



A collaborative program of the Jefferson Union High School District and the San Mateo Medical Center

# Health and Learning

2780 Junipero Serra Blvd. Daly City CA 94015  
Ph: (650) 985-7000 Fax: (650) 985-7019  
www.dalycityyouth.org

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## From the Director, Barbara Raboy

Our year-round Health Center has been very busy this summer.

We are close to completing a 6-month *strategic planning* process. With input from community members, including youth from the JUHSD high schools, our planning team has established the following four strategic directions for the next 3-5 years: (1) Making youth integral to our work; (2) Building staff and infrastructure; (3) Creating and strengthening connections; and (4) Improving access to services and programs. We are drafting initiatives to reflect these strategic directions. Look for our next newsletter for an update on our strategic planning.

We are also gearing up for our 17<sup>th</sup> *Annual Back-to-School Immunization Campaign*, which will take place at Jefferson High School during the week of August 13. For more information, see “Back-To-School Immunizations for JUHSD Students” in this newsletter.

Through a service grant from Taproot Foundation, we are re-designing our website. Our new site will be uploaded in the fall. The site will be tailored to youth, parents, school staff and donors/funders.

We are very excited about our collaboration with Children’s Empowerment, Inc., a non-profit organization providing academic enrichment services at Jefferson High School. The California Department of Education recently awarded CEI a multi-year “21<sup>st</sup> Century After-School Program” grant. Partnering with CEI to establish an *After School Safety and Enrichment for Teens (ASSETS) Program* are: Daly City Parks and Recreation, Jefferson High School, JUHSD Adult School,

Daly City Youth Health Center, Asian American Recovery Services, Youth and Family Enrichment Services, and the Liwanag Kultural Center.

The program, set to begin in September, will offer a broad range of services for teens and their families including a homework center, academic enrichment, nutrition and fitness activities, cooking and childcare certification classes, entrepreneur classes, parenting classes, performing arts, and vocational counseling.

For more information call Spencer Holeman, Program Coordinator at 415-412-8788 (cell).

## Back-To-School Immunizations for JUHSD Students

The Daly City Youth Health Center, in partnership with the San Mateo County Health Department and Children’s Health Initiative, will be conducting free immunization clinics at Jefferson High School (Little Theatre) located at 6996 Mission Street in Daly City. The dates are:

Monday	August 13	12 - 4pm
Tuesday	August 14	12 - 4pm
Friday	August 17	12 - 4pm

In order to attend JUHSD high schools, all incoming 9<sup>th</sup> grade students and newly transferring students MUST have an updated record of immunization, including proof of having had a tuberculosis skin test or chest x-ray within the last year. Students who do not have a complete and up to date immunization record could be excluded from school.

To receive immunizations, students must be accompanied by a parent/guardian, present a signed Health Center Consent Form and if applicable, bring their Medi-Cal, Healthy Families or Healthy Kids card and their immunization records.

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This service is for students whose families do NOT have medical insurance coverage. Families with private medical insurance including Kaiser should call their medical provider to schedule their immunization appointments.

Families can apply for no/low cost health insurance program including Medi-Cal, Healthy Families and Healthy Kids. To enroll, bring proof of San Mateo County residency, income, age of children, and child's social security card (not necessary if child was born outside U.S.). For more information contact Barbara at 650-985-7000.

### JUHSD's Health and Wellness Activities

JUHSD's *District Advisory Council* (DAC) recently made recommendations to the School Board on the physical and emotional health of students, teacher wellness and student academic needs. The group has been focusing its attention on: adapting curriculum to include nutrition, physical activity, alcohol, tobacco, and other drugs, and violence prevention education; English Learners; Title One (a program for students who perform below their grade level); GATE (Gifted and Talented Education); and District Wellness Committee issues such as healthy choices in school vending machines and foods served in the school food service program. The DAC will meet again on Thursday, September 20, 2007, from 5:30 pm to 9:00 pm at 699 Serramonte Blvd. A delicious dinner is served! To participate, contact Rick Boitano, Associate Superintendent, Education (650-550-7947, [rboita@juhsd.net](mailto:rboita@juhsd.net)) or Nancy Eagan, Coordinator, Prevention and Wellness (650-550-7943, [neagan@juhsd.net](mailto:neagan@juhsd.net)).

The JUHSD *Wellness Committee* reviews and enhances district wellness policies and practices. The committee will meet on Thursday, September 27, from 5:30 pm – 8:00 pm at 699 Serramonte Blvd. and includes dinner. To participate, please contact Nancy Eagan, Coordinator, Prevention and Wellness (650-550-7943, [neagan@juhsd.net](mailto:neagan@juhsd.net)).

The *Jefferson High School Nutrition and Physical Activity Project for Families* produced "Jefferson Recipe: Healthy Meals for Families". This is a collection of 41 recipes for meat, fish and meatless entrées; rice, soup, salads, breads, desserts, dip, and breakfast – the most important meal of the day. To receive a copy, please contact Nancy Eagan, Coordinator, Prevention and Wellness (650-550-7943, [neagan@juhsd.net](mailto:neagan@juhsd.net)).

### New Grants Received

We wish to thank Taproot Foundation for their service grant to help us redesign our web site, the Pacifica Rotary Club for their support of our Terra Nova Peer Health Education group, and the City of Daly City for awarding us a Community Development Block Grant for our Mentoring Program. We appreciate receiving these grants.

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### Support Group Corner

**Parenting Your Teenager:** This 8-week workshop and support group will begin meeting on Wednesday evenings at Jefferson High School in October. For more information, please call Jane Hipe at 650-985-7018.

**Pregnant & Parenting Teen Moms' Support Group:** Will begin weekly meetings in the fall at Baden Adult School, Room #6. Address: 825 Southwood Drive in So. S.F. For more information, please call Marianne LaRuffa at 650-985-7017.