



UNITY KIDS
AMBASSADOR
PROGRAM

UNITY
KIDS



Student Ambassador Program

- The Student Ambassador Program allows a student in each 3rd grade class to serve as an ambassador for living healthy.
- Each week during the school year, a different student will be selected to serve as the Unity Kids Student Ambassador.
- By serving, the student will get to read a health tip card to their classmates.



Student Ambassador Program

- The student will receive a t-shirt to wear on the day they read their health tip to the class, designating them as the Ambassador.
- Near the end of the school year, when all the students have had an opportunity to serve as Ambassadors, the students will be asked to write a one-page essay on how they can live healthy.
- The purpose of the essay is to evaluate how well the students learned the healthy tips throughout the school year.



Grant Eligibility Requirements

- Schools that participate in the Program are eligible to receive a monetary grant up to \$3,000. They can use the grant for equipment or programs that promote healthy choices in their schools.
- **Eligibility is determined by:**
 - Program participation from all 3rd grade classrooms
 - Displaying “Unity Kids” messaging in classes and in high traffic areas of school (i.e. cafeteria, gym, library and hallways)
 - All 3rd grade students participating in reading the health tip cards as an Ambassador
 - All 3rd grade students participating in the Unity Kids essay project near the end of the school year



Grant Funds

- Examples of recommended equipment include
 - Playground equipment
 - Fitbit for Kids
 - Water bottles
 - Bikes
 - Other aids that promote physical, mental, emotional and spiritual health



Teacher's Kits

- 30 Unity Kids tip cards for student ambassadors to read
- Unity Kids posters
- 25-30 Ambassador t-shirts for students
- Healthy Kids Fun Charts

Health Centered Tip #29

Sing In The Shower

Taking a shower, wearing deodorant and brushing your teeth every day are good choices for personal hygiene.



DRINK more water

How To Tell If You're Dehydrated

- Thirst
- Dry mouth
- Headache
- Constipation
- Dizziness
- Muscle cramps
- Tiredness
- Impaired vision

Hints And Tips To Stay Hydrated

- Eat fruits and veggies daily to help you stay hydrated, healthy and well
- Keep a water bottle handy as a good reminder to drink more H2O
- Drink more water when you exercise, or spend time in the heat
- Add lemon, lime and/or mint to water to boost flavor





"In my own words...
being healthy is
important because
you might get sick
and miss out on the
best things in life!"

- Unity Kid

