

# YOUTH PULSE

## volunteer!

Youth Pulse is here to show you how to get plugged into where your community needs you most. Get involved and show how important youth involvement is to the Bay Area!

Each month we focus on a different community need and highlight volunteer opportunities that will allow you to apply your talents and skills to that need while giving back to your community!

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### October

2009

It wasn't easy getting back in the swing of things after that glorious summer, but we're up and running after the start of the school year! We've taken several tests, buckled down and studied through more than a couple weekends, and loaded up on extra-curricular activities, but something's missing! Hmm, I wonder what it is?! That's right, giving back to the community!

Since we're focused on school right now, and we're always looking for ways to benefit others, we thought we'd focus on after-school programs this month! We've got a slew of volunteer opportunities lined up for you, so get ready to pack your afternoon with ways to help your fellow students!

### Youth Pulse Highlight

If you're volunteering at the After School Academy in East Palo Alto, you're helping to improve student achievement by inspiring creativity, promoting team work, and providing a fun, safe, and supportive place for students to learn after school. Now, I don't know about you, but that sounds all right to me!

The After School Academy offers tutoring, homework help,

and academic enrichment, which focuses on student and academic results. Brian Scoles, the Assistant Director of After School Academy, says, "On a given day, we have two to six high school-aged volunteers coming in to read with students, help them with homework, and help them with California State test preparation - these are all important parts of our curriculum." The volunteers work in classrooms with Kindergarten through fifth-grade students.

Brian says, "The students love to have high-school aged youth as role models and tutors, and the volunteers have lots of fun helping out. I often have youth volunteers recommend the program to their friends, who then come in, and then they invite more friends - that's always a good sign that everyone's enjoying their time here."

To find out how you can get involved with After School Academy's important and fun programs and activities, [please click here!](#)

## What Are You Doing After School?



### **MID-PENINSULA BOYS & GIRLS CLUB**

Well, if you live in San Mateo County and are interested in having a smorgasbord of volunteer activities at your disposal, The Mid-Peninsula Boys & Girls Club may offer just what you're looking for! The Mid-Peninsula Boys & Girls Club offers after-school programs to San Mateo County youth, including programming in the following program areas: 1)Homework Assistance and Tutoring; 2)Education; 3)Technology; 4)Multi-Cultural Arts; 5)Health and Life Skills; 6)Physical Fitness and Sports; 7)Social Recreation and Team-building; 8)Elective Classes and Special Events/Activities including guest speakers, field trips, birthday and holiday celebrations led by staff and volunteers!

That's a lot of ways to get involved, and The Mid-Peninsula Boys & Girls Club offers a lot of places to get involved, too! They have three clubhouses through-out San Mateo County:

North East San Mateo (San Mateo Clubhouse), North Central San Mateo (College Park Clubhouse) and the Bayshore District - Daly City (DeLue Clubhouse).

Are you interested in volunteering at a nonprofit that provides such extensive ways to get involved? If so, [please click here for more information!](#)

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### After School Tutoring At 826!



826 Valencia is dedicated to supporting students ages 6 to 18 with their writing skills, and to helping teachers inspire their students to write.

Their belief that one-on-one attention can promote great leaps in learning is where you come in! As an 826 Valencia tutor, you'll get to provide tutoring for drop-in students, and take part in after-school workshops, in-schools tutoring, help for English language learners, and assistance with student publications. Your volunteer work will strengthen each student's power to express ideas effectively, creatively, confidently, and in his or her individual voice.

For more information on how you can contribute to students expressing their ideas through creative writing, [click here!](#)

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### Get Fit After School!

The YMCA of Silicon Valley enriches the community through health, fitness and wellness programs, youth programs, camps, family programs, swimming, and a variety of activities for people of all ages, incomes and abilities. Anyone is able to join, which means your volunteer work could help almost anyone! If you're interested in helping the YMCA and their members, the Our Fit Kids program may be the way to do it! Our Fit Kids happens



after school at John Gill, Hawes, Fair Oaks, MIT, and Kennedy schools. If one of these locations is near you, you're in luck! Program participants reap the benefits of physical activity and good nutrition through fun, interactive games and team sports.

Would you like to help run these games? The hours for this volunteer opportunity are primarily from 3:30 - 5:00 pm, and if you're interested, [please click here for more information!](#)

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So how do those volunteer opportunities look to you? All of us need some help now and again, and it's only right that we're the ones giving help sometimes. Hopefully, this month's Youth Pulse gave you an organization where you'd be proud to volunteer. If you didn't see anything that piqued your interest, don't freak!

[The Volunteer Center website](#) has all these volunteer opportunities and hundreds more in our convenient online database! Hop online, and find a way to contribute to your community that's meaningful to you. I'll see you next month with volunteer opportunities for the holidays!

**Peace!**  
Damien

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