

SFUSD EXCEL AFTER SCHOOL PROGRAMS WEEKLY UPDATES

– week of January 25th, 2010

ExCEL has a new phone number: (415) 750-4500. Fax is the same number: (415) 750-8653.

We have a new phone system and will have voicemail soon. All calls will be received by our front desk and will be forwarded to us directly. Our old number will become obsolete in the very near future. Please use our new number for all calls to the ExCEL office.

Professional Development Updates:

If you have not already done so, please register today for **February's Speakers' Forum (Feb 3), Workshop (Feb 18), and Brown Bag (Feb 26)!** February's theme is Section 7 of the [QSA](#), Staff Recruitment and Professional Development. 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. To view upcoming ExCEL PD Opportunities and to **REGISTER**, visit the [ExCEL PD page](#) online by clicking [here](#), or visit the [ExCEL 2010 calendar here!](#)

Nutrition and Physical Activity Professional Development Series

SFUSD's Health Theme for February is *Physical Activity* and for March is *Nutrition Education*. In honor of this, ExCEL is collaborating with SFUSD's Nutrition Education Program to offer a [four-part professional development series](#) (click to register – see dates below) focused on **improving and enhancing health and wellness programming during after school time!** This series is open to all ExCEL After School Program Sites (K-12). Sites may send the Site Coordinator, or a designated lead staff person to the series. Sites who sign up will participate in the following four professional development sessions and will be eligible to receive curriculum, supplies, and other perks! See the attached flyer for more details.

Questions? Contact Amy Adkins at amylea65@gmail.com. This series aligns with Section 9 of the QSA: Nutrition and Physical Activity.

Nutrition and Physical Activity Professional Development Series

Dates:

- Friday, February 5, 10am-12pm, 20 Cook Street: Setting up a Healthy After School Environment
- Friday, March 5, 10am-12pm, 20 Cook Street: Linking to Science Curriculum
- Friday, April 9, 10am-12pm, 20 Cook Street: Nutrition Links to Family and Community
- Date TBD, Site Visit to ER Taylor Elementary School's ExCEL After School Program

To register, visit: <http://excelhealthylearningseries.eventbrite.com/>

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

We look forward to seeing you at the **Building Bridges After School Conference** that will be held this **Friday and Saturday, January 29th & 30th** at **Balboa High School**. This event will bring together after school professionals from across the Bay Area for two days of high quality professional development. Over 60 dynamic and relevant workshops will be offered each day. Presenters from across the state have applied to present. For an up to date list of presenters and conference details go to:

<http://www.bridgingthebay.blogspot.com/>.

Registration for this event has closed. Contact your ExCEL District Coordinator if you have not registered, but are interested in attending or if your staff have registered, but are not able to attend. We do not receive refunds for spots not used. Parking is extremely limited. Please carpool or take public transportation. This will be a fabulous professional development opportunity – DON'T MISS IT!

Revolution in Art and Dance TICKETS are now available for RAD 2010! (Click on “TICKETS” to order!)

On February 4, 2010 ExCEL After School Program participants will be performing in a district-wide dance showcase at Everett Middle School. The **Revolution in Art and Dance** will be an opportunity for ExCEL After School Program sites to highlight and share the talent and hard work of their students.

- ★ **You are encouraged to BRING STUDENTS to this event! Tickets are free and available on a first-come, first-served basis.**
- ★ Please note that for every 10 students there must be at least one adult chaperone. **Chaperones must ensure that students are respectful and safe during the performance.**
- ★ All students attending must complete an **SFUSD field trip form** (click here for the form).

EVENT DETAILS:

Event: Revolution in Art and Dance (RAD)

Date: Thursday, February 4, 2010

Time: 4:30-6:30pm (Please note that the show will start PROMPTLY at 4:30, please arrive at least 15-30 minutes early to allow time for your students to get seated)

Location: Everett Middle School Auditorium

RAD USHERS AND CANNED FOOD DRIVE

- ★ Are your students going to RAD but not participating in a performance? If your students are *psyched about seating charts and ticket stubs* please take a moment to ask them if they would like to be **USHERS at RAD**. Serious inquiries please contact Ashley at ahildred@yscal.org.
- ★ Help eRADicate hunger! Please have **EACH STUDENT THAT ATTENDS RAD BRING A CANNED FOOD ITEM** for collection at the entrance.

SFUSD Bullying Resource

Have you ever watched a bullying video and wished it was relevant to San Francisco youth? Well, Student Support Services has worked with SFUSD middle school students at 7 sites to create a fabulous video and supplemental resources called *About Bullying*. Check the SSSD website at the following link: <http://healthiersf.org/Resources/sc-bullying.cfm> or check with your Health Advocate (elementary) or Health Liaison (middle/high schools) at each site for a copy and to align with the school day.

Request for College Transcripts for ExCEL Site Coordinators – PAST DUE! Please continue to send in if you haven't already!

As you may or may not know, No Child Left Behind and California State Child Development Programs require certain qualifications for all staff. In order to ensure that all of our programs

meet these qualifications, we are in need of your support by providing us with copies of your college transcripts. Our intent is to use this information to assist us in communicating with City and State Colleges to determine the current educational needs of our staff (e.g. educational course credits, credentials or permits). **Therefore, all Site Coordinators of ExCEL After School programs must submit copies of educational transcripts to Miriam Wong by January 12, 2010.** This is a requirement for all ExCEL After School Site Coordinators. Please contact Linda Lovelace with any questions.

Copies of transcripts are to be sent to:
Miriam Wong
20 Cook Street, San Francisco, CA 94118
By January 12th, 2010
Fax# 750-8653

Site Coordinators need to complete the attached **SFUSD Acceptable Computer Use Agreement** form and submit to Lucy Hong at 20 Cook Street by February, 12th. Fax: 415-750-8653. After we receive this form signed, you will be assigned a SFUSD email and account to enable you to access the SF computer domain. Please also submit to Lucy your home address so we can ensure your password is mailed to the correct location. This is required for all Site Coordinators per Linda Lovelace.

City College of San Francisco Spring Youth Worker courses are being offered this semester. If you have not taken Child Development classes, we encourage you to look into classes at City College this spring. See a complete listing of suggested courses attached.

Snack and Attendance Reminders

- Several of our sites recently went through a snack inspection and we just want to remind all sites of important things to remember for snack distribution:
 1. The student must take "both" meal components to be considered a "reimbursable" snack. If the student does NOT take both, it may not be claimed.
 2. An adult must be at the end of the line (point of service) with the number sheet, checking off each "reimbursable" snack, not a student.
 3. Total snacks claimed may NOT exceed the count sent to the site or the daily attendance.
 4. The paperwork will be reviewed to ensure it is being maintained daily (daily snack claim/daily meal production worksheet).
 5. The reviewer will remain onsite until the daily claim is documented (MPW, numbers sheet).
 6. The claim for the day may not be changed after the reviewer departs (the paperwork will be reviewed).

From now on, please use a number sheet to count how many snack were served. Numbers sheet is attached and on the ExCEL website in the forms section.

ExCEL Film Festival! Quick Survey

Do you have a media club in your after school program? Do you have student-made video that you would like to show on the big screen in a REAL theater? Do your students want to walk down the red carpet? Then get ready to submit media for the First Annual ExCEL **Film Festival** hosted by

the Media Production Project! Media will be due in mid-March. We are especially interested in pieces that have meaning or a message. Please send a quick e-mail to meyerse@sfusd.edu to let us know if your site is interested in participating so we have an idea of how many submissions to expect. More information on how to submit media to follow soon...

ExCEL Service Learning Updates

Change for Change - Haiti

On Tuesday, January 12th, 2010, a magnitude 7.0 Mw earthquake struck Haiti near it's capital, Port-au-Prince, destroying major landmarks and hospitals and leaving over one third of the population in dire need of a home, food, and clean water. Although aid for the country from around the world has been swift and abundant, the impact of this earthquake continues to outweigh such efforts. What can your program do to help? Check out the attached **Change for Change - Haiti** lesson plan which shows you how to support the people of Haiti using your spare change! Please contact our Americorps*VISTA, Helen Yu (hyu@yscal.org, (415)750-8650 x 1021) for more information or further resources.

Where is The Love? Valentine's Day Service-Learning Kits

Participate in a truly special service opportunity this February by *sending Valentine's Day cards through Meals on Wheels* to the elderly and home-bound. This Service-Learning Project is a wonderful acknowledgment and spreads **JOY, LOVE and HAPPINESS** to people in need. If you are interested in receiving a registration form please email ahildred@yscal.org ASAP. Please don't pass up the opportunity to make a difference in someone's life!

Service-Learning Professional Development Workshops

Need a little dose of action in your next professional development? Our VISTA*s, Helen and Ashley, have an excellent "How-To" session for integrating service-learning into your curriculum. What's better than that? They bring it to your house (er, school). Email them to schedule right away: ahildred@yscal.org or hyu@yscal.org.

Thank you!

Ali Metzler

ExCEL After School District Coordinator

San Francisco Unified School District

20 Cook Street

San Francisco, CA 94118

(415) 750-4500*

(415) 750-8653 - fax

metzlera@sfusd.edu

www.healthiersf.org/excelafterschool

**Please note, our phone number has changed.*