

KAY Area Project

Area 1

TO LIVE A HEALTHY LIFESTYLE

SPEAK UP & SPEAK OUT

Mental Health & Healthy Relationships: Awareness via skits, posters, assemblies, etc.

Atchison MS:

Thankful Thursday is a new initiative for the AMS KAY organization. Thursdaymornings before school KAY members meet and identify "healthy relationships" that they are thankful for. Along with a note, each recipient receives a free McDonald's ice cream cone (donation form McDonald's) students then deliver their thankful notes throughout the day.

Bonner Springs HS:

Student created/designed 6 posters about healthy relationships for hang in our hallway. Some students also wrote & acted out a skit about healthy relationships that we recorded and aired on our school news that airs every Friday during 4th hour.

Carbondale-Santa Fe Trail HS:

Subtle words poster, daily bulletin graphic, promoting 7 habits of Healthy teens. Lunch time is also open lunch chats "feeling anxious" - welcome to feel free and express, every time topics change. Ex: depression

Hoyt-Royal Valley HS:

We made bookmarks for our elementary and middle school libraries. They have an inspirational quote on them. In the HS, we are doing a "confetti board" and we are encouraging members to write a "positive" word on their piece of confetti and it will be hung in the school and if someone feels the need to take one and give it to someone else then can do that. Maybe someone needs an encouraging word that day.

Lansing HS- Kayettes:

Students will wear green a day in May to bring attention to Mental Health Awareness Month. Also we will be putting up posters about Mental Health

Lansing HS-Kays:

To raise awareness on mental health, we are looking into a having a guest speaker from a mental health profession as well as creating pamphlets that have advise on dealing with relationships and stress.

Lenexa-St. James Academy:

The club painted pumpkins to donate to the Sunflower House Pumpkin Palooa fundraiser. The Sunflower house is a children's advocacy and abuse prevention center. Giving people courage and tools they need to report abuse and aid children in recovering.

Olathe-California Trail MS:

Setting a personal fitness goal, making posters for Healthy relationships, do personal projects outside of school in small groups.

Olathe-Chisholm Trail MS:

We made a bulletin board in the front of the school that corresponds with a visit/assembly form 4 Action News, Krista Dubill for her mental health and safety program

Olathe East HS:

Supported the suicide/bullying prevention week designed by our school psychologist/sociologist. Each day during the week, there was a special table relating to suicide/bullying. KAY members signed up to "man" a table. The final day there was a special table called "Cupcakes". Students wrote a coping strategy on a cupcake liner & then received a free cupcake.

Olathe-Frontier Trail MS:

We sold donuts before school to raise money for hurricane relief efforts.

Olathe-Indian Trail MS

Our school spoke up about suicide prevention each classroom participated in a door poster campaign. "12 Reasons Why Not" and decorated their door to speak out why suicide is not the choice!

Olathe-Mission Trail MS:

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"AWARE" week - Aware Welcome Act Relationships Embrace - We dedicated a week to mental health awareness and healthy relationships. On Monday, our officers made a short video to give information about Mental Health and Aware week. On Tuesday, we had a special welcome for new students to our school on morning announcements. On Wednesday & Thursday students wrote a positive note about something someone did for them. All students that completed a note put them in a raffle. All students signed a banner in the lunchroom to be "AWARE".

Olathe North HS:

We did an activity during suicide prevention month. Our activity was called "Copecakes". They cope cakes were mini cupcakes that we gave the kids when they filled out a cupcake template with ways they deal with stress/hard times.

Olathe Northwest HS:

Coming along side families in difficult situations by giving them Harperts Hug teddy bears. We collected, tagged, & distributed teddy bears in presentation of Harpers Hugs organization whom raises awareness of child safety and cars/driving.

Olathe-Santa Fe Trail MS:

We created a poster showcasing all of the ways SFT supports mental health. Suicide prevention week - Homeroom presentation, cyclone circle weekly homeroom checkin's with all students, social emotional lessons, the second step program weekly in home rooms. Supprt team in place: counselors, school psych, social worker, administrators

Olathe South HS:

For promoting healthy relationship, our club made casseroles for the local womens shelter, safehome. We also made stress balls with balloons and flours. The board got to deliver casseroles and stress ball to the location.

Overland Park-Blue Valley North HS:

Giving the basics drive: collect personal care items for people in need, mainly students. Toilet paper, deodorant, fem hypiene, razors, shampoo, soap, body wash

Overland Park-Blue Valley Northwest HS:

Painted pumpkins for Sunflower House a children's advocacy center.

Overland Park-Blue Valley Southwest HS:

Hosting a volleyball tournament in support of suicide prevention week "Hits for Health"

Paola HS:

We are participating in "One Small Step" Discuss, Listen, Understand, Accept. Learning to listen to other viewpoints creates a tolerant school and community.

Topeka-West HS:

The students spoke to seminar classes about healthy relationships among teens. They about domestic relationship violence, between teens, what to do if involved and seek help.

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TO LIVE A HEALTHY LIFESTYLE

STEP IT UP ACTIVITY-A-THON

Conduct a special activity based day with any age group.

Arma-Northeast HS:

60 in 60. 60 kids for 60 minutes to play dodgeball. This will be conducted as a dodgeball tournament.

Caney Valley HS:

We are working with the grade school to run the annual carnival. The carnival is run purely on volunteers and they are always short on volunteers.

Chanute HS:

Our "Step It Up Activity-A-Thon" will be a "Parent Night Out-Minute to Win It". Elementary age activity night in December.

Chanute-Royester MS:

Dance, Dance Revolution during Halloween dance at MS

Cherokee-Southeast HS:

My students are hoping to go to our Elementary school and spend a day teaching the children different kinds of dance. Popular new dances, line dancing, and swing dancing.

Cottonwood Falls-Chase County HS:

Nursing home clean up and decorated for fall and their doors

Cottonwood Falls-Chase County JH:

We went to the elementary school and invited the 2nd and 3rd graders to join us and played organized games together: hot potato, simon says, red light/green light and tag. We also visited a bit with the kids about how playing game can be for fun but also leads to a healthy lifestyle.

Erie HS:

EHS teamed up with our Erie Relief group and hosted a color run. Our club set the event up, threw the color, cleaned up. The money raised was donated to a single mother of 4 battling cancer. We also collected prizes for the runners to win after the race. We had runners grade school to 70+ years old. We had approximately 50 runners

Garnett-Anderson County HS:

Every Friday during seminar all students are invited to the gym to walk laps. The students need to get up and move, we put music on and the students walk.

Girard HS:

KAY Members baked treats and sold them at the senior night volleyball game. All of the proceeds were donated to breast cancer foundation.

Independence MS:

Fitness Fun Nights - host fitness activities throughout the year to promote physical activities and healthy life styles

Moran-Marmaton Valley HS:

Dance A Thon for community of Moran, surrounding communities and nursing home residents. We offered snacks, dancing, & games (Board games, crafts, twister, etc) from 2-6pm on a Saturday.

Osawatomie HS:

Old times kids games at our local historical reenactment, Freedom Festival: 3 legged race, egg & spoon relay, sack race, checkers tournament, jacks.

Oswego JH/HS:

Powder puff football game - girls in school play flag football -fball boys coach the girls. It's broken down by class. Jock volleyball - the boys play extreme volleyball, coached by volleyball players. Class competition. Cookout @ end of night. This is for all students in school. We try to get everyone involved. We are doing this in conjunction w/ STUCO.

Yates Center HS/MS:

The kids would like to have a Prom for our "older" community members.

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TO LIVE A HEALTHY LIFESTYLE

SUPPORTING FELLOW STUDENTS TO LET THEM KNOW THEY ARE VALUED:

Example: A compliment wall, shout-outs on the morning announcements, etc.

Alma-Wabaunsee HS:

We did a compliment wall, and healthy snacks, and hosted a Halloween Dance to provide a safe, healthy activity for teams

Axtell HS:

Eagle buddies - big brother, big sister mentorship program we are partnering up with our elementary students. Teachers recommend students in need of mentoring. Those students are then matched to a KAY member, we will meet once or twice a week.

Blue Rapids-Valley Heights HS:

"Growing in Good Deeds". Have a free structure add leaves for compliments/good deeds students add about each other's quality deeds change seasonally. Fall = leaves; Winter = snowflakes; Feb=hearts; March/May=flowers

Council Grove HS:

Actually working with 2, we have a compliment wall with post it's that kids have written compliments on. They are then able to take a post it and give to another student they helped. Those students then do something for another student and pass it forward etc.

Eskridge-Mission Valley HS:

We are doing a student drawing each day and we give the students selected a candy bar and a handwritten note. We are doing this for the months of October and November.

Fort Riley MS:

Commons Area Display: "Be the Reason Someone Smiles Today!" - each day a new positive saying was posted, bully prevention announcements were given in the morning. "Attitude of Gratitude" KAY members have a member group in Schoology where they can get information and share each week through a Gratitude Journal

Hiawatha HS:

We are making inspirational signs to put on lockers throughout the year to encourage our students and staff. We pick 203 random lockers in each grade level and put the sign on the locker. For the staff we are making signs and putting them in their mailboxes. We plan to make sure every student and staff will receive one during the year. We also are planning on making special days through the year. EX: Freshman day -morning announcements will have something special said about the class and every freshman will be invited to stop by the library that day to pick up a treat. The treat will be something sweet to eat and a note attached to let them know how much we appreciate them

Highland-Doniphan West HS:

Student of the month: 2 students are selected each month. They are recognised through our "electronic shrine" for month. They also receive a parking spot in front of the building for the month.

Holton HS:

Celebrate birthdays of the senior class (had to pick 1 class) with a small candy gram on birthday.

Holton MS:

We placed positive sticky notes on each student's locker. We also made positive posters and hung them up around the school. Each KAY member was given a list of names and they made notes, gave compliments to the people on their lists and got to know them personally. Also the high school art students are going to come paint positive wall art.

Junction City MS:

We are supporting the character case program at school. We are doing announcements every Wednesday morning to support both leadership and "kindness matters". We will have a compliment wall

Manhattan-Anthony MS:

The KAY members created quotes of inspiration to put outside each classroom door, halls, and office. KAY reps went to each 8th hr to let the students know they are valued (little speech). Candy was handed to each student! Morning announcement with inspiration we care. Handing out random bookmarks of value/inspiration

Marysville HS:

Compliment wall and weekly kindness challenge. Encouragement pencils for elementary. Encouraging sidewalk chalk on main HS entry and football admission gate before district game

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Sabetha HS:

Wall of Mirrors "Mirror, Mirror on the wall...there's a leader in us all". Positive study notes on mirrors in bathrooms/locker rooms

Scandia-Pike Valley HS:

The students received a sheet that had their classmates name. The students had to list 2 - one word compliment about each classmember. Then we cut each student's compliments apart and compiled a list for each student & made a wordle. They printed out the wordles in color and laminated them. Then put magnets on the back and put on the students lockers

Seneca-Nemaha Central HS:

Program Director & Assistant director with their committee wrote a personal note to every student in the building. They have been leaving the notes in their lockers at intermittent intervals and at times when the note would be appropriate.

Wamego HS:

Students each come up with compliments and created a compliment wall. Purchase positive posters and put them around the school. We purchased small positive cards & put them randomly in library books. Students can use them as bookmarks and then get to keep them.

Wetmore HS:

"Fan Friday" Grade levels meet on a Friday afternoon. Each student created a fan with their name on it. Fans were passed around the group and students wrote compliments on each others fans.

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Area 4

TO LIVE A HEALTHY LIFESTYLE

MENTAL HEALTH FOR TEENAGERS:

Speakers/Materials on depression, suicide prevention, bullying, etc.

Almena-Northern Valley HS:

We sponsored a mental health week at the high school. We had a gratitude wall, "Locker Lifts" (students wrote notes of encouragement one each others lockers), table tent cafrds in the lunchroom with info regarding teen mental health and a special speaker who spoke to the whole student body about teen mental health.

Ellis JH/HS:

We did a Mental Health Week (Quote each day) Monday - Be Unique (Crazy Socks); Tuesday - Relieve Your Stree (PJ Day); Wednesday - Head Up Chin Up (Hat Day); Thursday - Physical Fitness Day (Favorite Sports Team); Friday - Don't be a bully (Wear Blue)

Hill City HS:

Positive Post Its- KAY member will post sticky notes with positive statement and quotes and stick them to students lockers

Hoisington HS:

Guest speaker to talk to the student body. Incorporate Brain Breaks during seminar (walk in the gym for 5-10 min, 5-10 minutes of quiet time, different ways to reduce stress/anxiety)

Hoisington MS:

We worked with our school counselors on sending out anti bullying messages during the month of October. We also hosted a Spirit Week and dressed according to anti bullying messages: Mismatch Day - We are all different and that's ok; Costume Day - Don't hide who you are - celebrate it; Work out day - We work out our problems without bullying; Pajama Day- Dreaming about a world without bullying; Cardinal Pride - Red White Day- Junior Cardinals have character!

Kensington-Thunder Ridge HS:

Take what you need board - paired up with our student council and created Bulletin board of sticky notes with "positive" comments, sayings, etc. Students can take one for themselves or a friend whenever they need. Bullying awareness/prevention daily announcements during October for Bullying Awareness month.

Logan HS:

We are selling mental health awareness bracelets, and also hosting a "Miracle Minute" at a home basketball game. During the miracle minute, members will go through the crowds and collect donations. All money collected will go to a Downs Syndrome Awareness Foundation.

Norton Community HS:

Our community is in the process of starting a NAMI organization. Our members were encouraged to attend an organizational meeting. A speaker from NAMI has been invited to speak. Club members will also hand out treats and write encouraging notes during the lunch hour.

Norton Community JH:

Week of positivity - Students drew a name out of a hat and wrote a positive note on a sticky note. Did a new one every day that week. At week's end , each student had 5 positive notes on their locker. Unity Day - KAY board members led student groups in presenting something (skit, parady, poster, chant, etc.) to the school. Also too a large photo of student body spelling out UNITY, snacks, etc.

Osborne HS:

Our VFW brought in a speaker to talk on bullying and suicide prevention. The KAY club then handed out pamphlets over both topics. They included info over bullying and teen suicide and gave info on how to get help. We also hung posters around the school.

Phillipsburg HS:

Wrapping concession items in quotes, helpful/inspiring words, resources for help, suicide hotline etc. About mental health and relationships. Also doing positive sticky notes for everyone in the school

Quinter HS:

Complement Buddies: Every KAY member drew names of 3-4 students to buddy up with for a week. We challenged members to leave three or more notes with a complement for their buddy. Our goal was to provide something positive for every student.

Stockton HS:

We have implemented KAY K.A.R.E (Kids Actualize Relationships with Educators). We are meeting with teachers that volunteer to support students with any issues in a relaxed open session to talk about what can get them bogged down before depression sets in. This gives students an opportunity to find a teacher that they would be comfortable going to if need be.

Sylvan Grove-Sylvan-Lucas Unified:

Take a piece of positivety. We have a board of positive notes and if you are having a bad day you take one. It's all about being nice and making each other happy. We are also having Tom Karlin come talk about teen suicide.

WaKeeney-Trego Community HS:

Suicide Prevention: Students showed a video about a survivor who jumped off the Golden Gate Bridge. He talked about his regret the instant his hands hit the rail. So the focus was on that.

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WaKeeney-Trego Community JH:

Our JH offered a fun questionnaire game & YOU TUBE video "I jumped off the Golden Gate Bridge" while distributing suicide prevention warning signs and prevention hotline cards

Winona-Triplains HS:

Triplains invited Trooper Tod from Hays to come and visit with the kids. He picked the subject which was drug awareness and how drugs can effect your mental abilities. It was an eye opener to the kids we had a lot of positive remarks from the kids and Tod even stayed and had lunch with the kids

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Area 5

TO LIVE A HEALTHY LIFESTYLE

HEALTHY SNACK ATTACK:

Members make/provide healthy snack options to others.

Cimarron HS:

Our club made a display in the commons area over what is healthy and what is not healthy. We displayed a pop and had a container with how much sugar is in that pop! We displayed a pop, poptarts, fruit roll-up, a gatorade, and a snickers!

Cimarron JH:

Each day of the week a group of junior high students went to the grade school into different classrooms. They did brainbreaks, fun exercises with the grade school several times!

Holcomb HS/MS:

At the mini-KAY Conference students will hand out healthy snacks: peanut butter apple sandwiches with granola.

Ingalls JH/HS

Healthy snack attack - The entire school came out to the track while grabbing a healthy snack handed out and sponsored by KAY members. The students walked/jog around the track for 30 minutes. It was an extremely fun event that both the staff and kids enjoyed.

Jetmore-Hodgeman County HS:

"Healthy Habits make great Longhorns" On the first day back from winter break, we're going to distribute a healthy snack bag to each grade school student to help them start the semester off right.

Kimset-Southwestern Heights HS:

We added the Healthy Snack idea to last year's Building Future KAY idea. When we go to the elementary school to educate and inspire the kids about the KAY program, we will add a skit/lesson on healthy eating. We'll end it with giving them a healthy snack.

Leoti-Wichita County HS:

Took fruit to LTC and some fruit cups to residents. Had strawberry applesauce cups & cheese sticks @ club meeting.

Meade HS:

We are doing a shoe drive.

Montezuma-South Gray HS:

Healthy Snack Movie Night - KAY members bring fruit or healthy snacks to share. Kids come to watch a movie, sitting on the floor with blankets & pillows.

Otis-Bison HS:

Exercise "60"

Ransom-Western Plains HS:

We provided a healthy and energizing snack in the morning for the entire school pre-k through 12. We provided apple donuts (apple slices with cream cheese or yogurt) and orange juice & milk.

Satanta HS:

Snacks for JH/HS students during finals week/assessments. Snacks for rec teams (grade 1-5)

Sublette HS:

We had the kindergarten students come to the HS to carve pumpkins for Halloween. During this activity we provided a healthy snack of apples, cheese sticks, pumpkins muffins and bottled water.

KAY Area Project

Area 6

TO LIVE A HEALTHY LIFESTYLE

HOST AN ACTIVITY DAY:

Fun Run, Tri-athlon, Olympic day, etc. (those attending/participating donate hygiene products)

Argonia HS:

Planning a 5K for the spring for the American Heart Association.

Arkansas City HS:

Worked with elementary about health and conditioning to run a marathon. Then we went to the elementary and they ran laps with us. Our KAY sponsor - Peggy Soule ran in the New York Marathon-Then we went back to school and shared her experience & Handed out hygiene products to students.

Arkansas City MS:

We had a fun run during half time of the MS football game. We cleared it with our district office and athletic department to allow participants and a family member free entrance into the game. K-1 ran 100m, 2-3 ran 200m, and 4-5 ran 400m

Burrton HS:

Rather than an activity day, we've been looking at how to better accommodate active students during the day by researching & fundraising for flexible seating opportunities in the high school classrooms. This project will hopefully help students improve focus, attention and grade.

Clearwater HS:

Clearwater and Goddard president are partnering to sponsor KAY olympics. There will be activities such as volleyball and powder puff and other competitions. Proceeds from the registration fees will be donated to the Make a Wish foundation.

Derby HS:

We led WALKTOBER by encouraging exercise during the month of October. Each week we sponsored some sort of physical activity. We also held an end of the month celebration. Participants donated hygiene products to "Friends of Friends" a local nonprofit that helps the homeless.

Derby MS:

Sponsored 12 wellness/teambuilding activities: Dodgeball, match it! Relay race, human wheelbarrow race, human hula hoop chain, long jump, tug of war, fill the bucket, dance off, healthy snacks and calculate your heart rate. 19 KAY members served 353 students.

Derby North MS:

Frisbee golf scramble was to allow 4 person teams \$20 per team. Due to weather it was postponed until April 2018. This was open to anyone.

Douglass HS:

Fun at Frontier's Day - We will be providing fun games & activities for children during our community's annual fall festival. All activities will be free!

El Dorado HS:

Grandview Fun Run = We helped with an event for one of our grade schools. As the new building is being built, we worked the "run" from the school to the other that was held one evening. Students handed out shirts, walked/ran with kids, cheered for kids and ran the turn around water check. USD 490 Fitness - We helped monitor stations at our school districts health/fitness event.

El Dorado MS:

We present new students during the year with an EMS "well-come" bag. It's filled with small items to help them thru their first day at our school. Paper, pencil, eraser, bell schedule, waterbottle, etc. Also included is welcome note and invitation to join KAY club, a KAY brochure etc.

Goddard HS:

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Clearwater and Goddard president are partnering to sponsor KAY olympics. There will be activities such as volleyball and powder puff and other competitions. Proceeds from the registration fees will be donated to the Make a Wish foundation.

Halstead HS:

Door decorating for Halloween & Elementary Trick or Treat parade for healthy snacks.

Lindsburg-Smoky Valley HS:

We had a powder puff event. Football players coached girls in their grade. We charged \$1 for attendance and had concessions. We had a great day full of fun and success.

Maize HS:

We conducted a senior dance the day after our homecoming dance. We plan on doing this again in the spring.

Maize MS:

KAY club organized a free "Final Friday" activity in which all 6th grade students in the building were able to participate in an activity time in the gym if they brought a hygiene product. They could play basketball, twister, headbands, hula hoops, cake-walk, relay race, charades, etc. Over 215 students participated and over 300 hygiene products were donated. The club will give items to the Maize caring Hearts food pantry.

Maize South MS:

Members participated in a Riverwalk Clean Up. Filled and disposed of over 50 bgs of trash that was collected on or around our local Arkansas river bank. Most students walked over 2 miles to collect trash. Our goal was to have 20 students participate and we had 18 students!

McPherson HS:

We incorporated physical activity with in an event that we were already helping with. Babysitting teachers kids when they were working at P/T conferences. However, my students have talked about and are planning to host a Fun Run/

Mulvane HS:

We are doing ours near Christmas as a time for parents to shop. They can drop their kids off for active play while they do Christmas shopping. They just need to donate hygiene items

Norwich HS:

Mud games - at local city park we will host tug of war, mud volleyball and a mud run. Proceeds go to Norwich REC>

OxFord HS:

Instead of Trick or Treating for UNICEF, we had the community dress up on the 30th and walk 6 km around the town (the average distance walked to get clean drinking water in developing countries) We had local clubs give out candy along the route and caramel apples at the end. We accepted donations to UNICEF before and after the Walkathon.

Rose Hill HS:

We rented an inflatable obstacle course from Carnival Fun and had it at our Fall festival Community picnic. The Children both young and older had a great time going through the course. We asked for hygiene products.

Wichita-Kapaun Mt. Carmel:

Mini-Exercise Break: a few times during the day, we would get on the intercom for a 30 sec. exercise breaks. Teachers were asked to participate and take pictures of their classes.