### Professional Development Updates:

March Site Coordinator Meetings: Please calendar the following dates for March Site Coordinator meetings, as we will be sharing important updates for each grade level. The March meetings are required for Site Coordinators, please note:

-Elementary Site Coordinator's meeting: Wednesday, March 3<sup>rd</sup>, 10:30-12:30 at 20 Cook Street -Secondary Site Coordinator's meeting: Thursday, March 18<sup>th</sup>, 10:30-12:30 at 20 Cook Street

To view upcoming ExCEL PD Opportunities and to REGISTER, visit the <u>ExCEL PD page</u> online by clicking <u>here</u>, or visit the <u>ExCEL 2010 calendar here</u>!

#### Read Across America Day: March 2nd

National Education Association's Read Across America is an annual reading motivation and awareness program that calls for every child in every community to celebrate reading on March 2, the birthday of children's author Dr. Seuss. For activities, booklists and other resources, check out the National Education Association's website: <a href="http://www.nea.org/readacross">http://www.nea.org/readacross</a>

### February Attendance is due March 5<sup>th</sup>

- Submit to Lucy Hong and Kitty Ou and your District Coordinator: excelasp\_snacks@yahoo.com, ouk@sfusd.edu
- Please make sure your HO#s are accurate.
- Include your school name in the subject line of your email.
- For any reason you will not be turning it in on time, email Lucy Hong to alert her: excelasp\_snacks@yahoo.com

<u>Greens are due March 15<sup>th</sup></u> to your district Coordinator at 20 Cook. Timesheets must be submitted with the greens and all forms are to be signed by staff and your administrators.

#### Summer Program Providers: SF Family Summer Resource Fair is March 6

The event is **Saturday, March 6, 10:00 am to 3:00 pm** at the Concourse Exhibition Center, Eighth and Brannan. There is no charge for Exhibitors and no charge for people to attend this event. This is an informational fair— NO SALES AT THE EVENT. Presented by the SFUSD Student Support Services Department with support from SF Department of Children, Youth & Their Families. Space is limited.

### Site Coordinators, Lead Teachers, CBO Partners: Please help spread the word!

Families are invited to learn about summer activities available in and around San Francisco this summer at the SF Family Summer Resource Fair! Please see the attached flyer (including Chinese and Spanish translation) for more information!

## ExCEL Summer RFP

In order to provide a range of high quality summer activities, ExCEL After School Programs is seeking proposals from Community Partners with <u>existing</u> afterschool or summer programs to build on their current capacity. ExCEL funds would be used to augment programming and/or to add slots to existing programs. Please see the complete RFP (attached) for more information. Deadline for submission of proposals is 5pm, April 16, 2010.

Superintendent Carlos A. Garcia & Mayor Gavin Newsom's 2010

Family SUMMER

**Resource Fair** Saturday rc 10:00 am to 3:00 pm

SAN FRANCISCO

Presented by:

Student Support Services

**Concourse Exhibition Center** — Eighth & Brannan Streets

**A Showcase** of Summer **Activities** for Children, Youth, and **Families** 

OVER 200 

CAMPS

**CLASSES** 

**ARTS & SPORTS** 

**HEALTHY LIFESTYLES** 

**CITY SERVICES** 

Fun & Games for Kids

**Coordinated by:** 









**TAKE MUNI 12, 19, 27, 47** 

For details:





Call:





# san francisco Family SUM MER Resource Fair

Presentado por: 主辦機構



Student Support Services Son Francisco Unified School District

Presentación del 2010, del Superintendente Carlos García y Alcalde Gavin Newsom

## FERIA CON RECURSOS DE VERANO PARA LAS FAMILIAS DE SAN FRANCISCO

EL SÁBADO 6 DE MARZO, DE 10:00 AM A 3:00 PM

En el centro de exhibición "Concourse Exhibition Center"

Exposiciones de actividades durante el verano para niños, jóvenes y las familias

## **iGRATIS**!

## MÁS DE 200 EXPOSITORES

- CAMPAMENTOS
- CLASES
- ARTES Y DEPORTES
- ESTILOS DE VIDA SALUDABLES
- SERVICIOS DE LA CIUDAD

Diversión y juegos para niños

Tome transporte público MUNI 12, 19, 27,47 由學監Carlos A. Garcia及市長Gavin Newsom推介 -- 2010年度

## 三藩市家庭夏季資源展覽會

星期六 3月6日 上午10時至下午3時 Concourse Exhibition 中心 (8街夾Brannan街)

孩子、青少年及家庭成員暑期活動展覽

- 越過200個機構參展
- ●露營
- 課程
- 藝術及體育
- •健康的生活方式

孩子玩意和遊戲

• 市府服務

公車12, 19, 27和47號線



**PARA MAS DETALLES:** 有關詳細資訊:

Llame al: 請致電



## **Coordinado por:**

協辦機構:

Student Support Services Interest Unit State Date Www.healthiersf.org







www.SFUSD.edu



(for residents with household incomes less than \$52,000 for 2009)

*Free* 2009 Federal and State tax preparation by IRS-certified tax preparers *For students and parents* – Free help completing the Federal Application for Student Financial Aid (James Denman location only)

Open a checking or savings account

*Free* HUD-approved, non-profit credit counselors to explain your options with mortgage, credit, and debt problems.

## 10:00 a.m. to 2:00p.m.

<u>Saturday, February 20</u> James Denman Middle School 241 Oneida Avenue, San Francisco

**\$**\$\$

<u>Saturday, March 6</u> George Washington High School (cafeteria) 600 32<sup>nd</sup> Avenue, San Francisco

## WHAT YOU NEED TO BRING WITH YOU:

- All 2009 W2's, 1099's 1098T's and other income forms
- Last year's tax return
- Landlord contact information
- If applicable, Unemployment Compensation (1099-G)
- Childcare provider's name, address and Tax ID Number
- A voided check for direct deposit

## Registration not required. For more information call 415-557-7857

## In partnership with:













Connections





讓合格的專家協助?申報?的所得税。了解 低收入家庭福利優惠和其它對?有利的 減稅優惠。這項服務是開放給任何總收 入低於**\$52,000**的家庭。 請帶以下資料:

- 家裏每個人的社會安全卡或外籍人士個人報稅証 明驗碼
- 所有2009年的W-2工資單, 1099表或1098表等等
  保母的資料
- 房東的名字,地址和電話號碼
- 一張作廢的個人支票作為退稅直接存款之用
- 去年的報稅單



San Francisco OMI/Excelsior Beacon Center

241 Oneida Avenue 街和 James Denman Elementary School 星期六 1 月 30日 2 月 6日:20 日:27 日 服務時間: 上午10:00至下午2:00

2 Salvation Army Chinatown Corps Sponsored by Seiler & Co., LLP
1450 Powell Street 街和 Broadway街交叉處 星期六
1月 30日、
2月 6日、20日、27日
3月 6日
服務時間: 上午 9:00 至下午2:00

 Sunset Neighborhood Beacon Center 3925 Noriega Street 街和 46th街交叉處 星期六
 3月13日、20日、27日 服務時間: 上午10:00 至下午3:00

George Washington High School 600 32nd Avenue 地址 星期六

3月 6日 服務時間:上午10:00 至下午2:00 6 Richmond Recreation Center Sponsored by BDO Seidman, LLP 251 18th Avenue 街和IClement Street 星期六
2月6日、20日、27日 服務時間;下午12:00至下午4:00

Visitacion Valley Community Center Sponsored by Daoro Zydel & Holland, LLP 66 Raymond Avenue街和Bayshore 街交叉處 星期六
1 月30日
2 月 6日、13 日、20日、27日、
服務時間:上午9:00 至下午 2:00

## Oakland

Lincoln Recreation Center 250 10th Street 街和 Harrison 街交叉處 星期六 2月 13日、20日、 3月 13日、20日、27日、 4月 3日、 服務時間: 上午 8:30 至下午1:00



# FREE

## Help Preparing Your Tax Returns

Let qualified professionals assist you in filing your return. Learn about the Earned Income Tax credit as well as other tax credits that may available to you. The program is open to all families with total gross incomes less than \$52,000.

## What to bring:

- Social Security card or ITIN for each family member
- W-2 forms for all jobs held in 2009 and all 1099 or 1098 forms
- Child care provider information
- Landlord's name, address, and phone number
- A voided check for direct deposit
- · Last year's tax return (if you have it)



Phone: 415-963-8633 www.tax-aid.org



ExCEL After School Programs Global Youth Service Day Film Festival Media Application



On Tuesday, April 13, 2010 ExCEL After School Program participants are invited to showcase their media projects at the Bridge Theater in San Francisco as part of the ExCEL Global Youth Service Day Film Festival. The purpose of the Media Production Project (MPP) is to improve and increase media production in ExCEL After School Programs. The ExCEL GYSD Film Festival will be an opportunity for our sites to highlight and share the media work their students have created and to encourage students to create *media with a message*.

## EVENT DETAILS:

**Event: ExCEL GYSD Film Festival** Date: Tuesday, April 13, 2010

Time: 5-7pm (reel will start promptly at 5:30pm) Location: Bridge Theater, 3010 Geary Blvd Format: All material must be submitted on DVD along with this application form by the March 15 deadline. Please label your DVD.

## **CRITERIA FOR ACCEPTANCE:**

- ☆ We are looking for media that has a message or is on a topic of importance for students and the community
- $\Rightarrow$  We are looking for a range of *grade-levels*
- We are looking for media that is *appropriate* for all audience members
- ☆ We are looking to have a wide range of sites to participate. If you have more than one submission, we suggest that you allow your student body to decide which reel to submit for consideration.

## **Expectations**

In order for your students to attend the screening, you must be willing to comply with the following expectations:

- At least two adults, including a paid staff member, must accompany students to the festival. Adult to student ratio must be at least 1:10
- \* All attendees must complete and return a field trip form which will be provided by ExCEL
- $\star$  Films must be appropriate for audience members of all age levels

Film submissions will be reviewed by a panel of students and ExCEL staff. If your media is accepted, you will be notified by March 22 and asked to complete a spreadsheet with students' names and ages and more detailed information about your reel. You will also receive an information packet which will give you more details about the festival, including timelines, flyers for families, transportation information, etc.

ExCEL After School Programs will provide the following:

- $\, \not\approx \,$  MUNI passes for performers and chaperones
- $\star$  Pre- and post-viewing activities
- ☆ Certificates of Participation for students



	ExCEL Global Youth Service Day Film Festival APPLICATION (please complete ALL fields)				
School Name:					
After School St	aff Contact Name:				
After School St	aff Contact E-mail:	Phone Number:			
Name of Media	Instructor:				
REEL INFORM	IATION				
Number of Stu	dents Involved in Producti	ion:			
Grade Level: _					
Name of Film:					
Length of Film	(5 min. max.):				
Brief Description	on of Submission:				

## $\star$ TRANSPORTATION INFORMATION

Bus/MUNI line we will be taking to Bridge Theater:

Time you will be leaving your school site: \_\_\_\_\_



## Student Support Services Department San Francisco Unified School District **ExCEL After School for All**



## How do I get a garden going at my Site? Is our ASP promoting health and well being? How do we talk to students about nutrition?

ExCEL is collaborating with SFUSD's Nutrition Education Program to offer <u>a four-part professional</u> <u>development series</u> focused on improving and enhancing health and wellness programming during after school time.

Sites that sign up will participate in the following four professional development sessions and will be eligible to receive curriculum, supplies, and other perks!

Learning Sessions	Date/Time	Location
<b>Setting Up A Healthy After School Environment</b> Explore current practices and learn strategies to offer nutrition and physical activity with purpose and intention. This session connects to QSA Section 9. <i>A representative</i> <i>from the Dairy Council will share the DEAL ME IN</i> <i>Curriculum that will be provided for your site.</i>	Friday - 2/5/10 10 to 12	ExCEL 20 Cook Street
Linking to Science Curriculum Receive curriculum that integrates science standards and garden links to nutrition education. Learn from other after school sites with active gardens.	Friday - 3/5/10 10 to 12	ExCEL 20 Cook Street
Nutrition Links to Family & Community Connect to your students' families and communities with nutrition education resources and family health events.	Friday – 4/9/10 10 to 12	ExCEL 20 Cook Street
<b>Pulling It All Together</b> ER Taylor is recognized as a Healthy Behaviors Learning Center, participants will be able to see the garden, cooking classes and PA sessions. Q&A with site staff is included.	TBD	ER Taylor Elementary ExCEL After School Program Site

## What to know...

- 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.
- Intended to be a series of four sessions and not drop in.
- There are no stipends/over time available- please plan accordingly.





# CHANGE FOR CHANGE CAMPAIGN

## SUPPORT THE PEOPLE OF HAITI WITH YOUR SPARE CHANGE!

On Tuesday, January 12<sup>th</sup>, 2010 a magnitude 7.0 Mw earthquake struck Haiti twenty five miles from its capital, Port-au-Prince. Major landmarks like the Presidential Palace, National Assembly building, as well as homes and all hospitals have been severely damaged or destroyed. Over one third of the population has been affected by this natural disaster and is now struggling to meet basic needs like, water, food, shelter, and emergency medical care.

So what can you do? SFUSD ExCEL After School Programs is proposing a "Change for Change" campaign. Youth from across San Francisco can donate pennies, dimes, quarters, and dollars to support the aid efforts currently underway in Haiti. If each student within SFUSD ExCEL's After School Programs gave one quarter, we could raise over \$2000 to donate to UNICEF, an organization that works directly with youth in emergency situations.

Here are a few ideas for raising money:

- Have a "Day without Buying Snacks." Instead of buying a soda, bag of chips, or ice cream, students can give the money to buy food and medicine for youth in need!
- ✗ Start a Coin Collecting Club to make posters and jars, so students can empty their pockets of spare change.
- ➤ Host a Penny War among the different after school clubs. Use the attached worksheet to coordinate your penny-collecting efforts!
- Put coin-collection jars out at your events, and encourage students, family members, and community partners to bring change for those who need help!

## An Opportunity for Learning!

Have you been waiting for the perfect opportunity to try out some service-learning in your program? This is it!

- Help youth research the damage from the earthquake using Google Earth and image searches
- Create a map of Haiti and have the youth research and mark where the epicenter of the earthquake was and how far away it was felt
- Research the history and culture of Haiti - from political and economic instability, to demographics, to cuisine, music and draw parallels to the U.S.
- Write letters to youth who are affected by the disaster, and , if possible, translate into Haitian Creole or French
- Have students reflect on what they would want if they lost their homes, and have them draw pictures for students who might be missing their favorite foods, stuffed animals, soccer balls, or family albums

## So you've raised this money. What now?

Many organizations are helping out in the relief efforts for Haiti, including governmental organizations, the Red Cross, the UN, and UNICEF. Because of its reputation as well as the work it does with youth, SSSD ExCEL ASP would like to donate the money from the Change for Change Campaign to UNICEF. You can donate money online at <u>www.unicefusa.org</u> or by filling out the attached form and mailing it to the UNICEF headquarters in New York. Here are a few ways that UNICEF is helping the people of Haiti (from www.unicefusa.org):

- \* Rushing tarpaulins and tents to those who have lost their homes
- \* Supplying three million families with water purification tablets
- \* Facilitating the reunification of families who have been separated from the disasters
- \* Releasing a total of \$3.4 million in emergency funding for Haitian quake relief

## How does UNICEF spend your Money? (from www.unicefusa.org)

\$6 can provide three 10-liter collapsible water containers for transporting and storing water.

\$60 can provide 20 sheets of tarpaulin, providing simple shelter or ground sheeting for several families.

\$200 can provide one recreation kit for 90 children to enjoy physical activity and play in times of emergency or displacement—containing items such as frisbees, jump ropes, footballs, volleyballs, handballs, whistles, a chalkboard and chalk, etc.

Any Questions? Contact Eva Jo Meyers, SFUSD ExCEL District Coordinator, at <u>MeyersE@sfusd.edu</u> or Helen Yu, AmeriCorps\*VISTA, at <u>hyu@yscal.org</u>.





## HOW TO PLAN & PENNY COMPETITION

## HOW IT WORKS:

- Each classroom or club will have its own coin receptacle with its name on it (you can also divide by grades or boys vs. girls). Make sure they are somewhere where <u>everyone</u> can find it, like the cafeteria.
- Let everyone know what the money is for and WHY they should donate.
- Every coin is worth positive or negative points:
  - Pennies are worth 1 point, and dollars are worth 50 points
  - Nickels are -5 points, dimes -10 points, and quarters -25
- Because there are positive and negative points, everyone has two options: add points to their own team by putting pennies and dollars in their own jar; and taking away points from other teams by putting nickels, dimes, and quarters into other jars.
- Plan for at least a week of competition, and keep reminding people to bring in their spare change!
- Keep a tally throughout the week of who is winning and who is losing. Post this so everyone knows where they stand.
- Count up all the points at the end of the war, and the winning team earns a prize or the satisfaction of being the Penny War Winner!!!

Fill out these questions to help you along the way...

1) <u>Who</u> will be competing (the after school clubs? Boys vs. girls? Homerooms? Grades?)

2) Where will the coin jars be?

3) When will the penny war be? How Long will it last?

4) What will the winning team get? (Certificates? Extra Snack? Buttons?)

#### **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 <u>four-part professional</u> <u>development series</u> (click to register – see dates below) focused on <u>improving and enhancing health and</u> <u>wellness programming during after school time</u>! 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 <u>amylea65@gmail.com</u>. This series aligns with Section 9 of the QSA: Nutrition and Physical Activity.

Nutrition and Physical Activity Professional Development Series Dates:

- · 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: <u>http://excelhealthylearningseries.eventbrite.com/</u>

## It's Back . . . the 4<sup>th</sup> Annual - SHAPE UP SF WALKING CHALLENGE - March 1 to May 7

#### REGISTRATION IS NOW OPEN! http://www.shapeupsfwalkingchallenge.com/

Mayor Gavin Newsom challenges your ExCEL After School Program to get *MOVING* by participating in the fourth annual **Shape Up SF Walking Challenge.** Each team is encouraged to collectively walk 1,016 miles – the California Coastline- during this 10 week challenge. Teams log and track their miles online, you can even compare their progress against other teams. See the attached flyer for more information.

#### **ExCEL Film Festival!**

Mark your calendar for the First Annual ExCEL After School Programs' Global Youth Service Day **Film Festival**: Tuesday, April 13 at 5pm at the Bridge Theater! <u>Submissions are due on DVD to the 20 Cook</u> <u>Street office no later than March 15</u>. Reels must be under 5 minutes long. We are looking for media that has a message or is on a topic of importance for students and the community. <u>Please see the attached</u> <u>application for more information about the festival and details on how to apply!</u>

#### **ExCEL SERVICE LEARNING UPDATES**

#### Malcolm X Academy Black History Month Celebration

You're invited to join the students of MXA in celebrating Black History Month through a night of spoken word and art showcase! Over twenty students will be performing pieces and presenting their research on influential African Americans throughout history. Don't miss this exciting event!

Who: YOU! What: MXA Black History Month Celebration When: Friday, January 26 4:30PM – 6:00PM Where: MXA Auditorium, 350 Harbor Road

Please contact our Americorps\*VISTA, Helen Yu (<u>hyu@yscal.org</u>, (415)750-8650 x 1021) for more information

#### **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 (<u>hyu@yscal.org</u>, (415)750-8650 x 1021) for more information or further resources.

\*\*If your students participated in Change for Change – Haiti please contact our Americorps\*VISTA, Helen Yu (<u>hyu@yscal.org</u>, (415)750-8650 x 1021) to let us know how much change you have collected! We would love to get some numbers going! \*\*

#### 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: <u>ahildred@yscal.org</u> or <u>hyu@yscal.org</u>.

#### **EXCEL CBO PARTNER UPDATES:**

**FREE Help Preparing your Tax Returns.** Let qualified professionals assist you in filing your return. Learn about the earned Income Tax Credit as well as other tax credits that may be available o you. The program is open to all families with a total gross income less than \$52,000. See attached flyers for more information.

#### 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.