

SCHOOL SERVICE LEARNING PROGRAMS

Kids Giving Back offers hands on, age appropriate, meaningful volunteering opportunities for students to truly understand the value of giving and generosity.

Cook4Good

Half-day program, suitable for Year 6 and up

Students cook meals at a community kitchen or alternative location followed by making deliveries to homeless shelters and community cafes for the homeless. Program includes an interactive activity about homelessness. For High School students, there are 3 different focuses, each with links to the PDHPE syllabus:

Focus 1: Don't Judge a Book By Its Cover - breaking down barriers, finding empathy

Focus 2: Homelessness is Not a Choice - considering factors that cause homelessness

Focus 3: Valuing Difference and Diversity - the interdependence between a sense of self and the health and wellbeing of self and others.

Cost: \$40/head +GST

Minimum participants: 20 *Please note – our rates do not include transportation*

* We can also create a weekend *Cook4Good* for your school, community group or corporate

Cook4Good + Urban Walk

Full day program, suitable for Year 8 and up. Discussion component is modified according to age/year group, in consultation with the teacher.

Cook4Good as per above - followed by students delivering several hundred meals to Rough Edges, Darlinghurst, a community cafe for the homeless community. Students then proceed on an *Urban Walk* (1.5hrs) led by a formerly homeless Rough Edges patron, exploring the streets of Kings Cross from an insider's perspective while sharing personal, at times confronting, stories. The *Urban Walk* is interactive and engaging with age appropriate discussion taking place throughout, giving students an authentic insight into issues surrounding homelessness. Topics may include: •*Drug and alcohol addiction* •*Mental illness* •*Bullying* •*Prostitution* •*HIV/AIDS* •*Sleeping rough*

Cost: *Cook4Good* \$40/head +GST & *Urban Walk* \$450 (maximum per group of 20)

Larger numbers will be split into 2 groups. Rough Edges is pleased to offer a special rate for same day additional bookings - \$380 per program.

Please note – our rates do not include transportation

Cook4Good + The Homelessness Game Workshop

Full day program, suitable for Year 8 and up

For schools with larger numbers or those looking for an alternative activity to pair with *Cook4Good*, we offer "*It Can't Happen to Me – the Homelessness Game*", an interactive one-hour workshop designed and facilitated by Rough Edges that enables participants to gain a deeper understanding of the causes of homelessness.

Cost: *Cook4Good* \$40/head +GST & *The Homelessness Game* - \$350 one-hour duration

Open to larger and smaller groups *Please note – our rates do not include transportation*

Cook4Good: Melting Pot

¾ day program, suitable for Year 5 and up (Discussion component adjusted to suit age group)

Students cook delicious recipes from the cultures of various nationalities seeking asylum and refugee status. The morning also features a discussion about refugees and asylum seekers, challenges faced, and their integration into their new home country. Participants enjoy the lunch they have made together and donate the majority of meals cooked to communities in need.

Cost: \$50/head +GST **Minimum participants:** 20 *Lunch Included*

Please note – our rates do not include transportation

Scones4Good

A half-day program - great for all ages from primary through high school *Scones4Good* is an intergenerational program that breaks the isolation experienced by many older people. The program's educational component introduces students to ways of interacting with the elderly, including those suffering dementia. A follow up discussion with a team member at the aged care home rounds off an engaging, rewarding morning.

Students bake scones at a community kitchen or alternative location, followed by a tea party at an aged care home. An hour is then spent serving scones and chatting with the elderly to truly make a difference to their day and often their entire week. Music brings intense joy to the elderly and we encourage students to sing and/or play a song or two.

Scones4Good is a highly interactive experience that brings huge warm smiles to participants of all ages.

Cost: \$30/head +GST

Minimum participants: 20 *Please note - our rates do not include transportation*

* We can also create a weekend *Scones4Good* for your school, community group or corporate

Food Clothing Shelter – Program 1: Half day

A half-day program that takes place at our Charity Partner *Thread Together* - committed to providing new clothing for those who need it most. Students sort clothing, and prepare and package meals. Activities are integrated with an educational discussion about the recipients – victims of domestic violence, the homeless, refugees and asylum seekers. Students learn about the work of *Thread Together*. Depending on your school's transportation and timing arrangements, students deliver clothing and food to shelters/communities on the return journey to school.

Cost: \$40/head +GST **Minimum participants:** 20

Location: Banksmeadow (near Botany) *Please note – our rates do not include transportation*

Food Clothing Shelter – Program 2: Incursion A 5 x 90-minute session for Year 6 + High School students

This 5-week program can take place during school hours or after school, and provides students with a practical understanding of the basic needs that a growing number of people in our society (including children and teens) are unable to take for granted. While these needs are considered basic, they are in fact out of reach for so many.

Food Clothing Shelter – Program 2: (cont.)

Students will work to provide the basic elements for members of communities in need: this includes sorting clothing, preparing and packaging meals, creating care packages.

The program takes place at school, as well as at 2 off-site charity locations.

Each session includes a guest speaker representing the week's charity partner.

GROW

An 8-session Service Learning program for Youth at Risk, teaching self-empowerment and enduring life skills ***The intersection of Cook4Good + developing a growth mindset***

GROW engages at-risk youth in the development of personal attributes transferable to employment, life-long learning and resilience, while responding to the urgent needs of the homeless community via the making and delivery of meals. Interactive GROW workshops led by positive psychology educator Dan Haesler, enable students to explore their G-Goals; R-Reality; O-Obstacles /Options/Opportunities; W-Way Forward. *Rates on enquiry*

Schools4Good

DAY ONE **Focus: Homelessness (sample program)**

- Cook4Good including educational component - discussion
- Carepacs – items brought along by students (or previously delivered) following whole school drive
- Travel to Rough Edges, Darlinghurst to deliver meals + Urban Walk

DAY TWO **Focus: Refugees (sample program)**

- Educational component including refugee discussion
 - Thread Together, a charity providing clothing for those who need it most
 - Travel to La Perouse (45 minutes on public transport)
- Bush/sand dune regeneration; bush tucker walk + talk led by indigenous range.

DAY THREE **Focus: Intergenerational (sample program)**

Scones4Good

- Educational component re working with the elderly
- Tea party – cook and serve scones and tea, chat and general interaction with the elderly
- Debriefing with recreational officer at each age care facility
- Group lunch and discussion/wrapping up the program
- Reflections

Contact us now to book your Service Learning excursions and incursions

info@kidsgivingback.org

TESTIMONIALS

My class and I thoroughly enjoyed the *Kids Giving Back* initiative. It is hands on, practical and lies at the heart of social justice. The boys thoroughly enjoyed their work and seeing it better society. It enabled a sense of satisfaction and charity that allowed for classroom understanding to 'come alive'. More than this, the program pushed them to act on conscience and become good men. I recommend this program highly.

Mark Story Religious Education Teacher, St Ignatius' College, Riverview

Our Hunter Valley Grammar Year 9 students participated in the *Kids Giving Back* program when in Sydney on our Urban Challenge Program earlier this year. This was the first time we have been involved in the Cook4Good program, and it added tremendous value to our Sydney Urban Challenge. Indeed, the most common response from our students was that it was one of the best parts of the four-day program. We will certainly make sure that Kids Giving Back is part of our program every year.

Paul Teys, Principal, Hunter Valley Grammar School

The thing I like most about Ruth and Carole from "Kids Giving Back" is their passion and humility. Here are two women that saw a need, had an idea and were prepared to take risks, to listen and to learn as they went along, letting their vision create itself. And it has truly become a powerful and necessary part of getting young people to be involved in community service.

They have worked hard to get access to age-appropriate activities, which has saved me a lot of time and energy. They are wise in their consulting with schools and other organisations and look carefully for the best fit. They are also very aware of the need for an educational basis, the importance of reflection and specific learning outcomes. I cannot express enough how valuable and significant their service is to our future generations and the sense of purpose they will take with them.

Garry Lee-Lindsay, SCEGGS School Chaplain

As a provider of programs for middle to senior school-aged students, we are often asked to include a service-learning component into our Urban Challenges. We have found that the programs run by *Kids Giving Back* not only provide an outstanding service to those in need, but also inspire students to become more involved and engaged in their own community through a volunteer experience they may not otherwise know. Urban Challenge students are provided the opportunity to actively participate and literally give back to the community. *Kids Giving Back* programs are now a sought-after activity by many of our schools, and the community engagement they inspire and better understanding of volunteer work has long-lasting benefits to the students. The staff at *Kids Giving Back* are very helpful when booking our Urban Challenge sessions, and always willing to assist and adapt when necessary – an absolute pleasure to work with. We look forward to many more programs with *Kids Giving Back*.

Paul Colagiuri, The Urban Challenge

Kids Giving Back is a wonderful organisation that taps into the most important natural resource our country has to offer. Our kids! Not only does *Kids Giving Back* empower young people to engage in altruistic endeavours, but they also provide opportunities to mix with people from all walks of life, meaning that students are developing their capacity to be socially aware and empathetic members of our society. *Kids Giving Back* programs not only complement the Australian National Curriculum, but also tap into the field of positive psychology and subjective wellbeing by recognising that the act of doing good for others is actually one of the best things we can do for ourselves. I'm proud to be associated with *Kids Giving Back* through our work together on the GROW program for students from Youth off the Streets.

Dan Haesler, Director Cut Through Coaching and Consulting

ABOUT US

Kids Giving Back is Australia's leading not for profit organisation for student volunteering, offering school-aged students a diverse range of community experiences.

Kids Giving Back makes it **easy for schools to engage** successfully with a wide range of charities through our end-to-end programs **embracing civic engagement** for young people. This includes on and off-site activities for ages 6 - 18.

Kids Giving Back forges real connections between kids and community, creating the '**next generation of generosity**'. Through volunteering, young people:

- Develop **empathy and resilience**, and
- Are guided toward leading a **purposeful life**

Research shows that:

Both youth and communities benefit when students engage in service learning in and out of school. (Zaff and Lerner 2010)

Through **our diverse proprietary programs**, **Kids Giving Back** assists over 50 charities. We aim to build a better more accepting society based on empathy and understanding, one child at a time. Among our wide-ranging programs we:

- Provide nutritious meals for homeless communities
- Foster integration of refugees
- Support intergenerational engagement with the elderly
- Offer meaningful engagement with children with disabilities

Since our founding in 2012, **Kids Giving Back** has provided the skills, experience and space to make magic happen, creating volunteering opportunities for over **15,000** students and family members and making and delivering over **50,000** meals to the homeless and individuals in need.

Kids Giving Back is a movement

- **Making it easy for kids to do good**
- **Creating the Next Generation of Generosity**
- **Inspiring Community Engagement for young people**

FOR MORE INFORMATION ABOUT KIDS GIVING BACK

1. **Like us on Facebook** - this is our Hub where we post all opportunities <https://www.facebook.com/KidsGivingBack>.
2. **Add your name to our mail list:** sign up on our website www.kidsgivingback.org

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