ACTIVITY SPOTLIGHT

Ruth Simonds
Paul Chylinski
Erin Tobias

High School
More Than Just Wearing Pink

Cancer Awareness Week

Ruth Simonds
ACS Club’s Cancer Awareness Pink Week
October 28th – November 1st

Monday: Making a difference Monday. Come to the table in front of the big gym to sign the wall of Hope and get your free pink ribbon!

Tuesday: Wear the color of cancer that affects you most.

- Pink... Breast Cancer
- Black... Melanoma
- Cyan... Leukemia
- Gold... Childhood Cancers
- Teal... Ovarian Cancer
- Burgundy/Ivory... Head & Neck Cancer
- Clear... Lung Cancer
- Burgundy... Multiple Myeloma
- Purple... Pancreatic & Leukemia
- Grey... Brain Cancer
- Orange... Leukemia
- Blue... Prostate Cancer
- Lime... Lymphoma
- Purple... Pancreatic & Leukemia
- Peach... Uterine Cancer
- Orange... Leukemia
- Green... Colon Cancer
- Kelly Green... Kidney Cancer
- Emerald Green... Liver Cancer
- Teal/White... Cervical Cancer
- Lavender... All Cancers
- Teal/Pink/Blue... Thyroid Cancer
- Light Rose... Esophageal & Stomach Cancer
- Yellow... Sarcoma/Bone Cancer
- All Cancers

Wednesday: “On Wednesday we wear pink”. Wear pink in support of all those affected by breast cancer.

Thursday: Scare away cancer! Wear costumes or spooky clothes.

Friday: Rebels stand up against cancer. Wear blue and gold.

Tackle for a cure. Come to the QHHS vs PHS Varsity Football game at 7pm to support our Rebels!

Wear a pink shirt for Pink Out!
Club members working at the Saturday Workday for Cancer Awareness Week.
The finished door decorations for our Staff Survivors

Cervical

Ms. Sheeks

Rike Bee, who says you can't

Breast

Ms. T. Eichenbaum
Daily Lunchtime Tables
Wear the color of Cancer that affects you most.
On Wednesday we wear Pink.
Gifts for cancer survivors
Cancer Awareness Game/ Pink Night

Survivor Check In
Thanks for listening
AUHSD SERVATHON

Paul Chylinski
Loara HS (Anaheim)
Past CADA President
4,000 Anaheim Union High School District Students Prepare for the 6th Annual Servathon on January 20, 2020 Honoring MLK National Day of Service

Anaheim, CA—January 9, 2020—4,000 Anaheim Union students are poised to participate in the Sixth Annual AUHSD Servathon on Monday, January 20, 2020, coinciding with the Dr. Martin Luther King, Jr. Federal Holiday and National Day of Service.

Students will be accomplishing more than 100 different service projects across the communities of Anaheim, Cypress, Buena Park, La Palma, and Stanton. The service projects, which range from the traditional, such as neighborhood or campus cleanups, to out-of-the-box initiatives, such as teaching technology to senior citizens, are designed to give students experiences that will better connect them with neighborhoods, businesses, the elderly, and younger students.

Superintendent Michael Matsuda, who initially proposed the idea of a District-wide Servathon, is very proud of all the students, staff, parents, and the community that have institutionalized the event throughout the District: “The AUHSD believes in spreading kindness and compassion by providing opportunities that allow students to serve their community, and I am gratified by how enthusiastically students have embraced the concept.” In addition, Superintendent Matsuda understands the importance this event has in creating connection: “With increased student isolation and depression, many of our participants find healing in Servathon’s capacity to connect within our community.”

Attached is the list of Servathon projects; those taking place on our campuses are generally from 8 am to noon. Thank you to all the staff members who are leading students in their service work. Thank you especially to Servathon chair Paul Chylinski for all his efforts.
### SERVATHON COORDINATOR’S CHECKLIST

#### SERVATHON JANUARY 20, 2020

**Organization:**

**Advisor:**

**Community:**

**School Name:**

**Advisor:**

**Student Name** | Stu Perm. ID (6-or 7-digit) | Grade | Gender
---|---|---|---
Sample, Leslie | 234567 | 9 | F
Sample, Joanna | 1234567 | 10 | F

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<thead>
<tr>
<th>Date</th>
<th>Task</th>
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<tbody>
<tr>
<td>October 1-30, 2017</td>
<td>☑ Work with Servathon Committee all of your schools your site/community</td>
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<tr>
<td>October 31, 2017</td>
<td>☑ Begin getting the word out</td>
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<tr>
<td>November 1-30, 2017</td>
<td>☑ Ensure campus participation success. Include: - Help where you can announcements; - outside of your org</td>
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<tr>
<td>November 30, 2017</td>
<td>☑ Meet with your Servathon Committee to finalize the plan, etc.; student partners</td>
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<tr>
<td>December 1-31, 2017</td>
<td>☑ Check in with each student participant</td>
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<tr>
<td>January 15, 2018</td>
<td>☑ Get involved in the AUAHSD 2020 SERVATHON FOUNDATION</td>
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<tr>
<td>January 16, 2018</td>
<td>☑ Have a celebration project.</td>
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<td>October 1-30, 2017</td>
<td>.Choose a project Work with principal, activities director, athletic directors, club advisors, and coaches to review the list of service activities generated by the Servathon Committee and determine which ones will meet your site’s needs. If these will not meet all of your school’s needs, work with your team to generate a list of service activities specific to your site/community. Begin getting the word out that Servathon is coming (easier videos, etc.). Work with your principal to present information about Servathon 2017 to your staff no later than October 31st. The sooner, the better—generate interest and ask for volunteers to supervise the activities that will take place on January 15, 2018.</td>
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<tr>
<td>October 31, 2017</td>
<td>☑ Make certain you send the finalized list of site-generated service activities to Paul Chylinski, he can be reached through direct email at <a href="mailto:chylinski.p@auhsd.us">chylinski.p@auhsd.us</a>, by October 31st.</td>
</tr>
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<td>November 1-30, 2017</td>
<td>GET MEMBERS Ensure campus participation drive is being led effectively and athletics, clubs &amp; organizations are well on their way to success. Ensure that the Servathon is being advertised everywhere: video and intercom announcements, school website, staff meetings, etc. Make certain to verify the total number of Servathon participants (those who have completed the necessary permission forms) and volunteer supervisors from your campus and that you have identified the activity in which each will be participating or supervising.</td>
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<td>November 30, 2017</td>
<td>☑ Meet with your principal to verify that your activity list has been sent through Google Forms to Paul Chylinski. This list needs to include all of the following: the activity name, location, and time(s) of participation; volunteer supervisors’ names and status (parent, teacher, etc.); student participant names, grade, and shirt size.</td>
</tr>
<tr>
<td>December 1-31, 2017</td>
<td>REACH OUT FOR DONATIONS Check in with the principal, athletic directors, club advisors, and coaches to make sure their student participants are fully engaged in the process. Any contact with big donors please contact Paul Chylinski at <a href="mailto:chylinski.p@auhsd.us">chylinski.p@auhsd.us</a>. We want this to be a true community event and the more the merrier. We need funding to pay for shirts and other things, so any connections would be appreciated. Work with your principal to keep up the fun and build excitement. Prior to leaving for winter break, verify that you have enlisted sufficient supervision (staff and parents) to cover all of your site-generated service activities.</td>
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**NOTE:** Make Checks Payable to AUAHSD Foundation
Peace,
Out

For all the files on Servathon, click HERE
COLOR RUN

Idea Credit: Christy Hertsch - Area D
Packages - Presale

Students Purchase:
$15 - Participant Wristband, Tshirt, 1 color packet

$20 - All above, Sunglasses, and 3 powder packets

Jog - A - Thon Style
Raise $10, 20, $50, $75, $100 Etc.
Packages become prizes for raising a certain amount
Budget

**Color Powder** $100 for 25 lb box on Amazon
.4 lbs of powder per student (Bought 6 boxes for 350 students)

**Shirts** - Have white shirts printed

- Key is planning so you purchase the correct amounts.
Pre-package bags

Colored Wristbands
Color Stations

Bag:
- 6 Red solo cups
- 6 Measuring spoons
- Face Masks
- Powder in large ziplock bags (1 bag per heat)
Tips

- Heats of 30-50
- Get Wet at station 1
- Ziplocks for phones
- Map out color stations (6 stations min) Ask PE to help - 1 mile minimum
- MC/Music at end of race for grand finale throw, rope off section for them to gather
Want access to my color run google folder? Send me your email and I’ll share

Google Form:

tinyurl.com/colorrunfolder