

K-Kids ZONE

Fall 2008

CONTEST RAP
TALK ABOUT WINNERS!



BUSTING STRESS

WHIZ KIDS

SERVICE STARS

TRICK OR TREAT

WORD SEARCH

Welcome!

*Are you ready to
make school fun?*

Dear K-Kids,

Welcome back to school and K-Kids. Are you excited about serving as a K-Kid again? I hope so.

You might not be thrilled about the end of summer, but returning to school doesn't mean the excitement has to stop. There are lots of fun things you and your K-Kids club can do this year. Here are three:

Make friends. Share the fun you have in K-Kids with other students who are not members—and encourage them to join. The more the merrier.

Aim to win. Keep a scrapbook to enter in the K-Kids annual contest. You can also enter the K-Kids speech, essay, and art contests. Read about them in this K-Kids Zone.

Go green. Are you proud of your school? Show it by keeping it clean. Many K-Kids clubs lead their schools in picking up trash, landscaping, and doing small chores. Talk with your principal to see if there's a project you can do.

Here's hoping you have
a great school year!

Lisa Pyron

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Kiwanis
K-Kids
Young Leaders Helping Others

www.kkids.org

Objects

To provide opportunities for working together in service to school and community. To develop leadership potential.

To foster and develop strong moral character. To encourage loyalty to school, community, and nation.

Core Values

Character building, Inclusiveness, Caring, Leadership

On the Web

How much do you know about K-Kids?
Surf the Web, get in shape.
Word Search and Sudoku solutions.



Go to www.kkids.org and click on the "K-Kids Zone" button.

What's in this magazine?

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Fall 2008

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Back-to-School

Stress busters

Does school stress you out? You're not alone. Some kids like school a lot. Others, not so much. But you've got to do it, so you might as well do your best. Here are 10 tips to help you stay cool during the school year.

1. Figure out what you like and don't like about school.

For the "don't likes," try to find a solution. If you have trouble with a bully, for example, talk with an adult (parent, teacher, and/or principal) right away. If school work gives you fits, ask

your teacher to explain things and help you understand.

2. Don't try to do everything at once. If you have lots to do, do things one at a time. That way you can focus on what you're doing. You can make time to do it all, but you don't have to do it all at the same time.

3. Breathe. If you still feel stressed, stop what you're doing and take a few more deep breaths.

4. Take a break. If your fingers hurt from writing or your homework is stressing you out, take a break. Eat an apple or walk around for a few minutes. When you get back to your work, you'll feel more relaxed and can start fresh.

5. Get organized. Don't shove everything in your backpack. Keep items for each class or subject separate. Have a notepad handy and jot down homework assignments or important things during the day.

6. Be nice to yourself. If you mess up, don't think, "I'm so stupid!" Think, "Well, I'll remember that next time!"

7. Get enough sleep. You've heard this before, but it's important.

8. Be a weekend warrior. During the week, focus on school. On the weekend, play, read, sleep in—whatever you don't have time for during the week.

9. Work out. Exercise really does help keep stress down and your mind sharp. Anything you do to get your body moving is good. Turn up the music and dance to a couple of your favorite songs. Jump rope, Hula Hoop, or plug in the Wii Fit—it all will do wonders for your mind and body.

10. Eat right. Think of a rainbow and try to eat different colors every day. Each color offers your body important vitamins and minerals.



Test your K-Kids IQ

1. THREE OF THESE ARE REAL K-KIDS PROJECTS. CAN YOU SPOT THE TWO FAKES? CIRCLE REAL OR FAKE FOR EACH.

Real Fake

The K-Kids service initiative is "Health for the body and mind."

Real Fake

Trick-or-treating is a great fundraiser for UNICEF.

Real Fake

The BUG program is dedicated to saving the lives of roaches around the world.

Real Fake

Skipping lunch and donating the cost of that meal is a fundraiser for the Kiwanis International Foundation.

Real Fake

Skipping breakfast and dinner on the same day is a good idea, according to the Kiwanis International Foundation.

2. DRAW A LINE TO MATCH THE CLUB OFFICE WITH THE CORRECT ACTION.

Duty:

Take minutes at each meeting.

Prepare club's budget and maintain records.

Plan and conduct meetings.

Assist president in all responsibilities.

Office:

President

Vice-president

Secretary

Treasurer



3. CIRCLE TRUE OR FALSE FOR THE FOLLOWING STATEMENTS.

True False

All K-Kids members are leaders in their school.

True False

Builder's Club is a Kiwanis club for middle-school students.

True False

Club meetings should be serious business meetings and never fun.

True False

You need to be an experienced leader to be a K-Kids member.

True False

K-Kids clubs are only for people in the United States.

Choose the best answer to complete each of these multiple-choice questions.

4. CLUB OFFICERS SHOULD ALWAYS:

- A. Be diplomatic.
- B. Encourage members.
- C. Thank everyone who helps.
- D. All of the above.

5. WHEN RECRUITING NEW MEMBERS, CLUBS SHOULD:

- A. Only seek out the best and brightest.
- B. Avoid asking their friends.
- C. Ask anyone and everyone.
- D. All of the above

6. CLUB SERVICE PROJECTS SHOULD:

- A. Sometimes include other groups and organizations, such as March of Dimes and Key Club.
- B. Focus on your school.
- C. Focus on your community.
- D. All of the above.

7. THE K-KIDS SERVICE INITIATIVE COULD INCLUDE PROJECTS ON:

- A. Child safety, fitness, and the environment.
- B. Child safety, fitness, and mental health.
- C. Child safety, mental health, and animal rights.
- D. None of the above.





Ten Bags of Presents?

Working Together



Algebra

It's a wrap!





Talk about winners...

Students just like you have a pretty good handle on what it means to be a member of a K-Kids club. For proof, all you have to do is check out the entries in this past school year's K-Kids contests. Hundreds of K-Kids members competed to be among the

best speakers, essay writers, artists, scrapbook organizers, and leaders. Here are the first-place winners:

ESSAY

Cheyenne Belter, Randolph Elementary School, Wisconsin

For the essay contest this year, K-Kids wrote on the theme "What skills have you developed in K-Kids, and how will these skills benefit you throughout life?" Here are excerpts from Cheyenne's winning essay:

"From the start, I learned how a group like K-Kids is like a team and you have to work together. Being a K-Kids member, I learned that there are so many good things that you can do to help people that are in need such as collecting food or supplies for the needy, even soldiers.

"K-Kids is about helping others. Because of K-Kids I have (also) seen how I can help others on my own time."

ART

Angela Miller,
Orofino Elementary School,
Idaho

SCRAPBOOK

Middlesex Elementary School,
Urbanna, Virginia

CLUB SINGLE SERVICE PROJECT

Randolph Elementary School,
Wisconsin

SPEECH

Mara Bowman,
Franklin Elementary School,
Manitowoc, Wisconsin



KIWANIS INTERNATIONAL FOUNDATION LEADERSHIP AWARD

Capital District:
Taylor Grace Shores,
Middlesex Elementary School,
Virginia

Carolinas District:
Maxie Renee Sullivan,
Coats Elementary School,
North Carolina

Florida District:
Shelby Fallin,
Griffin Elementary School,
Lakeland, Florida

Indiana District:
Michael Anthony Canning,
Summit Elementary,
Bloomington, Indiana

Utah-Idaho District:
Madison Kelly Parks,
Orofino Elementary School,
Idaho

Wisconsin-Upper
Michigan District:
Matthew David Bialek,
Franklin Elementary School,
Wisconsin



Ready to Win?

If you are a member of K-Kids, you already are a winner because you care about others—and you're working to make the world better.

As a K-Kid, you have the opportunity to share your special talents and inspire others through the annual art, essay, scrapbook, single service, and speech contests. Each year, hundreds of K-Kids just like you impress the judges by writing moving speeches and essays, and creating art.



To learn more about this year's K-Kids contests—including themes for the speech and essay contests—go to www.kkids.org/resources/cna/

Service stars

There is no better test for how helpful your K-Kids club is than the impact you have at your school and in your community. K-Kids clubs help people all over the world by raising money, collecting goods, and doing things for those in need.

Here are a couple of K-Kids clubs that did a great job serving their communities this past school year. They are the winners of the K-Kids Club Single Service Project competition.

1st place



2nd place



RANDOLPH ELEMENTARY SCHOOL, WISCONSIN

Project: Food drive for the hungry;
collection for a homeless shelter

The details: This past March, the club joined the middle school's student council in collecting boxes of food for Randolph's Food Pantry. The groups also asked students to donate personal items—toothpaste, toilet paper, tissues, soap, shampoo, lotion, laundry soap, and other things—for a homeless shelter.

The results: Students responded by donating more than 40 bags and boxes of food and other items.

The word: "I think members learned about how to give to others. We learned that it is a good thing to help a family that has had something bad happen."

L.O. KIMBERLY ELEMENTARY SCHOOL, FAYETTEVILLE, GEORGIA

Project: "Change for Change"—a fundraiser for the Make-A-Wish Foundation

The details: Club members led the schoolwide "Change for Change" project. Each classroom was given a jar and encouraged to collect change for the Make-A-Wish Foundation.

The results: Students responded by donating more than US\$300 in change.

The word: "I feel good about our project because I learned that the rest of the kids in school support K-Kids and what we do."
—Brandon, fifth grader

"Now I like to help others, and I think about K-Kids more than other things that used to get me in trouble."
—Louis, second grader



All in
the Family

This November, celebrate Kiwanis Family Month. It's an ideal time to step up your service activities and join other clubs in the Kiwanis family with theirs. A couple of ideas:

- Participate in a service project with the Kiwanis club that sponsors your K-Kids club or with a Key Club or Circle K club in your area. Then enjoy a fun activity between the two clubs after the project.
- Visit a Key Club, Circle K club, or other Kiwanis-family club.

Your Kiwanis advisor can help you with either of these activities.

The Kiwanis family: K-Kids, Builders Club, Key Club, Circle K, Kiwanis, Aktion club.



UNICEF

Trick-or-Treat for kids

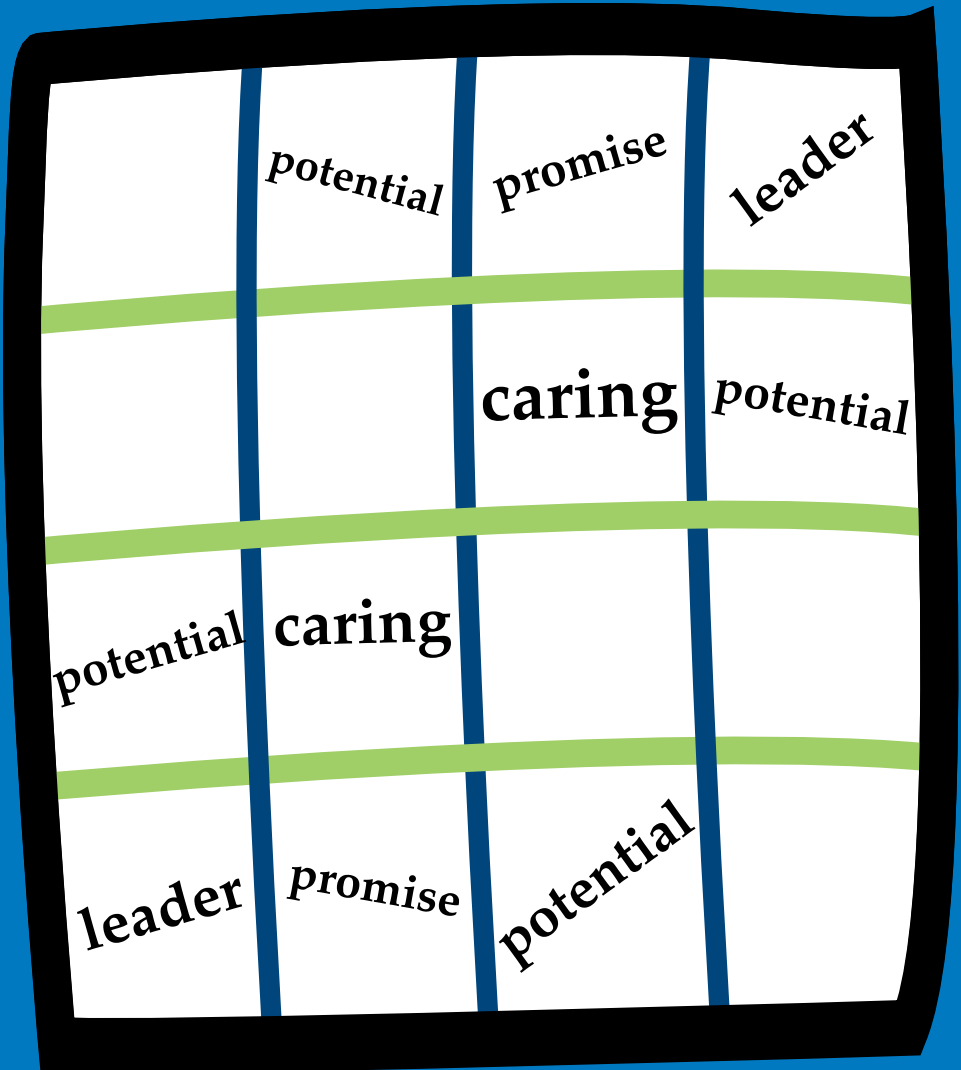
Join Key Club members this coming Halloween during the annual Trick-or-Treat for UNICEF campaign. Money raised this year will go to The Swazi Children Care Project, which helps provide health services, nutritious meals, and other care to children in Swaziland who are orphaned or affected by HIV / AIDS.

Swaziland is a small country in southern Africa where the infection rate for HIV is the highest in the world and where children need our help. As a partner with UNICEF, Key Clubbers will collect donations using the familiar orange boxes.



All about K-Kids

Fill in this grid with the K-Kids words below so that in each row, column, and square, each word is used only once. Good luck. To see how you did, go to www.kkids.org and click on the K-Kids Zone button.



WORD SEARCH

BEING A K-KID

Read these sentences from articles found in this K-Kids Zone. You'll find each of the words in bold in this puzzle. Words or phrases in the puzzle have no hyphens or spaces. Words run forward, backward, and diagonally. Some of the words appear more than once. See how many of each word you can find. (Find the solution by going to www.kkids.com and clicking on the K-Kids Zone button.)

- Our motto is **Building** Leaders.
- One of the K-Kids Core Values is **character** building.
- Write K-Kid Zone about your favorite **project** or fundraiser.
- Share your special **talents** through K-Kids contests.
- Fruits, **veggies**, milk—all these things are great.
- K-Kids is about **helping** others.
- Trick or treating is a great **fundraiser** for UNICEF.
- L.O. Kimberly Elementary Builders raised cash for the Make-A-Wish **Foundation**.
- Randolph Elementary School collected goods for the **homeless**.
- During the week, school must be a top **priority**.

Source: edHelper.com

T O I Y S B U I L D I N G M P
R E S I A R D N U F T N N R R
E P R I O R I T Y O O D R E D
H E L P I N G G N I P L E H H
T S E I G G E V T N D N G O I
C N F O U N D A T I O N D R I
E R P L E H D O D S I G C E P
J T A L E N T S E D S N P T B
O G T R U A D I L S S I R C L
R N R O N L G I E U T P O A E
P I F E I G U L R T N L J R I
G P E U E B E T U F E E E A N
T L B V R M S S A P L H C H Y
E E R O O S T N E L A T T C I
D H T H Y S I S T I T S I C N