

K-Kids ZONE

Winter 2009

Green alert



THE SCOOP

KID POWER

CRACK THE CODE

WHY GRANDPARENTS FORGET

GAMES

Welcome!

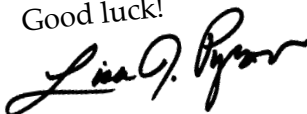
Things all K-Kids should do

Dear K-Kids,

The other day I picked up a book called *101 Things Every Kid Should Do!* The book describes things kids can do to learn about life. It got me thinking about what you can do as K-Kids. See if you can do at least three of these things sometime during the rest of the school year:

- Do something nice for someone without them knowing it.
- Spend time with an elderly person.
- Write a thank-you card to someone who has made a difference in your life.
- Make friends with a new student and introduce him or her to your friends.
- Find someone sitting alone in the lunch room and sit with that person.
- Make a thank-you card for a club advisor to show your appreciation.
- Bring a surprise for someone and leave it on his or her desk.
- Keep a journal and write about how helping others makes you feel.

Good luck!



Lisa Pyron
K-Kids Specialist
lpyron@kiwanis.org

Kiwanis
K-Kids
Young Leaders Helping Others

www.kkids.org

K-Kids 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.

On the Web

Learn more about going green.
Read about what other K-Kids clubs are doing.
Find puzzle solutions.



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

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MAGAZINE STAFF

EDITOR

Lisa Pyron

EXECUTIVE EDITOR

Dick Isenhour

DESIGNER

Maria Malandrakis

CONTRIBUTING WRITER

Shanna Mooney

K-KIDS OFFICE

3636 Woodview Trace

Indianapolis, Indiana, USA 46268-3196

Phone: 800-549-2647 or 317-217-6168

Fax: 317-879-0204

E-mail: kkidzone@kiwanis.org

Web address: www.kkids.org

GO
GREEN

Green alert

It's time to "go green" and if you're really keen, you know what that means: doing things to help the environment. That includes the Earth and everything on it. Your family probably recycles aluminum cans and newspapers already, but there are so many other things you could also be doing. Here are a few:

CLEANUP CAPER



Littering is not cool. Why not get your club to organize a cleanup project? Earth Day is right around the corner (April 22), and there are plenty of parks, beaches, or roadsides that could use your help.

SHOP GREEN



Buy things that use little or no packaging. And instead of using the store's "paper or plastic," put your goods in your own backpack or other bag.



WRITE RIGHT



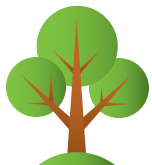
Use pens and pencils you can refill instead of the kind you throw away. Buy recycled paper—and use both sides.

BE A CLOSER

Don't stand there with the refrigerator door open, as your mom might say. And keep your front door and the curtains closed. You're not heating the outdoors, as your dad might say.



PLANT TREES



Planting trees cleans the air, keeps you cool in the shade and makes the whole neighborhood beautiful.

PASS ON PLASTIC



Water is good for you, but drinking water from disposable plastic bottles is not good for the environment. Drink water from the tap or the fridge.

TUNE IN, TURN OFF



Turn off the water while you brush your teeth and flip the light switch when you leave a room. Unplug your phone and MP3 chargers when they're not in use (they continue to use energy even when not charging).

TALK THE WALK

Tell everyone what you're doing to go green and encourage them to join you.





Cape Elementary K-Kids put fancy stone edging around their flower bed.

Too mulch fun

The K-Kids Club of Cape Elementary helped landscape a new building as an Earth Day project, beautifying their Cape Coral, Florida, school.

Working with their school principal, faculty advisor and the Kiwanis Club of Harney Point, which donated \$150 for the project, K-Kids designed and installed stone edging, planted flowers and mulched a flower bed.

How their garden grows. The K-Kids Club of Kings Ridge

Christian School in Alpharetta, Georgia, used to take care of a garden in a city park. When the school opened a new building, though, the club was too far from the park.

The school administration gave the club an area near the playground to turn into the new "K-Kids Garden." Faculty advisor Carmen Prezzano and 28 club members gladly went to work planting flowers and transformed the area of pine straw into a green achievement.

KID POWER

A Wisconsin club welcomes children of all abilities

Matthew's school was collecting supplies for victims of Hurricane Katrina, but he knew he could help more people if he became a member of the Franklin Elementary School K-Kids club. So he decided to join. All he had to do was write a couple paragraphs explaining why he wanted to be a K-Kid.

That sounds pretty simple, and for most kids it would be. But Matthew has dyslexia, a problem that makes it hard for people to learn to read and write. Matthew really wanted to join K-Kids, though, so he grabbed three

dictionaries and began to write. It took him some time, but he wrote not only two paragraphs, but three.

Matthew went on to become leader of the K-Kids club's service committee.

And one of the first things he did was to help collect and send thousands of books to school libraries in states that were

hit by the hurricane.

All schools have students with learning problems—like Matthew—or students with physical disabilities. How do you treat these kids at your school? Do you try to avoid them or make fun of them?





Or do you treat them with kindness and include them as part of your group? At Franklin Elementary School, these kids—all kids—are warmly welcomed into the K-Kids club.

“We never leave anyone out,” says Diane Burkhalter, a teacher and the K-Kids advisor. “We all have things that make us different from others, but our K-Kids accept and value each person.

“Our K-Kids work together. Maybe they can’t do everything, but something strikes their interest and, *ba da bing*, they’re active and involved and doing projects that they love.”

APPRECIATING OTHERS

Here are 10 things you can do to show others you care:

1. Treat everyone kindly.
2. Find ways you’re alike.
3. Include someone who is new.
4. Learn to give and receive help.
5. Appreciate others the way they are.
6. Overlook small differences.
7. Talk and listen when differences cause a problem.
8. Try to understand how others feel.
9. Forgive when you feel hurt.
10. Value each person as part of the group.

Source: *Accept and Value Each Person*, part of the Learning to Get Along series from Free Spirit Publishing Inc.



**Hey Grandpa, why is the
toaster in the closet?**



Facts about forgetfulness

What you need to know about dementia

Does your grandpa or great-grandpa sometimes forget who you are? Does your grandma or great-grandma sometimes forget how to use simple objects—like a knife or fork? Have you ever seen her hold a doll and think that it's a real baby? If so, your grandparents may have dementia.

Dementia is a disease that affects the minds of some older people, usually those 75 years of age or older. People

with dementia forget things and have trouble speaking and understanding others. They also have problems thinking clearly, recognizing people—even family members—and have trouble knowing what is real and what is not real.

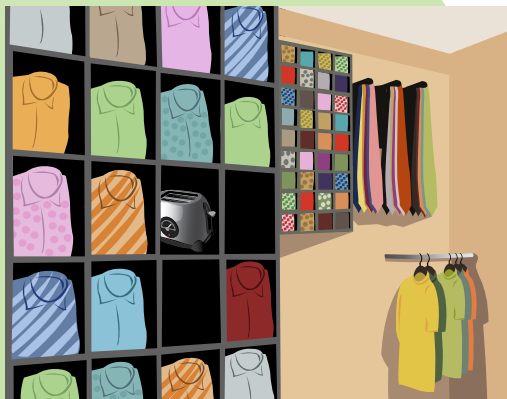
There are many types of dementia. One of the most common types is Alzheimer's disease.

Spending time with older folks at a retirement community or nursing home is a popular service project among K-Kids members. Some of these nursing homes and retirement communities have areas where adults with dementia get special care. Here is an idea for a service project your K-Kids club can do to make life happier for those with dementia.

First, find a nursing home close by that cares for adults with dementia. Then provide that nursing home with things that will keep those with dementia busy. (People with dementia like simple and quiet activities they can do over and over.)

Here are a few suggestions of things you can collect:

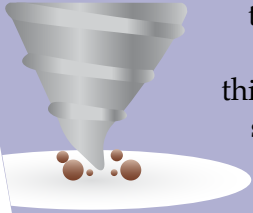
- Dolls, doll blankets, doll clothes, and a doll bed, to create a make-believe baby nursery.
- Cloth napkins for folding, and a wooden box to keep them in.
- Picture books that tell a story.
- Large-print books.
- Large-piece jigsaw puzzles.
- Nature DVDs, or DVDs of old movies or television shows.
- CDs with music from singers popular in the 1940s and 1950s like Bing Crosby, Nat King Cole and Frank Sinatra.
- CDs with calming instrumental music, such as music played by a harp, guitar or piano. (People with dementia enjoy music that calms them or is familiar to them.)



Whirlwind pitch in K-Kids from Randolph Elementary School in Wisconsin didn't let the damage from a tornado spoil their end-of-the-year party.

Tornadoes swept through the Randolph area this past June, damaging homes, flooding roads and streets, and knocking down trees. One area hit hard: Patti and Craig Brengle's farm, the location of the K-Kids party.

Twenty large trees were twisted and torn, and another 30 were damaged. Mr. Brengle was able to cut up most of the felled trees before the party. The K-Kids took care of the rest of the cleanup. Afterward, they played games in the newly cleared areas, had a cookout and then went swimming.



SKIP DESSERT Want to help children around the world?



Take part in the Kiwanis International Foundation's Skip-A-

Meal program. But instead of giving up a meal, skip dessert during the last week of April and donate the money saved to the Kiwanis Children's Fund. Your club can even do this as a group activity. (Ask your parents before you skip a meal.) Send donations to: Kiwanis International Foundation, 3636 Woodview Trace, Indianapolis, IN 46268.





Read all year K-Kids love to read. And Kiwanis International's Read Around the World program gives K-Kids clubs a great reason to share the joy of reading with others. Your club can throw a book-reading party for the students in your school, sponsor a reading marathon, give new books to your school library, stage a library-card drive or even host a book character dress-up day.

Kiwanis



Read Around the World
www.kiwanis.org/read

SHARE YOUR STORY

Write to K-Kids Zone about your favorite service project. Remember to give the name of your club, the title of the project and the date it took place. Tell why this project was important and how many K-Kids members helped. Include your name, address, telephone number and e-mail address. And don't forget to take pictures.

Send your story and pictures by e-mail to kkidzone@kiwanis.org or mail it to K-Kids Zone magazine, 3636 Woodview Trace, Indianapolis, IN 46268, USA.



Healthy kids, happy kids

Want to help your child become a healthy, caring and responsible person? Of course you do. You can by helping them cultivate what are called “developmental assets.” Here are a few things you can do:

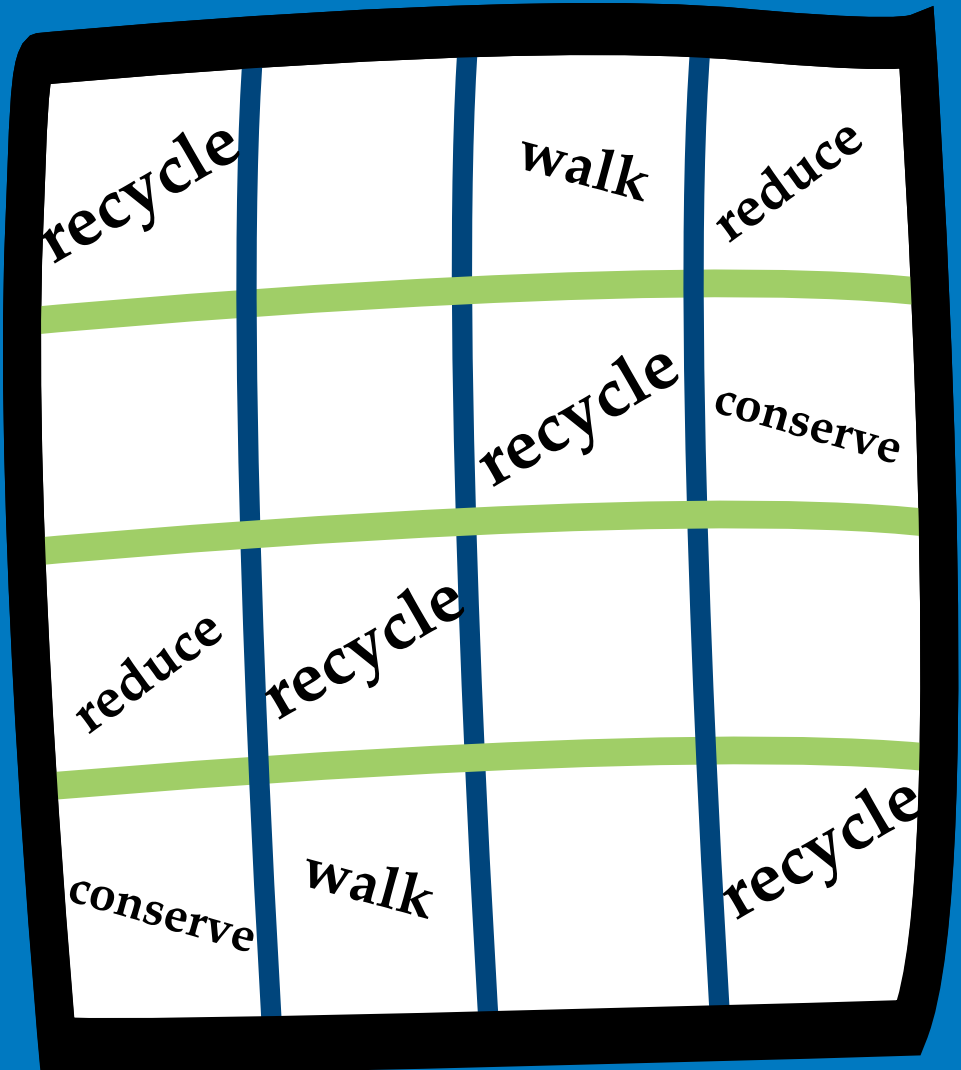
- Reward **positive behavior**.
- Seek their **opinions**.
- Teach **values**.
- Help them think through **results of their actions**.
- Encourage them to **take school seriously**.
- Pass down family **traditions**.
- Be a **role model**.
- Involve them in **arts and crafts**.



The Search Institute has compiled a list of 40 developmental assets, as well as resources to help you help your child attain them. Check out its Web site at www.search-institute.org.

Green grid

Fill in this grid with the words below so that in each row, and column, 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.



CRACK THE CODE

See if you can decode the following sentences using the top secret code at the bottom of the page. Once you've solved each sentence, see if you can find it in this issue. (If you have trouble figuring these out, click on the "K-Kids Zone" button at www.kkids.org.)

16 - 12 - 1 - 14 - 20 - 9 - 14 - 7 20 - 18 - 5 - 5 - 19

8 - 5 - 12 - 16 - 19 3 - 12 - 5 - 1 - 14 20 - 8 - 5 1 - 9 - 18.

15 - 21 - 18 11 - 11 - 9 - 4 - 19 23 - 15 - 18 - 11

20 - 15 - 7 - 5 - 20 - 8 - 5 - 18.

11 - 11 - 9 - 4 - 19 12 - 15 - 22 - 5 20 - 15 18 - 5 - 1 - 4.

19 - 16 - 5 - 14 - 4 20 - 9 - 13 - 5 23 - 9 - 20 - 8 1 - 14

5 - 12 - 4 - 5 - 18 - 12 - 25 16 - 5 - 18 - 19 - 15 - 14.

A 1	B 2	C 3	D 4	E 5	F 6	G 7
H 8	I 9	J 10	K 11	L 12	M 13	N 14
O 15	P 16	Q 17	R 18	S 19	T 20	U 21
V 22	W 23	X 24	Y 25	Z 26		

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Have some fun! Why not create your own code using numbers, symbols, dots or dashes in place of letters? Then you can send secret messages to your friends.