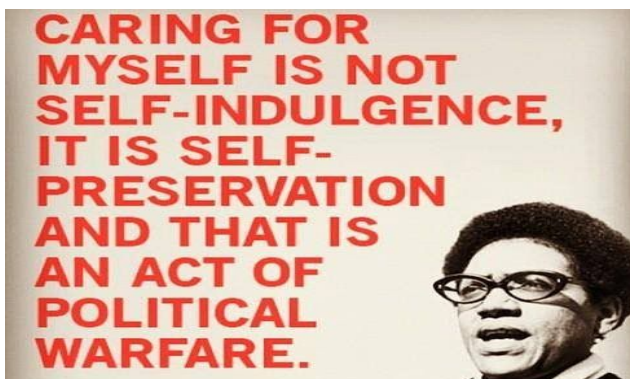


SECONDARY HAY COHORT- JANUARY 2018



HAY in PRACTICE

SELF CARE: Saade Hafiz, SFUSD's Wellness Policy Project Manager shared with us "Wellness for You as a School Leader." Challenging us to feel inspired to create a Personal Wellness Action Plan and to connect our personal wellness choices to student equity, academic achievement, social justice and/or stress levels. Before developing our goals, we shared our thoughts about a quote from Audre Lorde, Civil Rights Activist.



Take a moment, REFLECT on this quote , what does this bring up for you? your staff? We had a rich discussion during the Cohort. Saade's full presentation- explore and share with your staff, CBO:

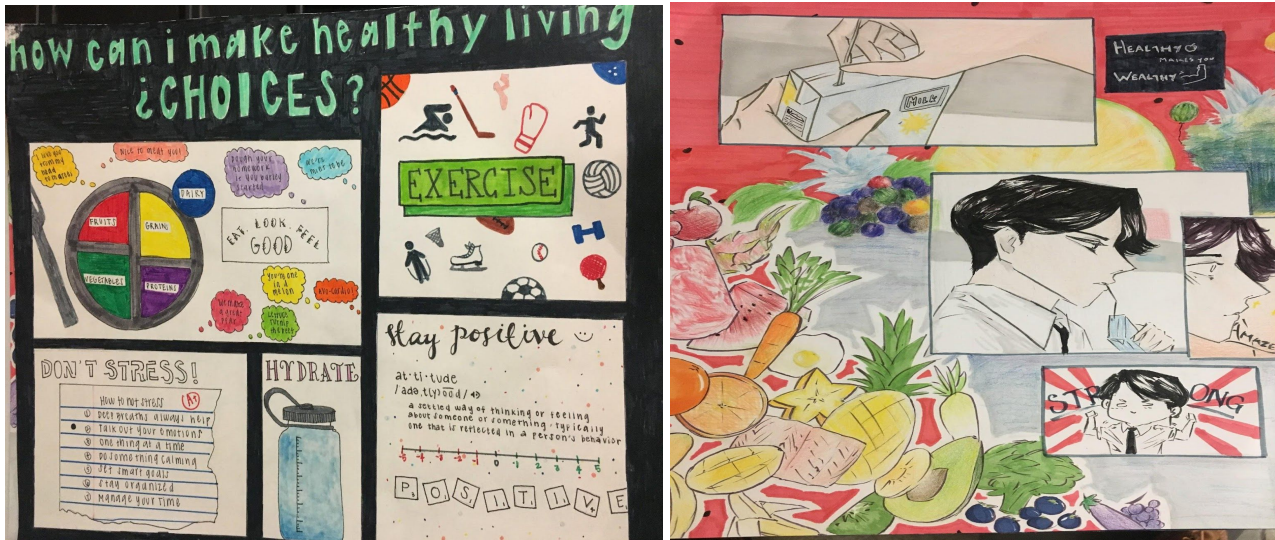
<https://drive.google.com/file/d/0B8DEzI2HFflgVFZZdUhCM2JLa0tiYzVXUjJUJZ2NVNTICV3IV/view?usp=sharing>

BUILD IT: A large and growing body of behavioral science research shows that motivation (or lack thereof) is contagious . One study, "Is Poor Fitness Contagious? Evidence from Randomly Assigned Friends," found that up to 70 percent of your fitness level may be explained by the people you train with. Other research shows that if you work on mental tasks with people who are internally driven and love what they do, you're more likely to end up the same way. If on the other hand, you surround yourself with people who have a negative attitude and are focused solely on winning the rat race, you set yourself up for a less fulfilling experience. <https://www.outsideonline.com/2272621/8-principles-do-it-better>

As after school providers it's important that we create spaces for youth that challenge them to think about health in a different way and to have the space to feel supported in making healthy choices. Examples highlighted during the Cohort:

Lincoln High School hosted our Cohort meeting and created a welcoming environment that supported our learning session and shared practices that they incorporate in their daily programming. Thanks Katy for for inviting Coach Doherty to share about Lincoln's weightlifting programming. To see the impact this program has had on the lives of students and the community is profound and his passion for building a weightlifting community at Lincoln is awe-inspiring.

[Aptos Middle School](#) created a healthy poster contest, that supported (2) goals: *healthy messaging in program space* (HAY best practice) and *students have voice in creating a healthy after school environment* (HAY Basic Element). Students expressed their healthy messages by creating posters. The larger Aptos school community (their principal) also got involved and provided gift cards for the top posters. Erich, Apto's Site Coordinator, brought the top (2) posters to share with us.



OUR COLLECTIVE LEARNING in WORDS & PICTURES



Click here: [video](#)

WHAT'S NEXT: Help decide the February Cohort Meeting by completing the Doodle Poll- poll closes Wednesday, January 31, 2018. <https://doodle.com/poll/cg62fvb5hev8yn6x>