City College of San Francisco Course for School-Age and Youth Workers:** HLTH 65: Youth Development & Leadership; CRN 38866; 3 units; Thursday; 6-9PM; An introduction to the principles of youth development and approaches to investigating significant issues affecting today's youth. This is a NEW CLASS! For additional information, please contact Carol Badran at cbadran@ccsf.edu

Free Youth Classes at BAYCAT for Spring 2009:

To apply, visit www.baycat.org

For presentations at your school/organization, please contact Marco Castro-Bojorquez at 415-702-8228 ext. 205

Spring 2009 Youth Program

Digital TV Production

Create and produce your own TV show! Broadcast your ideas about your community and your world. This spring, we'll be focusing on performing arts, music and acting for the camera. Also, you will work on a short play or musical to be showcased at the end of our session. You will be working on episode 14 of BAYCAT's award winning, youth created TV show *Zoom In*.

Session Dates: February 2 – May 6

Days & Times: Mon & Wed 4:30 - 6:30pm

Ages: 11-17

Instructor: Will Hammond Jr.

Music Production

Make beats, record sound and vocals, and digitally edit audio tracks. Collaborate with the *Zoom In* cast to compose, record and produce the soundtrack for our spring youth production. The class will cover musical arrangement, songwriting, and production by using basic audio software.

Session Dates: February 3 – May 7

Days & Times: Tues & Thurs 4:30 - 6:30pm

Ages: 11-17

Instructor: Will Hammond Jr.

Flash Revolution

Get your message out through the Internet. Learn how to make web pages using Adobe Flash, so that you can talk to a larger audience! Use this power to communicate about a social or environmental issue important to you. Multimedia is how information flows today, and that's powerful. Be part of that information flow and join the media movement.

Session Dates: February 2 – May 7

Days & Times: Mon & Wed 4:30 - 6:30pm

Ages: 11-17

Instructor: Dan Vallentyne

Studio Baycat Internship

The Studio BAYCAT Internship Program will enroll three talented digital media producers from the Bay Area community. The internship program will provide technical training for aspiring graphic designers and video producers as well as an opportunity to observe and gain hands-on experience in the digital media industry. The Internship Program will increase the interns' knowledge of workplace skills and provide them with on-the-job experience. Apply online at www.baycat.org

Graphic Design

Paid Internship. Feb 09- Jul 09

8 hours a week. Ages 18-25+

Build your own portfolio working with a professional design studio.

Digital Filmmaking

Paid Internship. Feb 09- Jul 09

8 hours a week. Ages 18-25+

Build your reel in a professional production studio