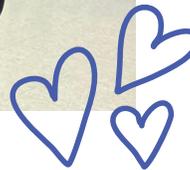


IMPACT

🌱 A Kids Give Back Update 🌱



123 Costumes, 400 books at Costumes for Kids!

More than 100 kids and adults attended our third-annual Costumes for Kids Fall Volunteer Festival on October 21, crafting 123 costumes for students who attend five Title I elementary schools in Fairfax County: Woodburn, Timberlane, Cora Kelly, Providence, and Hybla Valley. The students not only received a costume made with love, but they also were given hand-decorated tote bags with a fresh new book. And that's not all! The schools also received a bundle of new books in English and Spanish for their libraries.

COSTUMES FOR KIDS
A FALL VOLUNTEER FESTIVAL

Kindergarteners from Woodburn Elementary show-off their costumes.



November 30, 2023

Project highlight

825 meals for our neighbors in need!

Many would be intimidated by the thought of making hundreds of meals, but not at Kids Give Back!

This summer, kids as young as 6 made 825 meals for our neighbors in need, whipping up chicken wraps, pasta salad, veggies, and treats for individuals served by FACETS and the Lamb Center—all while learning important lessons about food insecurity.



The Mental Health Value of Volunteerism

By Stephanie Oppenheimer

There aren't many opportunities for kids to give back in a powerful way, yet research has repeatedly shown that volunteering or doing an act of kindness improves our mental wellness. But often, organizations require volunteers to be 18 or over – leaving young kids out of important feel-good activities. Enter Kids Give Back, a nonprofit dedicated to providing meaningful volunteer opportunities for kids ages 6-12 and leadership opportunities for youth ages 13 and up.

In the five years since its founding, Kids Give Back has witnessed the enormous benefits of volunteering on participating children. Sarah Painter, M.A., CAGS, a Kids Give Back Board Member and mental health provider in a public school system, notes that the payback from volunteering has even been studied by the Mayo Clinic, with key findings including connectedness, building social networks, and enhancing a feeling of purpose.

"It's no surprise that those benefits apply to young kids," Sarah said. "I first became involved with Kids Give Back during the pandemic, and it was a lifeline to foster relationships while making a positive impact on others.

"I love that Kids Give Back understands the needs of the community and the volunteers," Sarah added. "No matter their situation, we find roles that speak to kids' strengths and help them feel valued."



Looking for a Group Volunteer Project? Let's Chat!

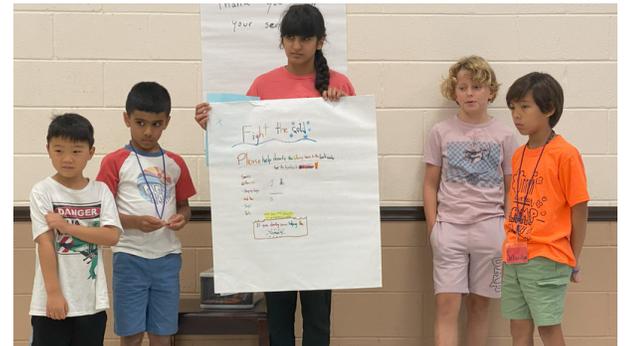
Every year, Kids Give Back hosts private volunteer service projects for Girl Scout, Cub Scout and Boy Scout Troops, corporations, private schools, country clubs, and others. We have tons of ideas for kid-focused service projects, from assembling snack packs to making blankets and toys for animal shelters. Our team will manage every detail from selecting the project with you to ordering supplies, to leading the volunteer work.

Bonnie Moore, a parent of two girls ages nine and five who often volunteer, noted, **"It's nice to normalize giving back as what our family does and, for the older kids, an incredible way to learn leadership skills as camp counselors."**

Developing our future leaders is an integral part of Kids Give Back's mission; middle school is a particularly stressful and difficult developmental phase. Having a space to be purely positive, with younger kids looking up to the teens, is a huge boost.

"Teen counselors are rockstars for the younger kids," Sarah said, "The mental health and confidence boost is incalculably important, and it's a valuable skillset for teens to learn to work with adults, too."

Thuy Lee, whose 9- and 11-year-old daughters started volunteering four years ago, says that in addition to enjoying the events and projects, volunteering has opened the door for them to think about others, be grateful for what they have, and respect others.



Camp attendees worked in teams to develop ideas for their own volunteer service project.

Ready to get started? Contact us today!

- Denise Gavilan, Executive Director, denise@kidsgiveback.org
- Dana Khan, Program Coordinator, dana@kidsgiveback.org

Or [submit a project request](#) on our website!

Campaign for Kids

New Campaign Seeks to Raise Funds for 2024

"It was fun ... I've never been asked to volunteer."

"It felt good to help a child in the hospital."

Kids Give Back's young volunteers are always left feeling excited after lending a hand and giving back to their community. **Since 2019, our small but mighty nonprofit organization has sparked a fire in hundreds of 6-12-year-olds, inspiring them to make a real difference in their world.**

But we're just getting started.

We're thrilled to unveil "Campaign for Kids," a fundraiser that will propel us even further.

With your support, we will:

- **Forge new partnerships with local Title 1 schools** and make our programs available to children from all socio-economic and cultural backgrounds.
- **Dedicate more resources to volunteer service projects that benefit children**, such as assembling snack packs, art supply bags, baby baskets, Halloween costumes, and more.
- **Cast a wider net throughout Northern Virginia** by amping up our staff, partnering with community groups and businesses, and increasing our in-kind donations.

Can we count on you? EVERY donation makes a difference!

www.kidsgiveback.org/donate



Four Ways to Get Involved

1. **Donate to Campaign for Kids!**

Every dollar helps us engage children in volunteer service, and as a 501(c)3, all donations are fully tax deductible.

2. Sponsor! Sponsor an event, school project or be an annual partner and place your business, civic organization, or community group in front of 1,000 local families.

3. Volunteer! Adult and teens are needed for leadership positions including camp counselors and event staff, with time commitments to suit every schedule.

4. Work for us! We hire teachers, instructional assistants, substitute teachers, and others to help manage our programs—especially on Fairfax County Public School teacher workdays and during the summer. Pay is competitive and the hours are minimal, and the rewards are huge!



Donate today!

"You've Got This" Welcome Baskets for Teachers

In September, Kids Give Back families and friends prepared 250 "You've Got This!" Welcome Baskets for teachers.

This volunteer service project began in 2021 when teachers returned to the classroom after the pandemic as a way to show our support. To date, more than 400 baskets of tea, coffee, healthy snacks, lotion, classroom supplies, and more have been distributed to teachers at four Title I schools.

“ I teach P.E. at Lynbrook ES in Fairfax County, VA. We were surprised today to come into work to see a basket full of goodies for our students and ourselves! Thank you to your volunteers for taking the time in putting these baskets together. Your kindness made us smile. ”



Volunteer with Us in 2024!



- January 26: Kids Volunteer Day, Fairfax
- February 3: Volunteer for Valentine's (location/time TBA)
- February 9, Parents Night Out (location TBA)
- February 19, Kids Volunteer Day, Great Falls
- April 10, Kids Volunteer Day (location TBA)

Summer Volunteer Camp, 9:00-12:30pm

- June 17-21, Bethlehem Lutheran Church, Fairfax
- June 24-28, Christ the King Lutheran Church, Great Falls
- July 8-12, Bethlehem Lutheran Church, Fairfax
- July 22-26, Bethlehem Lutheran Church, Fairfax
- July 29-August 2 (location TBA)

Let's stay connected!

kidsgiveback.org

@kidsgivebackVA on Facebook, Instagram and Twitter

703-447-9370

