

KAY KLIPS



The Northern Valley KAY club promoted Mental Health at our last chapter meeting. We wrote down a place where we feel safe and happy, rolled the paper up and put it in a balloon. After keeping our "happy places" up in the air, we popped each balloon and read our "happy places" to each other.



During the September KAY club meeting, Nemaha Central students gathered together for their fall service project to make dog toys. These dog toys will be donated to a dog shelter in New Orleans where they are keeping dogs who have fallen victim to the recent hurricane in Texas.

Prior to making the dog toys, the shelter was contacted to see how many dog toys they would need. Animal Rescue New Orleans replied that they would take a million. While the NCHS KAY club did not make a million dog toys, they did make 180. As students braided fleece strips to make the toys, they all seemed to enjoy themselves and thought it was a good project for a good cause.



Marmaton Valley High School KAY Club had a couple of service projects. (Above) Trick or Treat So They Can Eat - collected over 900 items & \$140 for Hope Unlimited (Women & Children's shelter) and (below) PTO Veteran's project - helping K-3 grades for PTO with writing letters and coloring pages for veterans.



Name: _____			
Throw a frisbee with a friend 60 times	Challenge a friend to a wall sit for 60 seconds	Do 60 sit ups	Free Choice - must be an exercise with 60 seconds
Do as many wall push-	Free Choice - must be	Throw a ball with a	Walk up/down 60 stairs
			Do a plank for 60 seconds



Above are some pictures that come through via social media from clubs that participated in the 60 challenge through Be the Spark. Holton MS, Junction City Middle School, and Lenexa St James.



Gordon Parks Academy KAY Club accepting a check from the Wichita Community Foundation. The KAY Club wrote a grant to purchase plants for every room in the school after researching plants help generate oxygen, helping students think more clearly which in turn should mean improved grades and test scores.

