TRASH TALK?
NO WAY!
Welcome!

How will you spend your summer vacation?

Dear K-Kids,

In just a few weeks, you’ll begin your summer vacations. If you worked really hard in school and in serving your community this past year, you might be ready for something different in the next few months. Here are some suggestions:

Scrapbook. Write about your family adventures.
Get theatrical. Make your own puppet theater.
Do good work. Paint the picket fence, baby-sit, build a bird feeder, or volunteer at a soup kitchen.
Go places. Be the family’s junior travel agent. Help plan the family vacation.
Solve mysteries. Turn a museum into a treasure hunt. Stop at the gift shop first and pick up a book or postcards of items on display in the museum and then try to find them.

I hope you return to school next fall feeling excited about serving as a K-Kid again or, if you’re moving on to middle school or junior high, Builders Club.

Have a great summer!

Lisa Pyron
Lisa Pyron
K-Kid Specialist

Ideas for summer activities were inspired by the School Home Alliance for Reading Excellence (SHARE).

Pledge

“As a K-Kid, I promise to serve my neighborhood and my school. I will show respect toward my environment, and I will try to make the world a better place in which to live.”

Motto

Building Leaders
Coming this fall

The Fall ’08 edition of the K-Kids Zone will include some useful information to make the upcoming school year a success. You’ll find tips for club officers, important information about K-Kids contests, and the usual fun and games.

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The K-Kids club in Guéret, France, wanted to learn more about their country and help less-fortunate children in other countries. It was able to do both with its first fundraiser: selling candy from different parts of the country.

There are many specialties of candies in France, says Jean-Christophe Couchot, president of the Kiwanis Club of Guéret, sponsor of the K-Kids club. The kids requested donations of sweets from candy manufacturers and Kiwanis
clubs throughout the country. In all, they collected more than 170 kilograms of candy, which they sold during an event they called *Le Salon des Bonbons Régionaux*—The Parlor of Regional Candies.

The candy included: chocolates from Paris; mint-flavored candy from Cambria; caramels and toffee from Brittany and the Normandy region; chocolate-covered fruit and nut balls from the city of Ile; boulets—toasted hazelnut wrapped in dark chocolate—from Montauban; nougats from Montélimar; multi-candies from Carpentras; and assorted candies from Nancy, Orléans, and Nemours.

The children prepared posters for each specialty and set up four booths where they sold the candy. There was a booth for candy from the southwest region of France, as well as booths for the north and northwest regions, central and northeast regions, and south and southeast regions.

More than 650 people attended the sale and every last bon bon and caramel was sold. The K-Kids raised more than 3,300 euros. Part of the money was used to pay a half-year’s salary for a pediatrician to care for children with disabilities in Mali, Africa, more than 3,200 meters away. The rest was donated to *Resto du Coeur*, a French agency that helps people in need.

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**MIND STUMPERS**

- How many pounds are there in 170 kilograms? **375**
- How many miles are there in 3,200 meters? **2,500**
- How many US dollars are there in 3,300 euros? **$5,170**
Chug it! The K-Kids of Milam Elementary School in Tupelo, Mississippi, gave bottled water to the more than 3,700 people who took part in their city’s Race for the Cure. More than 21 members of the club showed up very early in the morning to help out.

All together. Members of the K-Kids club of Riverside Elementary School near Cleveland, Ohio, show off the K-Kids pledge. The club is one of the newest K-Kids clubs and is the first K-Kids club in the entire Cleveland school district.

Can-do. K-Kids from St. Joseph’s Elementary School in Macon, Georgia, with some of the canned goods they collected for the Macon Outreach Program. The program provides food for those in need. The club donated more than 750 cans.

Is your club up to something good? E-mail your information and action shots to disenhour@kiwanis.org. We can use color prints or 35 mm. If your photos are black and white, we prefer 5” x 7” and 8” x 10” glossy prints. We also accept high-resolution digital images.
Shelby Fallin, 9-year-old president of the Griffin Elementary School K-Kids club in Lakeland, Florida, is one of the youngest reporters to cover the United States presidential election.

A reporter and anchorwoman for her school’s daily news program, Shelby was selected as one of 80 young reporters across the country to cover the election for Scholastic News. She covers political happenings in and around Orlando and Tampa for the children’s publication.

Her duties include interviewing presidential candidates when they visit central Florida. She has interviewed Republican candidates Rudy Giuliani, Mike Huckabee, Mitt Romney, and John McCain (above). And she was to interview Democratic candidates Barack Obama and Hillary Clinton if they came to Florida to campaign.

A fourth-grader, Shelby still finds time to lead her club and attend weekly meetings of the Kiwanis Club of North Lakeland, her K-Kids sponsor, to report on her club’s projects.

To learn more about Shelby and read her articles, go to http://content.scholastic.com/browse/contributor.jsp?id=3747181.

Do you know any K-Kids who are newsmakers? Shoot us an e-mail at kkidzone@kiwanis.org.
Nicaraguan kids benefit from fun and games in Wyoming

It was cold in Laramie, Wyoming, this past winter. But that didn’t stop the K-Kids at St. Laurence O’Toole School from having a warm spot in their hearts for children in Nicaragua.

The club raised money for Casa Ave Maria, a school in Masaya, Nicaragua, by conducting a school-wide “penny race.” Classes collecting the most pennies received prizes. Students also could guess how many pennies were in a jar at 25 cents per guess, or five guesses for a dollar.

In addition to the fundraiser, the club collected school supplies from their families, friends, and community.

In December, K-Kid Christopher Leonard and his parents, members of the Laramie Kiwanis club, visited the school in Nicaragua. They presented the school’s director with a check for $1,050 for medicine, food, and clothing. And they handed out more than 300 pounds of school supplies.
Untangle the Web. If you monitor the Web sites your child visits, here’s a good one for both of you: www.kkids.org. The K-Kids Web site is chock full of resources to help make your child’s K-Kids experience lots of fun and worthwhile, including links to other Kiwanis-family organizations, electronic versions of the K-Kids Zone, and the latest K-Kids news.

The perfect gift. Looking for the perfect item to reward the K-Kid in your family? Shop online at the Kiwanis Family Store. Scroll to the bottom of the K-Kids home page and click on “Kiwanis Family Store” to see the catalog. There are no lines and no waiting.

In the winner’s circle. Headlines announcing the results of this year’s K-Kids contests will be posted later this month at www.kkids.org. Hundreds of K-Kid speechmakers, essayists, artists, and leaders submitted entries this year. If your child wasn’t among them, encourage him or her to do so next school year. You can read all about it by going to www.kkids.org and clicking on “Contests.”
No
dissing!
couple of years ago, Amanda Melo learned what happens when you say something mean to someone else. It was a lesson she remembers even today. When the fifth-grade student...
at Quashnet Elementary School in Cape Cod, Massachusetts, was in second grade, her teacher wanted to show her class what happens when a child is teased. Her teacher drew a stick figure on a piece of paper and passed it around. Each child had to say something mean about the drawing and then crumple it up.

The next time her teacher passed the piece of paper around, the students were told to name something nice about the figure and then smooth the paper out.

“After everyone said something nice,” Amanda told The Cape Cod Times, “the paper was still all crumpled up.”

Have you ever had someone say something mean to you? Did it make you feel “crumpled up”? Did you ever get over it? If so, it probably took a long time.

Sometimes kids want to hurt others when they say mean things. Sometimes they are just teasing. It doesn’t matter—the results are the same: hurt feelings and feeling like you don’t fit in.

That’s why the K-Kids club at Amanda’s school organized a “No Dissing Day” to remind students of how hurtful name-calling can be. The club thought of the day as a way

Inclusiveness is important to everybody—especially K-Kids.
to prevent kids from getting their feelings hurt and to help them feel like they fit in. Doing things to help others fit in is all part of “inclusiveness,” one of the core values of K-Kids. Inclusiveness is important to everybody—especially K-Kids.

What’s it like at your school? What does your K-Kids club do to make others feel like they belong? What do you do to help others feel like they fit in? Did you know that if you say something negative about people—even if you’re just kidding around—you can still hurt their feelings?

Your K-Kids club—like Amanda’s—needs to make others feel cared for and accepted. We all should make people know they are valued and fit in.

The companionship you enjoy in K-Kids is one of the benefits of being a member. But how well do you and your club welcome others? Take some time at your next meeting to discuss these questions:

- Do you feel like you belong to your club?
- What can the club do to make sure everyone feels included?
- What have you done to make others feel valued and appreciated?
- What are the signs of exclusion in your club?
- What does an inclusive club look like?

Source: Key Club International Values Workbook
People sometimes judge people without really knowing them. They use things like culture, race, or age to decide what they think about a person. This is called using “stereotypes,” and it’s not really the right way to judge people. To see if you have stereotypes, finish these phrases:

Girls always ...
Smart kids always ...
Black people always ...
Boys always ...
Asian people always ...
Old people always ...
Hispanic people always ...
Little kids always ...
Poor people always ...
White people always ...
People with disabilities always ...
Rich people always ...
People with tattoos always ...
Teenagers always ...

When you’re done, challenge your own stereotypes. Get to know some people you usually stereotype, and maybe make friends with them. Your stereotypes will start fading away.

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The friend factor

If you want to learn more about making friends, getting along, and feeling good about yourself, check out these books from Free Spirit Publishing:

*Making Choices and Making Friends,*
  by Pamela Espeland and Elizabeth Verdick

*Speak Up and Get Along,*
  by Scott Cooper

*Stick Up for Yourself!*
  By Gershen Kaufman, Ph.D., Lev Raphael, Ph.D., and Pamela Espeland

*Cliques, Phonies, & Other Baloney,*
  written and illustrated by Trevor Romain

Free Spirit Publishing is offering all Kiwanis-family members a 30 percent discount on these books—and all the books and resources in its online catalog—through July 31, 2008. Order online at [www.freespirit.com](http://www.freespirit.com), or call 800-735-7323. Be sure to use coupon code K30.
Shape up

Good health means fit bodies and minds, which is at the heart of the K-Kids service initiative. As you plan projects for next school year, stage projects and fundraisers that promote healthy bodies and minds. Here are three quick ideas:

**Start talking.** Schedule programs to teach your school about good health.

**Share with others.** Donate money—or your time—to groups that encourage good health, like the March of Dimes or the Red Cross.

**Team up.** Be a partner in health-related projects with the Kiwanis club that sponsors your K-Kids club, or with a Builders Club or Key Club.
Good for you!

K-Kids are encouraged to build good habits in three important areas:

**Nutrition.** A solid, healthy diet makes a solid, healthy K-Kid. Fruits and vegetables, whole grains, calcium, and lean meats should be a part of your diet.

**Wellness.** A proper diet makes sense, but so does a good night’s sleep. Develop good habits, like washing your hands, drinking plenty of water, and taking vitamins.

**Play.** Experts say kids should get no more than one to two hours of TV or video games a day. How many do you get? If you spend too much time in front of the screen, take a break. Go out and play!

Eating fruit each day will make you feel good.

There are many cool health-related sites on the Web just for kids like you. Here are a few to check out (with a parent’s OK, of course):

**KidsHealth**
http://kidshealth.org
games, fun facts, experiments.

**Kids’ Home Page**
www.fda.gov/oc/opacom/kids
memory tests, polls and surveys, and links to other kid-related sites.

**Building Blocks**
www.bblocks.samhsa.gov
quizzes and some fun things you can do with parents.

**MyPyramid for Kids**
http://teamnutrition.usda.gov/kids-pyramid.html
posters, coloring pages, tips for families.
Kiwanis
K-Kids
Young Leaders Helping Others

Develop leadership skills...
Care for school and community...
Build character...
Serve together...

Make a difference!

kiwaniskids.org

INVITE A FRIEND TO JOIN K-KIDS TODAY!
We hope you found this Sudoku challenging—yet fun. (We also hope you understand the words we used and have added them to your vocabulary.) Here is the solution. How did you do?
Unscrambling inclusiveness

Here is the solution to this month’s Word Search. If you found all the words, congratulations. If it was just too difficult for you, get a grip. Either way, you can test your will and determination on another Word Search in the Fall K-Kids Zone.

www.kkids.org