



Heartset® Blast

October 2019

IN THIS ISSUE

SPOTLIGHT ON STAFF: Fatima Salame

AFTERSCHOOL: Celebrating Halloween with EduCare Schools

ACE: CATS Principal Shares Notes • ACE Club Team Building

SPECIAL PROJECTS: Take Action Campaign Kicks Off • Training the Trainers

PROFESSIONAL DEVELOPMENT: Growth Heartset® Courses for Fall

Thanks to our Funders | Announcing 2019 End of Year Campaign
Donate to EduCare While You Shop | Community Calendar

...and more!



SPOTLIGHT ON STAFF

An occasional feature on the amazing people who make EduCare thrive.



“ Be willing to look on the positive side, no matter what. When you do this, you have the power to do better, to be better. ”

Fatima Salame

Afterschool Programs Senior Site Coordinator, Estéban Torres High School

Fatima Salame

Warm. Vibrant. Optimistic. Intelligent. Fatima possesses these qualities, and many more, and brings each of them to her work with students in EduCare’s Afterschool Programs.

This month, she’s starting her new role as Afterschool Programs Senior Site Coordinator at Estéban Torres High School, following two years at Bell High School (home of Beyond the Bell Los Angeles). With multiple academies on one site, Estéban Torres gives her an even more complex academic environment to serve.

What keeps her motivated? It’s simple: she loves working with young people. Every day, students inspire her to be a better person. She enjoys the challenge of mixing academics and creativity for afterschool programs, and of incorporating student requests into the mix.

Another aspect of her job is hiring staff; she strongly believes in hiring residents from the surrounding neighborhood. “Because the young people they’re working with are neighbors and family members, our staff is even more passionate about seeing them succeed, and about modeling positive qualities.”

Born in Beirut, Lebanon, Fatima grew up in the midst of a large family. Weekends were spent with grandparents, enjoying meals, laughter and warmth with her extended family. Her family moved to the U.S. when she was 15, where she completed high school and ultimately became a teaching assistant at Bell High School. That’s when she discovered just how much she loves working with students – and let go of her original idea of working as a translator for the U.N. (she is fluent in English, Arabic and French) with a focus on youth issues.

An avid reader, her current nightstand book is Michelle Obama’s autobiography, *Becoming*. Fatima is also an active volunteer, donating her time to local outreach organizations serving Orange County and Downtown Los Angeles. She loves to hike, and hits trails from Laguna to Burbank; afterwards, she looks for the most authentic Lebanese restaurants and indulges her inner foodie.

We’re so glad you’re on board, Fatima!

Look elsewhere in this issue for a link to the terrific video Fatima made to promote awareness of EduCare’s Afterschool Programs at Bell High School.

SPECIAL PROGRAMS

Take Action Campaign Takes Off



On September 28, TAC kicked off for the new school year at East Valley High School – in a big, enthusiastic way. Sixteen EduCare schools participated in the superhero-themed event, with well over 200 students in attendance.

It was a full day of speakers, planning, shared meals, and student performances. Alvaro Cortés, Los Angeles Unified School District’s Assistant Superintendent, was one of the speakers, as was John Han, Administrator of Student Auxiliary Services/Youth Services at Beyond the Bell. Veteran TAC students from several EduCare campuses led workshops for their peers on topics from *Denim Day* to *Students Serve Los Angeles* to *Lights On*. And underscoring the service at the heart of TAC, students brought playdough to donate to children with cancer.

All participants agreed that this was an outstanding way to launch TAC for the new school year!

LAUSD’s Beyond the Bell Branch Take Action Leadership Campaign (TAC) is a collaboration of high schools, afterschool providers, and community organizations, united around a common desire to give students leadership skills, celebrate the arts, serve communities, and empower students to mentor their peers. MTAC (Middle School Take Action Leadership Campaign) encourages these same ideals for younger students.

Training the Trainers



Rafael Romo and Yesenia Leon encouraging conversation

Middle School Take Action Leadership Campaign (MTAC) is an extension of TAC.

Currently, MTAC has student participants in 32 middle schools in Southern California.

On August 17, at the Brand Park Community Center in Mission Hills, a special “Train the Trainers” event – the Middle School Training of Coordinators (MTOC) – took place.

Led by several EduCare staff members – Rafael Romo, Geneva Barba, Carlos Hernandez, Yesenia Leon, and Brianna Zavala – attendees enjoyed a day of team building, sharing, and inspiration. Participants explored the MTAC playbook in depth, learning solid guidelines and brainstorming ideas for mentoring young leaders.



MTOC participants enjoying sunshine and companionship

AFTERSCHOOL PROGRAMS

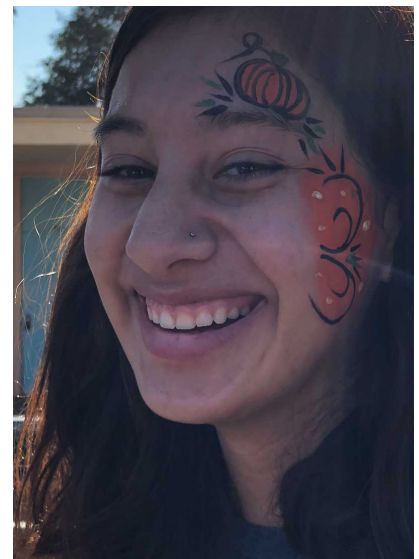


Celebrating Halloween with EduCare

What is it about this particular holiday that brings out so much imagination? Whatever it is, we sure see the exuberant creativity, community, and playfulness shown by EduCare's Afterschool Program students a wide variety of Halloween celebrations and festivals.

From face painting to raffle tickets to luau- and Coco-themed decorations, students have gone all-out, as you can see in the photos here. This year, San Fernando High School is planning a haunted house...Sylmar High School will feature Trunk or Treat...and many other high schools will be taking Halloween to new levels of creativity.

We can scarcely wait to share with you the Halloween brilliance created this year!



CATS Principal ACES It at Diego Rivera Learning Complex

We always invite teachers and school staff members to participate, and CATS principal, Cynthia Gonzalez, Ph.D., was one of those who joined a recent ACE workshop. These are her moving notes from the day, as posted on her Facebook page.

I participated in our 11th grade ACE day today.

Which meant that I sat in a circle with a group of about 10 students the entire day. When asked about the challenges they've faced during their time in HS I heard the following: **Family discord ... Family loss due to gun violence ... Grief over losing loved ones ... Lack of love, affection, and support by family ... Issues related to poverty**

And when asked how this impacted them:

Low attendance ... Failed classes ... Lack of concentration ... Short fuses

These are my students. This is what they bring with them every day. This is also why I'm committed to making school fun. Because the world can make them grow a wall around themselves to protect them from the pain they experience on a daily basis.

But today we all shared our stories and we also celebrated our greatness by bombarding each other with all things that make us great. They told each other the following: **You're smart ... You're chill ... You have a great heart ... You're very caring ... You're driven ... You're unique ... You're an out of the box thinker**

We literally not only said these things to each other one by one while sitting in the "hot seat" but we each had a unique list of these characteristics written down so that we can keep. Tailored by the group to each member. My makeup is on "fleek" according to them.

I hope my kids keep these and look at them when times get tough.

EduCare's ACE Program provides participants with the opportunity to learn and practice heart-centered strategies for self-awareness (mindfulness), emotional self-management, relationship-building, and wise decision-making skills.

In September, EduCare led an ACE workshop for 11th grade students at CATS (Communication and Technical School), a school within Diego Rivera Learning Complex.

"Today's ACE Day was the most informative, thought-provoking, affirming, heart-wrenching, and beautiful display of unity amongst our illustrious Class of 2021! CATS PRIDE...CATS PRIDE...LET'S DO THIS!!"

- a CATS teacher

END OF YEAR GIVING

Coming Soon to an Inbox Near You

Heads up! The school year is underway, the days are getting shorter, and that means EduCare's End of Year Giving Campaign is drawing near.

It also means that Giving Tuesday – The International Day of Charitable Giving – is just around the corner.

We count on our generous donors to make it possible to provide all the services and programs you've read about here.

Thank you for all the ways you keep EduCare's Growth Heartset® humming along!

#GIVING
TUESDAY

THANKS TO OUR FUNDERS

Shout-outs to the organizations who have partnered with EduCare to provide generous funding to EduCare in 2019. These funds help EduCare serve more deserving young people, as well as teachers, staff, and parents. Thank you – we are grateful for your support!

Annenberg Foundation

Gary Saltz Foundation

Green Dot Public Schools

Kaiser Permanente West Los Angeles

The Rose Hills Foundation

United Way of Greater Los Angeles

PROFESSIONAL DEVELOPMENT

Growth Heartset® Certification Course

On October 15 and 16, EduCare Foundation kicked off a year-long certification course for 30 after-school leaders throughout California. The course, *Growth Heartset®: Establishing a Culture of Caring Certification*, is being co-sponsored by the California Department of Education Expanded Learning Division.

Workshop Alert!

Growth Heartset®: Establishing a Culture of Caring

On November 6, Stu Semigran will lead a half-day workshop in Riverside, California for educational leaders, policy makers, and funders.

While the workshop is free of charge, it is important to RSVP to reserve your spot.

This workshop is sponsored by Temescal Associates, the How Kids Learn Foundation, and the Riverside County Office of Education.

For more information, you are invited to visit the Eventbrite invitation at <https://tinyurl.com/y4ncklg5>

ACHIEVEMENT AND COMMITMENT TO EXCELLENCE (ACE)



Smiles all around at the ACE Club!

Team Building at CATS with the ACE Club

At the Communications and Technology School (CATS) at Diego Rivera Learning Complex, ACE rocked classroom team building (with some enthusiastic guidance from Rafael Romo, EduCare ACE Site Coordinator).

Students in the ACE Club served pizza to fellow students, handed out raffle tickets, and ensured that all students signed in. Five teachers and 45 students participated overall – go, CATS!

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Smile

You shop. Amazon gives.

When you shop via the Amazon Smile link (smile.amazon.com), and link your account to EduCare Foundation, Amazon will donate to us – every single time!



The History of Afterschool

We are sure you'll enjoy this trailer of *The History of Afterschool*, for the documentary of the same name, created by How Kids Learn.
<https://youtu.be/732VWygEqFg>



Fatima Salame (profiled elsewhere in this issue) created this video to promote awareness of EduCare's Afterschool Programs at Bell High School, where she has been Site Coordinator since 2017.
<https://youtu.be/KHK-eQixwAE>



Ralphs Community Contribution Program makes it easy to donate to EduCare, based on your everyday shopping. Just link your card to EduCare Foundation – then all you have to do is swipe your Plus Card when you shop at Ralphs!
<https://www.ralphs.com/topic/community-rewards-9>

COMMUNITY CALENDAR

Upcoming EduCare Events

PROFESSIONAL DEVELOPMENT

October 15-16
Heartset® Education Certification Course

November 6
Growth Heartset® : Establishing a Culture of Caring

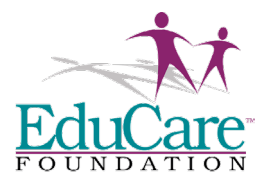
SPECIAL PROGRAMS

ACE WORKSHOPS
October 22
Sylmar High School
 ACE 1-Day Workshop (9th grade)

–
October 24
Washington Prep High School
 ACE 1-Day Workshop (9th grade)

TAKE ACTION CAMPAIGN

October 5
C5 College Day



EduCare Foundation's Mission
 Inspiring and empowering young people to become responsible citizens, compassionate leaders, and to live their dreams.

www.educarefoundation.com