

San Mateo County Sheriff's Activities League

MARCH 2017 NEWSLETTER

*Building the bond between
deputies and youth.*

The mission of the San Mateo County Sheriff's Activities League is to invest in all youth of San Mateo County by creating opportunities that guide them toward their full potential through impactful programs, which foster relationships between deputies, youth, families, and the community.



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March 2017 Newsletter

COMMUNITY SUPPORT CAMPAIGN

The Sheriff's Activities League
Community Support Campaign has kicked off!



We have over **50** volunteers
this year helping us **raise \$115,000**
over the next **4 weeks.**



SAL's vision is a community where a strong bond exists between law enforcement and youth, where families are healthy, the environment is safe and supportive and all youth can reach their full potential.

If you'd like to volunteer or make a donation, please contact:
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650-257-3408
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SOCCER FOR SUCCESS



With a grant from the US Soccer Foundation, SAL operates a 12 week “Soccer for Success” program in line with our effort to increase daily levels of physical activity amongst youth nationwide. A huge portion of the program is nutrition education. The students learn new facts every session and are encouraged to make healthier choices. The soccer sessions work to develop a general passion for the game, while simultaneously teaching the early and essential technical fundamentals of soccer.

Sessions are set up to accommodate all skill levels and physical abilities to encourage and expose as many children as possible to the game in a fun, recreational and non-competitive environment. The program is running throughout the county with several partners serving over 500 youth.





AFTER SCHOOL SPORTS

The Sheriff's Activities League provides a variety of sports opportunities to our youth in San Mateo County. These programs not only teach youth about teamwork, commitment, sportsmanship, discipline, and endurance, but also develop a trust and respect for deputies and volunteers who are coaching. These programs increase the physical activity of the youth in San Mateo County.

4th & 5th Soccer

The 4th and 5th grade soccer season wrapped up with playoffs last week. It was a very fun and exciting season. With a high number of teams vying for the Championship, the competition was fierce, but what stood out even more was the level of sportsmanship, teamwork and respect shown by everyone on the field. Congratulations to all of the teams and players on a great season!



The Girls and Boys 7th and 8th grade basketball league has just finished and our SAL schools had a very strong showing. Clifford Elementary and Connect Charter both had teams make the playoffs. What was more impressive though, was seeing all of the players grow and develop, not only as individual players, but as teams. We are looking forward to seeing many of these young men and women play for their high school teams in the near future.

7th & 8th Basketball

Practices for the 6-8th grade boys and girls soccer leagues have just begun. Our middle school kids are extremely excited for the soccer season to begin as many have been anxiously awaiting since the beginning of the school year. With so many Redwood City schools represented, we are looking forward to some great matches. The season officially kicks-off April 17th, with boys playing Mondays and Wednesdays and Girls playing Tuesdays and Thursdays.

6th - 8th Soccer

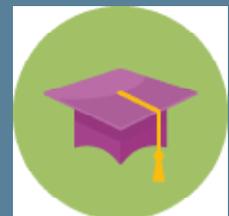


NUTRITION CLASSES



Through SAL Healthy Kids, SAL provides health and wellness classes to youth and families in the community. For the past 6 weeks, middle school students at Connect Charter had the opportunity to learn more about nutrition and what foods to eat for the long school day. The class included lessons on MyPlate and also gave students a chance to create some of their own healthy meals including kale, cucumber, and apple smoothies, as well as a healthy trail mix to give them energy throughout the day.

TUTORING SPOTLIGHT



As a part of SAL's focus on academic achievement, SAL provides after school tutoring for students who need extra help outside the classroom. Students get the opportunity to work one on one with a tutor in order to complete homework and raise their grades in all subjects. Special shout out to Christian Pacheco, who has been in the SAL tutoring program for 2 years now. He is a very hard worker both inside and outside of the classroom. Christian always completes his homework in the program and has extra time to play online math games. Great job Christian!

SAL COASTSIDE PROGRAMS

EMPOWERING YOUNG WOMEN

The Empowering Young Women program consists of over sixty females from middle school and high school, serving two communities on the Coast, Half Moon Bay and Pescadero. This group is run by appointed leaders who mentor each other, during and outside of the program. The leaders plan their meetings a month in advance, and they come up with topics they are interested in discussing. Some of the topics covered are consent, body image, respect, stereotypes and much more. The group also gives back to their community by doing community service. This is also a place where the girls can confide in and support one another to succeed. Many of these girls are on track to go to college.

Last month selected individuals had the opportunity to go to a conference in Washington DC! For some of them it was their first time ever going on an airplane and taking the metro. They also got to visit the Presidential monuments and see the White House! These are the experiences that these girls will remember their whole lives, and being a part of SAL's Empowering Young Women program gives these girls a chance to be a part of a life changing experience.



ADDITIONAL COASTSIDE PROGRAMS

JUNIOR POLICE ACADEMY

The Jr. Police Academy is a group of fourth and fifth grade girls who meet weekly to discuss a variety of topics. They are currently discussing a range of careers in law enforcement, from their role to what they wear and how their job affects the citizens. This course has the girls thinking about what they want to be when they grow up and they include fashion designers to law enforcement. One of the goals for this program is to establish trust and a strong relationship between the youth and law enforcement. The girls are always energetic and participating. They enjoy sharing their personal stories in connection to the theme of the day. The girls are only a few sessions away from finishing the course and receiving a certificate of completion!



MOONRIDGE LITERACY

The Literacy Program takes place twice a week. Tuesday is for second and third graders and Thursday is for first graders. Every week they work with a volunteer from their community to explore different skills such as rhyming, word families, sight words and reading comprehension. Our goal is to give the children the support they need to get to reach the reading level required. At this age the children need the most support to catch up, rather than trying to catch up when they are older and already behind. Our volunteers give their time to these children to prepare them for academic success. Some of the children in the program have met the required level and are on track to graduate from the program in the next months! This leaves space to welcome more children and offer them the help they need to read and be confident.

TEEN LEADERSHIP COUNCILS



Siena Youth Center

The Siena Teen Leadership Council put on another food fundraiser at the Siena Center this month. The group sold chips, hot chocolate, and drinks to fundraise money for field trips. The kids got the chance to work as a team and will be going to Rockin' Jump in the coming weeks with the money they fundraised.



South County

Our South County Teen Leadership Council and Half Moon Bay Teen Leadership Council programs volunteered with Rebuilding Together to help clear debris from a house in preparation for remodeling! The residents of the home were very appreciative and thankful for the hard work that the groups put in to cleaning the house and yard. Together, they were able to fill a 20 yard debris box! Thanks goes to Rebuilding Together, Deputy Manilla, and all of the youth volunteers!



Half Moon Bay

TLC on the Coast works to build strong leaders. The group is open to all Half Moon Bay High School students. They are given skills and tools to be leaders in their own lives, and leaders in their communities. Students practice their public speaking and communication skills. Along with acquiring leadership skills, they also take part in beach clean ups, food banks and other community service events. Recently, some of the members fundraised by selling boxes of chocolate to go to the 2017 Cal Pal Youth Leadership Conference in Valencia.



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ANNOUNCEMENTS

JEWELRY GIVEAWAY FOR MOTHER'S DAY

The Peninsula Hills Women's Club has donated jewelry for SAL youth to give to their mom for Mother's Day. If you are interested in participating, please sign up at the SAL office. Limited space is available.

Event Date:
April 29th

