

KAY Area Project

Area 1

LIVE A HEALTHY LIFESTYLE

Focus on activities to promote a healthy lifestyle; promotion through reminders, educations, etc. Possible activities include passing out healthy snacks (fruit, etc.); sharing healthy lifestyle tips, etc.

Carbondale-Santa Fe Trail HS:

Zombie Walk- walk for fitness & while having a zombie dress-up contest that contestants paid \$2.00 to enter. Funds raised benefited our school district's Child in Need Fund that our district nurse distributes and oversees.

Hiawatha HS:

Provided 2 speakers about Healthy Lifestyles with several activities for students to be involved in: walk new walking path, exercise in gym as a group to DVD, make healthy snacks/recipes to share with students

Holton HS:

Trunk or Treat: Handed out healthy treats to include: mummy bananas, apples, granola bars, gum, fruit snacks, applesauce cups, popcorn

Horton HS:

Create flyers on Healthy Living, flyers include healthy menu ideas as well as healthy dinner recipe guide. Club made up packets that include healthy snack, insert with exercise ideas and messages copied from the American Heart Association.

Hoyt-Royal Valley HS:

Smoothies: Had 5 different groups. Each group picked a smoothie recipe, they brought in ingredients and blended them on morning before school. Served smoothies at breakfast time to any and all students. They were free and provided recipe cards if they wanted one. Comments from students were positive and they were enjoyed by all!

Kansas City-Turner HS:

Promote Healthy Lifestyle Month: Students/Staff use app to track meals and fitness, use social media for photos of doing healthy exercise, name went in pot everytime you posted. Provided gift packages for top participants, and provided small gift for every participant.

Lansing HS- Kayettes:

Fed the teachers/staff with healthy food and drinks during parent teacher conferences and also supported our Elementary schools fun run.

Lansing HS-Kays:

Provided apples to teachers to promote health and supported a fun run at our elementary school to encourage health and fitness.

Leavenworth HS:

Goldfish bowl guessing game. Donations are given to a charity of the winner's choice, getting THEM hooked on service!

Lenexa-St. James Academy:

Sunflower House Pumpkin Palooza (Carnival and Pumpkin painting sale) volunteered at this event, proceeds go directly to Child Abuse Prevention

Olathe-California Trail MS:

Going to have a healthy food cart go around during academic extension. Students can buy healthy snacks & also is a fundraiser.

Olathe-East HS:

Club made posters promoting healthy living, including drinking water, eating healthy foods and exercising. We are in the works of putting healthy snacks together to put into our "Hawks Packs" at school. Hawk Packs are bags of food that go home with our less fortunate students every Friday so they have food to eat over the weekend. The food is typically unhealthy and processed.

Olathe-Frontier Trail MS:

Nutrition posters for the lunchroom.

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Olathe-Indian Trail MS:

Club made healthy comparison signs and copied them and attached them to water bottles. Members positioned themselves at all the exits in the buildings as school dismissed we handed out water to kids as they left to go home.

Olathe-Mission Trail MS:

KAY Club hosts a trick or treat night for our feeder elementary school. Instead of candy prizes for games we gave out stickers, tattoos and other toys.

Olathe-North HS:

Put on an "Eat-This-Not-That Survey and Snack" on September 17th during lunch. Our booth at lunch included: Nutrition survey/quiz, fresh fruit to those who took the survey/quiz, healthy alternative recipes for students to pick up, and we also took the quiz as a club at one of our meetings.

Olathe-Northwest HS:

Health & Fitness Fair at a local elementary school (kids rotated through stations that were led by Kay Club Students): Healthy Eating (making a healthy snack), Physical Best Test (jump rope, obstacle course), Dental Hygiene (big tooth model, hand out tooth brushes and toothpaste), Character Building/School Spirit (lead kids in chant), All School Dance Session. Also decorated the teacher's lounge and set it up with healthy treats and relaxing music.

Olathe-Prairie Trail MS:

Took our KAY club to the track. It was a beautiful day. We walked and talked around the track for 1/2 hour. Promoting a healthy lifestyle.

Olathe-Pioneer Trail MS:

Made posters highlighting "Super Foods" and all the benefits of eating those foods.

Olathe-South HS:

Partnering with a local elementary school to promote healthy eating habits in young children. We will set up a table where we will hand out bags of healthy snacks to k-2nd grades. The bags will also have healthy eating tips.

Overland Park-Blue Valley Northwest HS:

Worked with young children at the library to explain healthy eating

Overland Park-Blue Valley Southwest HS:

Thank you notes to teachers and custodians, treats for teachers, babysitting for teachers, blankets for hospitals, treats for animal shelters, Hoops for Hope - fundraising for cancer fight.

KAY Area Project

Area 2

TO GIVE MYSELF TO A CAUSE

Focus intended for helping foster children or those with special needs. Clubs are encouraged to raise money or volunteer time to benefit foster children and/or those with special needs in their communities.

Altamont-Labette County HS:

Planning a dodgeball tournament. Other clubs at our school can sign up a team for \$20. The winning team will receive half of the sign up fees. Our half of the fees will go to the TFIInc. To help local foster children.

Arma-Northeast HS:

Members decided to decorate pillowcases for the foster children at our elementary school! We also included a new pillow and small blanket for each foster child.

Erie HS:

Club is working with the CASA (Court Appointed Special Advocates for Children) of the 31st Judicial program in creating scrapbook pages as well as collecting scrapbooking-type materials. Each student in the program (newborn - 18 years) is required to keep a journal. They keep this journal until they exit the program by turning 18 or by being adopted.

Garnett-Anderson County HS:

Made hats for a battered women's shelter, we made food packs, and we made positive mental health posters for suicide prevention and self esteem.

Girard HS:

One of our 9th grade students this year has been diagnosed with cancer and is undergoing intensive chemo. On November 18th our club is doing a "Rake for Shelly" - we'll be doing yardwork for donations and will give all donations to Shelly's family to buffer medical costs. We put an ad in our local paper to inform the community and to encourage community members to sign up for yardwork.

Independence HS:

Raised money with face painting at Cancer Night football game. Concession stand at the upcoming auction and money raised donated to local foster care family.

Independence MS:

Raised money for foster care and operation Christmas Child.

Independence-St. Andrew:

Club has adopted a child through the Unbound program and send weekly donations to assist with educational and medical needs.

Osawatomie HS:

Penny Wars - amongst classes. Winning class get Sundae party at lunch. Taking the money we earn and buying fabric for tie blankets. Plan on having a tie blanket party, inviting the MS and other area schools.

Oswego JH/HS:

Held a Penny War between grades. The money raised was used to donate "First Night" kit items for children in foster care.

Paola HS:

Choose to do Area 3 "Strive to be a good citizen". Doing a "Snow and GO" on the first snow day, shovel drives for people that can't.

Paola MS:

Going to at risk pre-school to interact with the students during their center time. The children at the preschool are students who may be challenged with speech, motor skills and social development.

Yates Center MS/HS:

Helped with a Penny drive for a student that had cancer.

KAY Area Project

Area 3

TO STRIVE TO BE A GOOD CITIZEN

Focus is on cleaning up our communities. Consider organizing a "Community Clean-Up Day"- plant trees, clean-up/pick-up parks & community areas; participate in "Rake & Run" events; help local businesses clean-out store rooms, etc.

Alma-Wabaunsee HS:

Rake & Run

Axtell HS:

Volunteer to help unload recyclable materials from vehicles once a month at the recycling trailer

Belleville-Republic County HS:

Cleaned the trophy cases and trophies at school.

Centralia HS:

Rake N Run

Council Grove HS:

Help custodians at all activities and collect recyclables.

Eskridge-Mission Valley HS:

Had 25 of our members volunteer to work the kids game and activities at Eskridge Fall Festival on Halloween.

Junction City MS:

Iron Man Volleyball and Clean up School grounds 2 times per year.

Manhattan-Anthony MS:

KAY Club chose to assist our AMS custodians! Our members were asked to help with two areas requested from our custodians. Cleaning the cafeteria tables under and above and the gym bleachers.

Marysville HS:

Helped the Marshall County Historical Society by removing old books, cleaned the store room, and dusted the displays.

Onaga HS:

Clean local playground prior to community Easter Egg Hunt.

Sabetha HS:

KAY Rake & Run: Students sign up in teams (4-6 people). KAY board gathers a list of lawns/yards that need raked. We generally select elderly and disabled peoples yards to rake. Teams complete 2 to 3 yards in about 2 hours. We finish with cinnamon rolls and hot chocolate.

Scandia-Pike Valley HS:

Rake & Run: cleaned up down town (raking and sweeping)

Seneca-Nemaha Central HS:

Highway 36 cleanup-Contacted KDOT and made arrangements to do a one-time trash pick up. Covered 2 miles on west side of Seneca and 2 miles on east side of Seneca.

Wamego HS:

Helped clean up our football stadium after football game and state Cross Country. The custodial staff was very appreciative as they have been short staffed.

KAY Area Project

Area 4

TO LOVE & BE LOVED

Focus on working with Nursing/Care Homes and shut-in/senior citizens. Possible activities include playing games, providing care packages, adopting a grand friend, etc.

Almena-Northern Valley HS:

Hosted a Color Run and used the proceeds to buy needed serving trays for the local nursing home.

Ellis JH/HS:

Grandparent Day at EJH and EHS. Students invited grandparents or "adoptive" grandparents to spend the morning with students. They attended classes and saw what school is like in 2015. Served muffins, coffee, and water. Many grandparents (56) enjoyed spending time with their grandchildren and seeing their day at school.

Kensington-Thunder Ridge HS:

Kensington has a Veterans celebration each November on a Saturday. It includes a free meal and parade, among other activities. The KAYS pair with our Lions Club to help deliver meals to shut ins during that morning. It is extremely rewarding because the people receiving the meals are so appreciative. We have started making seasonal decorations to hand at the nursing home in Kensington for fall decorations we made hanging pumpkins and door signs. We will make winter decorations this month and also again in the spring. It helps brighten the days for the residents and take less time for staff to decorate.

Lincoln HS:

Raising funds for new carpet for senior center. Doing so through "Fan of the Game" tickets are sold and winner gets preferred seating at football and basketball games. They also get \$10 in free concession stand food.

Logan HS:

Making tie blankets for all residents of our local nursing home and assisted living facility to give to them as Christmas presents.

Norton Community HS:

Had a day with the Grans. Visited a local nursing home and spent an afternoon interacting with residents. KAY members read to them, painted their nails, played cards, solved puzzles and visited.

Norton Community JH:

Our club decorated, filled, and delivered care packages to every resident in our nursing home and assisted living apartments. Packages included chapstick, hand cream, crackers, candy and a poem. Charged \$2 admission to our annual fall dance to help defray costs. Students decorated the bags during the dance.

Osborne HS:

Joining forces with FCCLA and Stuco to adopt a Gran and going to make a school wide project to work with, visit with our adopted gran. Activities other than just visiting monthly, we will play bingo and provide prizes for winners.

Quinter HS:

Reverse Trick or Treating at LTCF. Made ghosts out of Tootsie Pops and delivered to the residents of our Long Term Care Facility.

Smith Center JH/HS:

Put together a float for "Old Selters Day" parade and residents from Mission Health rode on it. Mission health and rehab is in the middle of remodeling the nursing home and the KAY members are painting the patient rooms. KAY serve Thanksgiving dinner to the Mission Health residents and also to the Residents at the long term care facility.

Stockton HS:

Have adopted Grandparents that are shut-ins and will "visit" them each school quarter to clean windows, deliver groceries, and carol, etc.

WaKeeney-Trego Community HS:

Gave our adopted grandparent a Fall gift basket, In the Spring, plan to do a promanade at LTC, and also will give our grandparent other gifts throughout the year.

WaKeeney-Trego Community JH:

Halloween Bingo- traveled to long term care and played Halloween Bingo with the residents and gave out prizes and goodie bags to all the residents.

KAY Area Project

Area 5

SERVICE

Focus of Acts of Random Acts of Kindness based on community needs. Possible activities might include: Family Fun Night (food/clothing admission for local food bank); Toiletries and necessities for Military Bases in Kansas; Donating supplies to the Humane Society; Volunteering a HS; Donating stuffed animals/coloring books for kids in hospitals, etc.

Cimarron HS:

Decorating pumpkins for the nursing home, cleaning glass around the high school for janitors and reading to kindergartners.

Cimarron JH:

Washing glass in trophy cases, panels and around track in gym. Delivered Halloween themed "candy grants" to helping hands round school (lunchroom, custodial, paras, clerical, and admin) . Read books to kindergartners. We also plan to raise money for a cause, Serve Humane, adopt a soldier

Holcomb HS:

School supply drive, back to school teacher treats, performed out KAY skit at the MS, sympathy card/gift for one of our teachers who lost her husband, canned food drive for United Way, and organized and sponsored a "Treat Street" for Halloween

Holcomb MS:

Boo at the Zoo, cleaning up after dances, and helping lead games and activities for STUCO fall Festival, where proceeds went to Humane Society

Ingalls HS:

Project Rush: We had a club meeting, each member drew a simple service project out of a basket and went right then and completed the task. So in about 20 minutes our club did about 45 small random acts of kindness in our school and community. Ex: emptied trash, raked leaves, emptied recycle bins, swept gym floors, delivered water and juice to teachers, swept sidewalks of businesses.

Jetmore-Hodgeman County HS:

We made boo bags for all faculty and staff at our high school. They had peep marshmallows with chocolate and graham crackers

Kinsley HS:

Clothings for Ambler, AK school, crochet projects

Kismet-Southwestern Heights HS:

Rake and Run: We rake the yards of some needy and elderly folks. First, we ate sandwiches, that some of the members made and then with our bellies full and happy we spread out in 2 teams and rake and bag leaves. Kids brought rakes and I brought trash bags. So much fun! Truly a SERVICE project, no fundraising involved.

Macksville HS Kayettes:

We will be making centerpieces/placemats for the VIP center

Macksville HS Kays:

Passed out ice pops after practice

Meade HS:

Created gift baskets for shut ins. (Lotions, kleenex, socks, puzzle books

Montezuma-South Gray HS:

Sara Sandvos Medical Fund Carwash. Sara is a local woman who is battling cancer. We raised \$585 to help with her expenses charging \$10 a vehicle for a wash. We did this in a 3 hour session.

Otis-Bison HS:

Hosted Jana's campaign, painted local park play equipment, and trick or trunk for Halloween

Pratt HS:

Made baked goods and cards for the Pratt department and Sheriff departments to show our appreciation and support for their hard work and dedication.

Sublette HS:

Our KAY club purchased pumpkins from our local pumpkin patch and decorated them right before Halloween. We utilized our school art supplies and then delivered them to the local senior center for a festive Halloween decoration and to brighten their day.

KAY Area Project

Area 6

APPRECIATION

Focus on project that shows appreciation to those in our communities who provide a service to others (EMT; Law Enforcement Personnel; Civic Leaders; School Custodians; Secretaries; Cooks; etc.)

Argonia HS:

Our KAY Club showed their appreciation of the 7-12 grade teachers. Students made snacks for the teachers lounge during parent-teacher conferences.

Arkansas City HS:

"Stuff the Bus" - sorted donated school supplies and delivered to all the schools, luncheon for custodial staff, we are purchasing 2 books for the library of every school in the district.

Arkansas City MS:

Purchased lunches for all the people that work in the cafeteria to thank them for serving us.

Burrton HS:

To appreciate overworked staff, our club created a staff member of the month and purchased KWIK shop gas cards for each.

Caldwell HS:

Christmas gifts for lunch ladies and custodians

Clearwater HS:

Our members made envelopes with slips of paper for their parents or guardians. The papers have notes of thank you and appreciation that the parent or guardians can read each day.

CF-Chase County HS:

Each club member baked an item to be placed in baskets to show appreciation for our local EMT's, police department, health department and our Dr.'s office. Our 6 cabinet members delivered the baskets.

CF-Chase County JH:

Members created the thank you cards with each members signature on them. Goodie bags were stuffed with popcorn packets and other treats. We then delivered these to the bus drivers, cooks, custodians, maintenance, secretaries and USD Board office to honor those that service the students every day.

Derby HS:

Partnered with Kapaun Mt. Carmel and made socks filled with toiletries for the homeless. Made blankets for unwed moms and made snack baskets for firefighters and policemen and delivered to them. Also made placemats for the soup kitchens

Derby North MS:

Appreciation bags for Derby Police, fireman, and teachers.

El Dorado HS:

Each month we give different groups an appreciation "gift". September = puppy chow for custodians. October = baked goodies for cafeteria staff. November = dry erase markers for sponsors. Will continue this monthly.

El Dorado MS:

Talked about community service workers that keep us safe and keep our quality of life good in our community. We honored them with COOKIE baskets to say thank you.

Ellinwood HS:

During Rake and Run we raked bus drivers and librarians yards. Cookies for secretaries, custodians, cooks, and bus drivers. Will do some during Citizenship Week

Goddard HS:

Teacher & Staff appreciation the day before Parent-Teacher Conferences. Personally delivered to teachers and staff doughnuts and apples with an inspiring message of thanks for everything they do.

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Great Bend HS Kayettes:

The Kayettes put together "goodie" bags or appreciation for FIRE/EMS and Emergency room workers for our local folks who put their lives on the line daily. Their bags included a bag of microwave popcorn, trailmix, fruit snacks, granola bars, mints, individual drink mixes for a bottle of water, and a pudding snack cup. Just something for when they don't have much time.

Great Bend HS Kays:

Ghost suckers at Halloween. Tootsie Roll pops wrapped in kleenex with thank you tags to teachers, firemen and policemen

Halstead HS:

KAY members created thank you cards and bags for our maintenance staff at the high school. The goodie bags included various snacks for those employees to enjoy.

Haysville Campus HS:

Homecoming Parade we provided water bottles for band and cheerleaders. Penny drive for Haysville Food Bank, Warm Hearts five - provide slippers, socks, throw blankets, etc. for local nursing home

Hoisington MS:

Made water bottles favors for teachers and staff. We also made candy favors for bus drivers.

Lindsborg-Smoky Valley HS:

Our club went to the elementary school and made Halloween crafts with the 1st graders and also provided snacks during conference week for the teachers.

Maize HS:

Wrote letters of appreciation to current and former members of the military and baked cookies and treats for faculty and staff.

Maize MS:

The club made dog toys and Charity Hat Day for Kansas Humane Society. Collected \$80.71 in charity hat, made over 65 toys during meeting and delivered toys and check

Maize South MS:

During Citizenship week we are going to include thank you notes to parents and other KAY members for two of the days.

McPherson HS:

Had a week long donation of baked goods brought to school as a thank you to staff and custodians. The kids loved bringing things and all enjoyed eating.

Mulvane HS:

The students made baskets of cookies and delivered them to our EMS and firefighters in Mulvane.

Norwich HS:

Hero Night - Invite local fire fighters, EMS, police, military and honor them at basketball game half time. Fans wear red, white and blue.

Rose Hill HS:

Baked cookies for local businesses, fire department, police, senior center, Rose Hill School office, etc.

Wichita-Gordon Parks Academy:

Attended Saturday Service day at KMC. And made healthy treat baskets for those who serve us and delivered them to the fire station in our community complete with notes of thanks.

Wichita-Kapaun Mt. Carmel:

Made goody baskets (baskets from an area project) and filled them with cookies, candy, chips, crackers, etc. These were given to the Wichita Police Dept and Wichita Fire Department as a thank you..