



KAY Student Leaders Building/Living A Healthy Lifestyle for Kansans

Katlin Bryan, Project Coordinator

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#BETHESPARK

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Hello KAY Sponsors, KAY Clubs, and Principals,

My name is Katlin Bryan and I am reaching out to you to introduce myself as the Project Coordinator for the **Be The Spark** Challenge. I had the opportunity to be involved in KAY throughout my four years at Haven High School as the national and world service director, co-president and president. I also had the opportunity to go to KAY Leadership Camp for two years as a camper and now continue as a counselor each summer. Since 2012, I have had the pleasure of serving on the KAYAN board. The **Be The Spark** Challenge is such an exciting opportunity for your schools. I am very excited to help you along this journey by answering questions, brainstorming, or anything else you might need throughout the process. I have included my contact information at the end of this page and cannot wait to hear from you!

All clubs that attended the KAY Regional Conferences had the opportunity to discuss ideas for this upcoming **Be The Spark** Challenge. All ideas that were discussed were great! We also took notes and compiled these different ideas into a list. Enclosed in this letter is that list of ideas. The **Be The Spark** Challenge committee has discussed all of these ideas and separated them into categories to help guide you in your brainstorming process of deciding on a project. We have separated all of these good ideas into three main categories:

- Good Ideas to consider for the **Be The Spark** Challenge
- Ideas that could supplement one of the above **Be The Spark** Challenge ideas or could be a separate service project
- Ideas that would not meet the criteria or that would be difficult to accomplish due to funds, time, etc.

Also, at the Regional Conferences all clubs received a Letter of Intent. If you did not attend a Regional Conference there is a Letter of Intent that is enclosed with this mailing. The priority deadline for the Letter of Intent is December 1st and all clubs that meet this deadline will be eligible for a prize! The final deadline for the Letter of Intent is February 15th.

I know this has been mentioned in other mailings, as well as at the Regional Conferences, but remember that the project needs to be sustainable. Also, we encourage the use of matching funds through community partners, as well as clubs partnering to accomplish a project.

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Blue Cross and Blue Shield of Kansas & Blue Cross and Blue Shield of Kansas City are providing mini-grants to KAY Clubs to implement a project of their design in their school/community to inspire long-lasting access for youth to a supportive, healthy environment for physical activity.

KAYAN (Kansas Association for Youth Alumni Network) will manage the BE THE SPARK challenge.



Upcoming Dates and Deadline:

December 1st – Priority Deadline for Letter of Intent

January 18th – February 9th – Unit Conferences – you will receive your Grant Application if your club has turned in your Letter of Intent

February 15th – Final Deadline for Letter of Intent

March 15th – Deadline for Grant Applications

May 1st – Announcement of Grant Award Winners and KAY Leadership Camp Materials Due

Please let me know if you have any questions! I look forward to hearing from you and seeing your Letters of Intent!

Katlin Bryan

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Regional Conferences Ideas for the Be The Spark Challenge

Good ideas to consider for the Be The Spark Challenge

Mileage Club and provide incentives	Monthly Fitness Activities in School
Flexible Seating	Class competitions with step trackers/fitbits
Seminar Period have 15 minutes of daily activity	Morning Exercise Club
Disc Golf Around Town or School	Community Bicycle rent/exchange program
Water bottle Fillers, water fountains (add PA)	Ping Pong Tables for Study Halls/Free Time
Interactive Libraries—standing desks, stationary bike desks, etc.	
Unplugged (see video)—15 minutes of no electronics in school and have games, yoga, etc.	
Alternative Sports Options	Intramural Program
Buying New Fitness Equipment	Buying New Equipment for P.E. classes

Ideas that could supplement one of the above or could be a Service Project

Mentor Grade School to be Physically Active	After School Program for elementary
Painted Rock Scavenger Hunt, activities on back	Walking Buddy with Senior Citizens
Eat lunch outside	Health and Fitness Fair
Field Day	Jump Rope for a cause
Walking Contest	Self-defense, yoga, zumba classes
Better Outdoor Gathering Places	Hits for Health Volleyball Program
Eat lunch outside	Benches around town to promote walking
Lake Activities	Buy Healthy Snacks for Clubs
5K race and develop a Miles App for student use	Athletic Festival
Scavenger Hunt	Signs around town for walking mileage
Zombie Run	HS recess with elementary students

Ideas that would not meet the criteria or *would be difficult to accomplish (funds/time, etc.)*

Health Clinic	*Fitness Center (Community based)
More Diverse Food Options in Lunchroom	Health Courses in School (Teach why)
Build a green house	Improve Mental Health Care Curriculum
Adopt-a-family	Community Garden
*Building Playground equipment	*New Playground equipment
*Walking/Hiking/Fitness Paths	Dog Park
*Refurbishing and Building Playground Equipment	*Develop a Fitness Website
*Rock Climbing Wall	Implement a Community Health Clinic
*Build a weight room	*Build a rec center
*School Improvement (track, gym, etc.)	*School Fitness Center
Leadership Supply Closet	Build a shelter house
*Build a swimming pool	Motor Shower Ho