

Health and Learning

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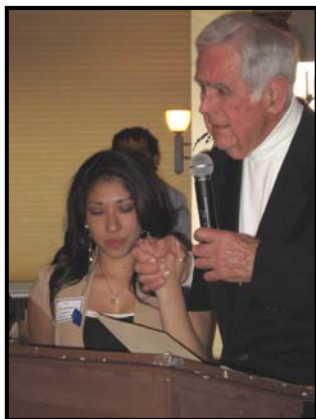
From the Director, Barbara Raboy

On April 18, 2007 over 135 community members, staff and

volunteers joined us at our **2nd Annual Awards Dinner Reception** honoring our volunteers and their contributions to the Health Center. This special event was held during National Volunteer Week.

Annually, the Daly City Youth Health Center acknowledges our volunteers as well as the vision and passion of our co-founder, Carol Forest, through the presentation of the Carol Forest Service Award.

This year two awards were given. The adult awardee was Al Teglia who has been an advocate of the Health Center since its inception. He has worked tirelessly on behalf of children and families throughout our community.



Awardees Jasmine Lopez-Gutierrez and Al Teglia

The youth awardee was Jazmine Lopez-Gutierrez. Jazmine is an 11th grader at Oceana High School in Pacifica who volunteered over 180 hours at the Health Center over this past year. We deeply thank both of these special people.

The event program included a presentation by Paula Emerick, an adult volunteer mentor with DCYHC and Jolene Canon, a youth mentee. Paula and Jolene read letters they wrote to each other describing their deep and heartfelt experiences in the Mentoring Program. Jolene's letter is reprinted in this newsletter.

Volunteering is a powerful force for change – for those who volunteer, for our Health Center and for the wider community. Our volunteers help us build a more dynamic organization and they help us provide opportunities for teens to be engaged with the community.

When I reflect on this past year, the one thing that stands out is the diversity of projects that our volunteers participated in. 42 volunteers contributed 776 hours of assistance in many, varied capacities!

If you are interested in volunteering, call Barbara Raboy at 650-985-7013.

Health Education, Cookbooks, and More: an Update on JUHSD's Health and Wellness Activities

With this article, the DCYHC is inaugurating a series of ongoing articles about the numerous health and wellness activities taking place throughout the Jefferson Union High School District.

Currently, JUHSD is mapping ways in which a Comprehensive Health Education Curriculum is being taught. The District is gathering lesson plans and student work that supports the lessons. The next step will be to create assessments that are uniform across the courses.

The recent *Nutrition and Physical Activity Parent Involvement Project* at Jefferson High School (funded by the San Francisco Foundation) focused on giving youth a leadership role and increasing parent involvement in healthy nutrition

and physical activity for families. Peninsula Conflict Resolution Center provided facilitation, childcare and translation. Melissa Wheeler, PE/Health teacher, coached students in her *Fit and Well for Life* class to cook and serve healthy, nutritious meals and conduct interactive presentations to parents and family members. The project is planning to produce a *Healthy Meals for Families* cookbook that contains 40 favorite recipes submitted by students and staff, and edited by District Food services Manager, Arlinda Marvan. The cover and recipe layout were created by Jefferson's Valedictorian, Diego Rodriguez. *Project HEART* (Healthy Eating and Right Training) and Seton Medical Center have offered to sustain this project in the future.

Barbara Raboy of the DCYHC recently joined JUHSD's *District Wellness Committee*. The committee meets every 6 months to review and enhance district wellness policies and practices. More members, especially youth and parents are needed. For information on how to get involved with the *District Wellness Committee*, contact Nancy Eagan at 650-550-7943 or neagan@juhsd.net.

May Pregnancy Prevention Month Activities

DCYHC *Peer Health Educators* will be outreaching to students at Terra Nova, Jefferson, and Thornton High Schools to highlight **May Pregnancy Prevention Month**, and spread the message of prevention, positive sexuality, and healthy decision-making. May 2, 2007 is the *National Day to Prevent Teen Pregnancy*.

Beginning May 9, Terra Nova Peer Health Educators will be tabling alongside senior prom ticket sales with the message to have fun and be safe night on prom night. On May 22, Jefferson Peer Health Educators will table at a lunchtime health fair that will include several other local health agencies and programs. Jefferson Peers will highlight the activities of the peer program. Thornton Peer Health Educators will distribute a pregnancy prevention knowledge quiz to Thornton students and will also hold their Walkathon Fundraiser at Lake Merced.

New Grants Received

We wish to thank the Filipino American Fund of the Asian Pacific Fund and Philanthropic Ventures Foundation for their recent grants.

Spotlight: Mentee, Jolene Canon Speaks from the Heart

The following letter was written by Jolene Canon to her mentor Paula Emerick.

"My life before this program was crazy. I was smoking weed, cigarettes and drinking almost everyday, but because we started hanging out so much, you helped me stop. As a result of you helping me, my life became clearer, more straight. Throughout our friendship, we've had our hard times, but easily gotten through them. I just wanted to thank you for being there for me, being there like no one else has. We have developed a sisterly bond, a bond that I don't even have with my own sisters. There is a trust between us that I could never have with anybody".

Donations Always Accepted and Appreciated

Donations are a click away by visiting us at www.dalycityyouth.org. Click on the "make a donation" button on our home page. All payments are secure and are processed through PayPal. Electronic receipts are issued immediately.

Other ways to donate include joining eScrip (www.escrip.com) and donating your vehicle through www.vehiclesforcharity.com.

Donations are making a big difference to us. Thank you for supporting the Health Center.

Support Group Corner

Parenting Your Teenager: This 8-week workshop and support group meets on Wednesdays from 6-8 pm for 8 weeks. Suggested donation: \$5-10. For more information, please call Jane Hipe at 650-985-7018.

Young Dads' Support Group: For parenting teens and young adults. Meets on Wednesdays, 6-8 pm at DCYHC. For more information, please call Alex Herrera at 650-573-2505.

Pregnant & Parenting Teen Moms' Support Group: Meets on Mondays through from 12:15 - 1:15 pm at Baden Adult School, Room #6. Address: 825 Southwood Drive in So. S.F. For more information, please call Adrianna Olalla at 650-985-7016.