

September Service Projects Guide



King Kekaulike | D22M
"We played games like parachute, knock over, frisbee toss, spoon relay, and rubber band shooting. While telling the kids how to play our games, we were able to participate as well. Even the senior citizens wanted to get active."

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Welcome to the September Service Projects Guide!

This guide contains service project ideas that clubs can utilize. We hope clubs will be able to gain some insight on organizations/initiatives and shape that information into a creative service project.



Spotlight on Service Program

The Spotlight on Service Program challenges clubs to participate in the monthly focuses to fulfill our Major Emphasis- Children, Their Future, Our Focus. Create a service project that incorporates the focus for this month. Submit project ideas/reflections to this form to receive recognition. Your project ideas may show up in the upcoming District Newsletter!



SEPTEMBER FOCUS

The September Focus is...

NICKELODEON

Nickelodeon is one of Key Club International's Vision Partners.

While Nickelodeon attracts youth with their television shows, they also encourage youth to get active, stop bullying, and make healthier food and lifestyle choices.

This month, our focus is to create awareness on Nickelodeon's initiatives and promote Nickelodeon's Worldwide Day on September 20th. Read about some projects ideas that promote our September Focus.

1. Worldwide Day of Play

Nickelodeon's Worldwide Day of Play is **September 20th**!

On this day, children are encouraged to turn off the television and play, especially outdoors. Create a service projects to get elementary and middle students physically active.

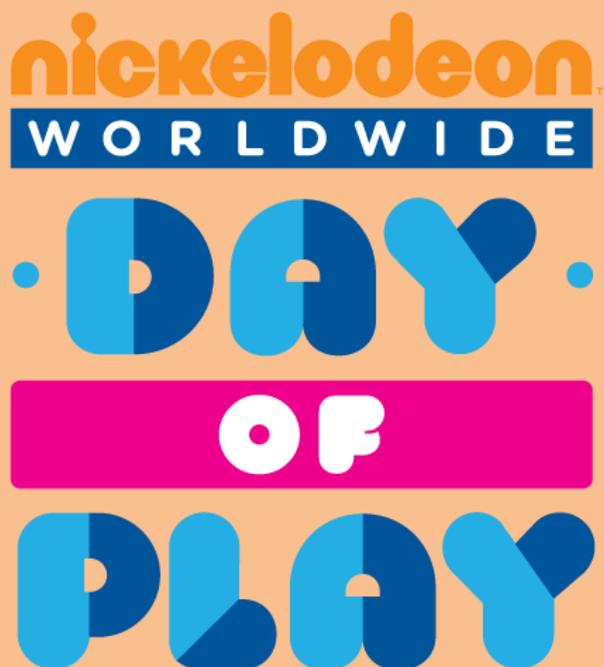
Visit the website
[Worldwide Day of Play](#)

Ways to get involved

- team tournaments
- play a different sport/activity game each day: basketball, soccer, jump-a-thon, zumba, biking, running, dance-a-thon
- special Olympics
- obstacle course
- wilderness scavenger hunt

Promote Worldwide Day of Play

- Have a contest leading up to the day of play in which children take a picture of themselves outside active and #wwdop on social media. One winner will be randomly selected to receive a prize, such as a basketball or jump rope.
- Contact elementary and middle schools ahead of time to do a project at their schools



Visit the website

[Let's Move](#)

2. Let's Move Initiative



The childhood obesity rate has tripled over the past three decades, and almost one in every three children in America is overweight or obese. The Lets Move Initiative was started by First Lady Michelle Obama and is dedicated to solving the problem of obesity within a generation, so that young children born today will grow up healthier. By combining comprehensive strategies with common sense, children are encouraged on the path to a healthy future during their earliest months and years.

3. Anti-Bullying

Many people experience some sort of bullying at least once. How have you dealt with it? How can you take your experience to help the people especially younger children going through it now?

Ways to Get Involved

1. **Read about Inclusiveness**

Go to your local library and read aloud to children some books about inclusiveness. Help to coordinate a fun event for elementary friends to learn an important lesson and get to know other students!

Check out books about inclusiveness

[Reading List](#)

2. **CNH District: Technology Safekey**

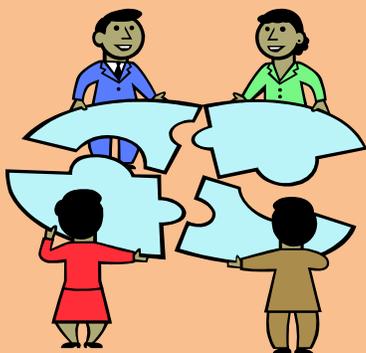
Our CNH Key Club's Technology Safekey is a program to educate the youth about online safety and provide information on the hazards of unsafe browsing. Create a presentation/seminar for this program at your local middle school with power points, interactive skits, and reflection questions.

Access the Technology Safekey Guide and Presentations here

[Cyberkey Marketing Resources](#)

3. **Create a day of Kindness**

Create a day where you go around passing candy to random students, or just doing simple favors for others? Do anything to let anyone who's being bullied or feels alone know that they are loved.



4. Health Awareness Week



Why is Health Awareness Week important? As of right now, there is an average of around 28% obesity rate in America. Instead of children being taught how to use technology, they need to learn about how to be healthy and play outdoors. A little fresh air, exercise, and vegetables never hurt anyone. How can you help stop obesity and spread awareness in your community?

Talk to your school's Principal or Activities Director about organizing a Health Awareness week in September. This week could be dedicated to serving healthier lunch and/or snack options, educating the students about health, exercise, and nutrition, or school-wide exercising. It could be as complex or as simple as you want to make it. Whether it is having vegetable and exercising posters plastered around the school or coordinating activities and educational assemblies, it will all benefit the students attending that school.

You may also want to think about not only having a Health Awareness Week at your school, but maybe even the nearby K-Kids and Builder's club!

5. National Park Foundation: Parks for Play

National Parks have been said to be "America's best classroom." National parks teach children about nature, animals, and that exercising can be fun. National parks provide an outlet for children's energy, feed their curiosity, and have even been said to help increase performance in school.

National parks are cool, but what can you do? As an officer, you can talk to you advisor and Activities Director to see if you may plan a field trip to visit a National Park. Some may be far away, so you may have to plan a two to three day trip, which may take some time to plan. This trip provides the students to play, learn outdoors, and exercise.

You also want to think about talking to your nearby K-kids and Builder's Club's advisor as well. This might be something they are interested in.

Visit the website

[National Park Foundation](http://www.nationalparkfoundation.org)

