

ExCEL Weekly Update
02/04/09

Greetings Everyone!

Overworked? Feeling run down? Need a vacation? Register for the Optional Workshop taking place this Friday: **Stress Management: Relaxation and Self Care for Afterschool Staff**. Please see the attached registration form for details. Space is still available. 9am-1pm at Fort Mason (Room C205).

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! Happening TOMORROW (Thursday)**. 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!**

Cohort Meetings are coming up!

Nutrition and Physical Activity Cohort Meeting

Tuesday, February 10

10am – 12pm

John Muir Elementary School, Room 20, 380 Webster Street @ Oak

Chavez Club Cohort Meeting

Wednesday, February 18

10am – 12pm

Everett Middle School, 450 Church Street

Media Production Project Cohort Meeting

Thursday, February 12

10am – 12pm

1515 Quintara Street, Room 4

Science+ Cohort

Wednesday, February 11

10am-12pm

Location TBD

You're Invited!

What: Chavez Club Valentine's Art Show Fundraiser

When: 4-6pm on Friday, February 13

Where: Cafe Francisco, at corner of Francisco St and Powell St

The Cesar E. Chavez Service Clubs of San Francisco will be hosting a Valentine's fundraiser to raise money to construct a float for the Cesar Chavez Day Parade. This event will feature art, crafts, valentines, and performances by Chavez Club members. All after school programs and the entire San Francisco community is invited to attend, so please try to come and spread the word!

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

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

Are you a frontline youth worker? Visit www.ydpn.org and click the "Frontline Youth Workers Survey" button to take a survey about how YDPN can better serve you. It only takes a few minutes.