

**CONTINENTAL SOCIETIES, INC.
H.E.E.R. PLUS ARTS and HUMANITIES
Program Report Form
2016-2017**



Chapter: **Greater Miami Chapter**

Number of Children Served: **150**

Dollars Spent: **\$400.11**

Pre K-6th Grade : **Kindergarten, 1st & 2nd Grade**

7th -12th Grade: _____

College: _____ Babies/Toddlers: _____

In Kind Service Amount: \$ **158.14**

Number of Volunteer Hours: **144**

Number of Grants: **N/A**

Amount of Grants: **\$0**

Number of Chapter Members Participating: **18** Corporate Partners: **N/A**

Number of Parents and Guardians Involved: **3** Continental Guys: **2**

Number of Other Organizations Involved: **N/A**

DETAILED ACTIVITY

Component (s): RECREATION

National Initiatives: _____

CONTINENTAL SOCIETIES, INC.
Greater Miami Chapter
RECREATION
2016-2017

Fitness for the Fun of it!



Greater Miami Chapter-Recreation Component -2016-2017

The Greater Miami Chapter of Continental Societies, Inc. hosted a Children's Physical Activity Fun Day at the R.R. Moton Elementary School in Perrine, Florida. The event took place on Thursday, April 6, 2017 from 9:00 am to 12:00 pm. The children from nine (9) Kindergarten, 1st and 2nd Grade Classes participated in this activity. **Fitness for the Fun of It!**

OUR PURPOSE:

Our purpose was to help organize a physical activity time for the Kindergarten (2) and First Grade (4) Classes by providing them with Activity Play Kits.

OUR GOAL:

To provide each class with a Physical Activity Play Kit that would equip them with the necessary items to engage in active play.

OBJECTIVES:

We would provide Activity Kits to the Kindergarten and First Grade Classes who do not have an allotted Physical Education time. The Kits would consist of active play items like Hula Hoops, Jump Ropes, Balls, Sidewalk Chalk, Ring Toss & Horse Shoes, Pack of Bases for Kickball and Cones. The Teachers would now be able to a lot a time during the day so that the children can engage in active play of Hula Hooping, Hopscotch, Jump Roping, Kickball, Four Square, Ring Ross and Horse Shoes.



Figure 1 Activity Play Kit

PLANNING/PREPARATION:

The Committee Chair, Gail Meeks met with Coach Anthony Palmore, PE Coach at R.R. Moton Elementary School to discuss the organize play now being provided at the school. We were informed that the Kindergarten and First Grade Classes did not have an allotted time for active play and it is at the discretion of teacher.

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We decided that our target group would be the Kindergarten and First Grade Classes and that we would provide each class with their own equipment.

The Principal of the school was contacted for a day and time we could meet with the classes and engage the children in some active play. The activities selected were Kickball/Dodgeball, Hopscotch, Hula Hoops, Four Square, Jump Rope and Ring Toss/Horseshoes. We created a flyer that was distributed at R.R. Moton Elementary School to the participating Classrooms. The Recreation Committee designed an activity where the students could come have fun while engaging in active play. The Activities included Hula Hoops, Jump Rope, 4 Square, Hopscotch, Kickball and Ring Toss/Horseshoes.

- Flyer was created and provided to each classroom participating in the activity.

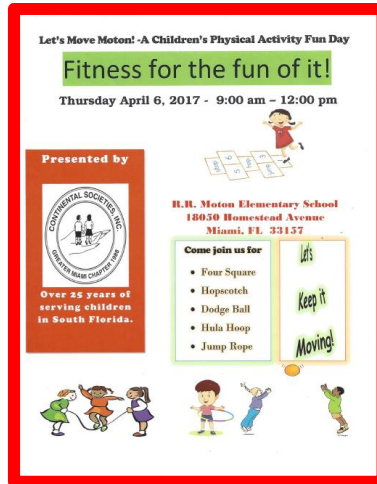


Figure 2 Flyer

- We purchased the items and 30 Gallon Bins to house the items and a Label was created to identify each class room. We titled the Kits "Fitness for the Fun of it! Activity Play Kits" and labels were affixed.



Figure 3 Activity Items



Figure 4 Play Kit Labels

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- Keeping in line with healthy eating, we prepared Snack Packs consisting of an 8 oz. Bottled Water, Granola Bars, Fruit Snack and an Orange or Apple. The snacks would be packed in brown bags and labeled to be distributed to each student at the end of the event.

Figure 5 Snack Pack Assembly Table



- The Recreation Committee members got together the night before to pack the Snack Packs.



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- The Activity Play Kits to be assembled on site.



Figure 6 Continentals with Items for Kits

- A Certificate of Participation was created to be presented to the Classroom Teachers and a “Participant” Ribbon would be given out to each student.



Figure 7 Certificate and Ribbons

IMPLEMENTATION:

The **Recreation Committee** partnered with R.R. Moton Elementary School. The Assistant Principal communicated with us via email with details of date, time and class sizes. Our target group was the Kindergarten and 1st Grade classes because they do not have a time allotted to them for P.E. The group consisted of six classes of Kindergarten (2) and 1st Grade (4). Delighted with the planned activity, we were asked to include three additional classes of 2nd Graders to participate in the **“Fitness for Fun Day”** activity. Total number of students expected 150.

A typical South Florida Day... sunny and partly cloudy with starting temperatures forecasted at 80 °. Continentals arrived at 8:00 am for set up. The School PE Coach, Coach Palmore met us and assigned some of his 500 Role Model mentees to assist us with bringing in our supplies and equipment. Our full Set Up was delayed briefly as we waited for the children to assemble by classes on the court area before being released for the start of their school day. They eagerly watched and wondered if they would be participating in whatever was about to happen. The bell rang and the children

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were sent on their way. We were now ready to begin our Set up..... Each Activity was set up and Activity Signs displayed. The Hula Hoops, Four Square, Hopscotch and Jump Ropes was stationed on the court. Ring Toss/Horseshoes and Kickball was set up on the field. Tables were set up. One for the Check-in, one as a Water Station, one for Snack Packs and two for the Activity Play Kits.



Figure 8 Station Signs

The 500 Role Model 5th grade mentees were assigned to assemble the Activity Kits.



Station #1 Hula Hoops... Facilitated by Continentals Ora Jones and Patrice Lawrence

Station #2 Four Square (2).... Facilitated by Continentals Gail Meeks and Isadora Adams

Station #3 Jump RopeFacilitated by Continental Ronda Simmons and Patrice Lawrence

Station #4 Hopscotch (2)..... Facilitated by Continentals Elois Cooper, Angelique Stinson and Brenda Lang-Johnson

Station #5 Ring Toss/Horseshoes....Facilitated by Continental Betty Howard

Station #6 Kickball.... Facilitated by Continental /Dionne Brown

Continental Jewell Thomas –Walker took pictures of the event

Continental Vassie Green assisted with the rotations and manned the Water Station.

Continental Lola Francis and Dr. Doris Granberry assisted with preparing the Certificates and Ribbons for distribution.

The Activity Fun Day was designed for the students to rotate every hour. First rotation to start at 9:00 am with the four First Grade Classes. The students were divided into groups and rotated every 15 minutes through the preset maze of activities stations.

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As the students and teachers arrived, we could see the excitement in their eyes and their eagerness to get started with the Active play. The students were greeted at Check-In by Continentals Mary Palmer and Brenda Alford and put into groups to begin the rotations. Some was sent to Hula Hoops and others to Four Square, Hopscotch, Jump Rope, Ring Toss/Horseshoes and Kick Ball. Coach Palmore was on hand to provide music while the students engaged in the active play.

Each class of students was able to engage in at least 4 of the activities.... Hula Hoops, Hopscotch, Jump Rope, 4 Square, Kick Ball and Ring Toss/Horseshoes. At the end of each activity the children were given a Smiley Face Sticker. The students were very excited about receiving the Smiley Face Stickers and kept track of how many they had received.

The students and their teachers were assembled and presented with their Activity Play Kit, Participant Ribbon and a Certificate of Participation for the classroom. The three 2nd Grade Classes were presented with a Participant Ribbon and a Certificate of Participation for the classroom. The students were also given a Healthy Snack Pack.



Figure 9 Continentals presents a Class with an Activity Kit

The Recreation Committee and Members: Chapter President Doris Granberry, 1st Vice President Mattie J. Williams, 2nd Vice President Vassie K. Green, Recreation Committee Chair Gail Meeks, Recreation Committee Members Lola Francis, Jewell Thomas-Walker, Ora Jones, Ronda Simmons, Angela Washington, Valerie Staten, Cashie McCray, Betty Alexander, Cassandra Alexander, Dr. Gail Brown and Continentals Angelique Stinson, Betty Howard, Elois Cooper, Isadora Adams, Dionne Brown, Patrice Lawrence, Brenda Alford, Mary Palmer, Brenda Lang-Johnson and Continental Guys Fred Johnson and Quincy Brown.

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Figure 10 Continentals of Greater Miami

The Recreation Committee felt that we met our goal. Continentals were able to engage the students in activities to help stimulate physical activity at school. These activities brought back memories for many of the Continental ladies and it was very rewarding to know that we had exposed some of the children to activities like Hopscotch and Four Square for the first time. Some didn't know how to jump rope.

The teachers were more excited than the students to be receiving their very own Activity Play Kits and expressed their thanks and committed to setting aside time during the day for the students to engage in active play.

The Recreation Committee will revisit the school before the end of the 2016-2017 school year to evaluate the progress of each Classroom Active Play time with the teachers and assess the need for additional equipment or replacement of any equipment.

Respectfully Submitted;
Continental Gail Meeks, Committee Chair
Enclosures (s): Emails, Pictures and Thank You Notes.



Figure 11 Snack Packs & Activity Play Kits



Figure 12 Continentals & 5th Grade Mentee Set Up

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From: Ventura, Mayra V. <M Ventura@dadeschools.net>
To: 'Gail Meeks' <bjgmsdmeeeks@aol.com>
Subject: FW: Art Fun Day
Date: Tue, Mar 28, 2017 12:30 pm

Ms. Meeks,

Below is the schedule we created and the message that was sent to our Primary Teachers. Let us know if there is anything else you may need ☺

Dr. V

From: Ventura, Mayra V.
Sent: Tuesday, March 28, 2017 12:29 PM
To: Asberry, Tamatha L. <tasberry@dadeschools.net>; Valle, Rene M. <renevalle@dadeschools.net>; Mathis, Trenda K. <tmathis@dadeschools.net>; Ware, Sharon R. <SWare@dadeschools.net>; Alvarez, Mario L. <marioalvarez@dadeschools.net>; Kaplan, Rae E. <raekaplan@dadeschools.net>; Jackson, Lemuel J. <Ljacks1123@dadeschools.net>; Albuck, Jodie L. <jalbuck@dadeschools.net>
Cc: Wright, Eric L. <ewright1@dadeschools.net>; Davidson, Paula D. <davidsonp@dadeschools.net>; Evans, Monica A. <evansm@dadeschools.net>; Valenzuela, Sandra M. <sandravalenzuela@dadeschools.net>; Palmore, Anthony W. <tpalmore@dadeschools.net>
Subject: Art Fun Day
Importance: High

Primary Teachers,

The Continental Ladies would like to treat our K-2 students to a special activity on April 6th. Students will be led in an activity and be given a snack. Grade K & 1 students will be gifted and activity kit. Below please find our schedule. We ask that you please escort your students to the PE shelter at designated times, and assist the ladies in supervising during the activity.

9:00am	Grade 1
10:00am	Grade 2
11:00am	Grade K

Please see us should you have any questions. ☺

Mayra V. Ventura-Rivera, Ed.D.
Assistant Principal
RR Moton Elementary School
18050 Homestead Avenue
Miami, FL 33157
(305) 235-3612

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5/9/2017

Re: Recreation 2016-2017 Activity

From: bjgmsdmeeke <bjgmsdmeeke@aol.com>

To: bjgmsdmeeke <bjgmsdmeeke@aol.com>; dorisg48 <dorisg48@gmail.com>; Mattie15004 <Mattie15004@gmail.com>; vmkgreen <vmkgreen@aol.com>

Cc: chmccray <chmccray@att.net>; JEWELLWT <JEWELLWT@hotmail.com>; staggorsa <staggorsa@bellsouth.net>; vstater <vstater@icloud.com>; user16911 <user16911@aol.com>; drmarshall8 <drmarshall8@yahoo.com>; bja49 <bja49@aol.com>; Alexander1166 <Alexander1166@bellsouth.net>; lola.francis <lola.francis@att.net>; mzgafds <mzgafds@gmail.com>; dobbler <dobbler@bellsouth.net>; interloperr <interloperr@msn.com>; schatzy0 <schatzy0@yahoo.com>; gbrown787 <gbrown787@gmail.com>; adldawkins81 <adldawkins81@gmail.com>; eloise <eloise@aol.com>; dionneb322 <dionneb322@gmail.com>

Subject: Re: Recreation 2016-2017 Activity

Date: Mon, Mar 27, 2017 10:13 pm

Attachments: Let's Move Moton.docx (292K)

Good Evening Sisters;

We will be moving full steam ahead on next week Thursday, April 6th.

Activity: Lets Move Moton! A Children's Physical Activity Fun Day or (Hour?)

Target Audience: Kindergarten (2) Classes, First Grade (4) Classes and Second Grade (2) Classes

When: April 6th

Time: 9:00 am - 11:00 am

Where: R.R. Moton Elementary School

Set Up Time: 8:00 - 8:30 am

Activities: Jump Rope, Four Square, Hopscotch, Hula Hoops, Horse Shores and Kick/Dodge Ball

We will Rotate Classes: exact rotation to be confirmed by Dr. V at RR Moton

Kindergarten 2 Classes 46 total Kids

First Grade 4 Classes 68 total Kids

Second Grade 2 Classes 45 total Kids

The Kindergarten (2) and First Graders (4) will receive Activity Kits.

Kits will contain: Hula Hoops, Jump Ropes, Sidewalk Chalk, Balls (2), Cones, Horse Shoes and Flying Saucer Disk

We will set up Activity Stations: Kids will rotate between each activity to get in at least 4

Four Square

Hopscotch

Hula Hoops

Jump Rope

We will set Up A Healthy Snack Refreshment Station: this will be available during the activity

Station will have Water and Cut Up Fruit (Orange, Apple Slices and Bananas) ????

We will set up our Snack Pack Table: this will be given to each child upon their release

Snack Pack will include a 8 oz Bottle of Water or Capri Sun, Granola Bar, Fruit Snack Pak and Cheese String in a Brown Bag with Label

We will present the Classes with their Activity Kit at the end of each Rotation, take pictures with the students and Teacher, and pass out the Snack Bags

Sign in Table: When the students enter the activity area, they will be greeted by the Continental and given a Tyvek Wristband. Each Class will have a different Color. The Students will receive a sticker for each activity they complete and should end up with at least 4 stickers. Each group will be from 13 to 23 students.

Attached is a Flyer of the Activity (plan to add a few more images). I would like to Drop a Flyer off to the School next week for each of the Classes that will be participating in the activity.

Let's schedule our Conference Call for Wednesday, March 29th at 8:00 pm.

<https://mail.aol.com/webmail-std/en-us/PrintMessage>

1/4

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5/9/2017

Re: Recreation 2016-2017 Activity

Conference Call Number 1-641-715-3273
Access Code Number 651815#

Things we need to discuss.....

1. Who will be in attendance at the actual event
2. Activity Rotations
3. Assignments for the day (Set-Up, Check-in, Refreshment Table, engage children in activities, Breakdown)
4. Photographer (person to be responsible capturing pictures of the event and group pictures)
5. Observer (person to observe the activity and document all of the details of the activity on that day to capture the essence of the activity for creating our HEER Report)
6. Should we give out Ribbons or Certificates of Participation for the event?
7. Attire? Camp Shirt, Polo Shirt or Baseball Shirt with Jeans and comfortable Shoes.

I am in the process of purchasing the items for the Kits, so far I have Jump Ropes (need to get more) and Hula Hoops. I will sent up one day next week between Monday and Wednesday to put together the Snack Bags. Preparing for at least 175 students.

Ladies, start brushing up on your Jump Rope, Hula Hoop, Hopscotch and Four Square Skills.

I believe I have included everything. If you have any questions or concerns prior to our phone conference, please give me a call.

Look forward to hearing from you all!!!!

Sisterly,

Gail Meeks

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Continental's at play with the students of R.R. Moton Elementary School as they engaged in active play.
Pictures 1 to r top row: Hula Hoops, Horse Shoe/Ring Toss
Pictures 1 to r second row: Jump Rope, Hopscotch, Four Square
Pictures 1 to r third row: Kickball

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Kindergarten and 1st Grade classes posing with their class Activity Kits.



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2nd Grade Classes that participated with their Continental Healthy Snack Packs.



