



# The Kids

*A Newsletter for Junior Grange Leaders*

**It's All About**

## **2016 Theme**

Junior Grange—Growing Across The Nation

This is the year to grow!! Each activity, service project, and Junior Grange meeting is an opportunity for the children to grow and experience something new. As with any new planting, it takes time, nurturing, nourishment, a balance of sunshine and rain. Use your best skills to help your Junior Grange grow in 2016!

## **2016 National Junior Grange Health and Community Service Project**

### **Jump-A-Thon for Healthy Hearts**

At the National Grange Session in Lincoln, Nebraska, Junior Grangers and members attending the Junior Grange Breakfast were presented with jump ropes. These are to promote Jump Rope for Heart which is the project of the American Heart Association.

This is a dual-purpose program. The first is to promote heart healthy lives in our Junior Grangers and Leaders. The second is to provide community service by helping to raise funds to donate to your local chapter of the American Heart Association for Jump Rope for Heart Program.



**During Grange Month, in April 2016, encourage your Junior Grangers to hold a Jump-A-Thon.**

Category I: Individual Jump-ropers

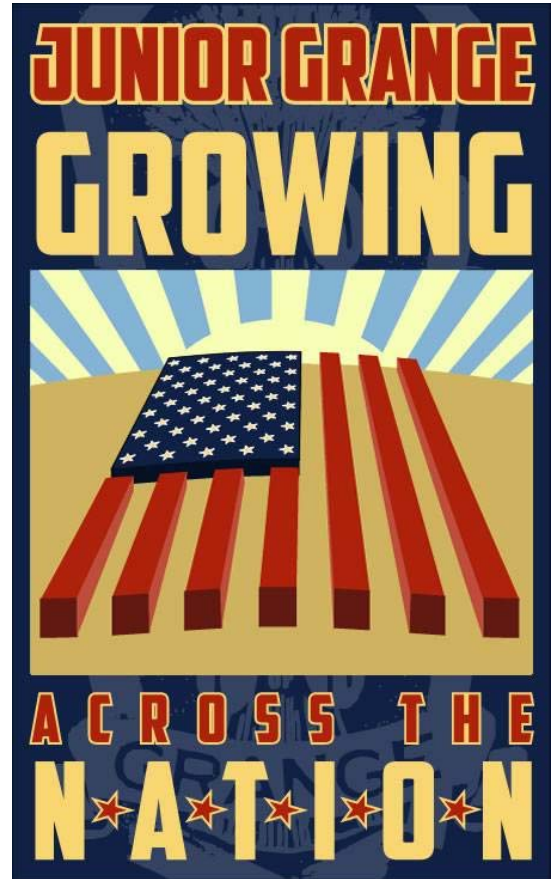
- Ask for sponsors to make a donation for each jump completed during the event.

Category II: Team Jump-roping

- Create teams to develop routines
- Double-Dutch
- Single rope
- Ask for sponsors to make a donation for each jump completed or routine completed.

Category III: Tournament Jump-off

- Create a bracketed tournament Jump-Off for different age groups  
Adults can participate too!!



## **Junior Grange 1+ Program**

The Junior Grange 1+ Program can help your Junior Grange grow!! Any child age 5 to 14 can be an individual Junior Grange member within a Subordinate/Community Grange. The “+” part is to build the Junior Grange one member at a time.

Full details are in the Junior Grange Leaders Guidebook including the obligation ceremony for the Junior Grange 1+ Members.

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### Activities:

- The American Heart Association website has resources to teach heart-healthy concepts to the participants so they understand the benefits of jumping rope and being active. Use some of these during your Junior Grange meetings.
- Have Junior Grangers set weekly goals to improve their skills
- Measure time spent on practice before the event.
- Encourage each other to meet goals (including leaders!!!)
- Invite competitive jump rope teams to demonstrate skills and do a workshop with the Junior Grangers.



### Community Service:

- Have the Junior Grangers and leaders keep track of the time they spend on practice between now and your event.
- On the day of the event, have the children and leaders sign in and then total their practice time plus the time they are at the event.
- Send the total number of hours and photos of the event to the National Junior Director, Lillian Booth, at [junior@nationalgrange.org](mailto:junior@nationalgrange.org)
- Report the total amount of funds donated to the American Heart Association to the National Junior Director at [junior@nationalgrange.org](mailto:junior@nationalgrange.org)

### Publicity and Funds Raised:

- Please donate any funds collected directly to your local American Heart Association Chapter
- Invite representatives from the AHA to attend your event
- Invite the local press to cover your event.

### Leader Suggestions:

- Work with the Junior Grangers to understand and choose nutritional snacks and develop healthy habits during the year.
- Have nutritional snacks available during the event
- Set an example by sharing your own goals with the Junior Grangers.

This event can be as large or small as you would like. Any Subordinate/Community Grange with a Junior Grange or a Junior 1+ member can participate. In your State – you can choose one day and make it a State-wide event or do it in conjunction with a Junior Jamboree. The schedules are flexible to fit within your current programs this year.

This is a team effort by National Grange Staff. The National Grange Lecturer, Community Service Director, Membership Director and Communications Director are all involved with promoting this project.

**So get ready, get set, JUMP!!**

## Are YOU Ready? Jr. Grange Leaders Enrichment Workshop

If someone said “I have 20 kids for your Junior Grange program!!”, would you be ready for that?

Not everyone has the tools to take that on all at once. How do you get those tools, or polish up the tools you have? The National Junior Grange Director has prepared a Junior Grange Leaders’ Enrichment Workshop for the leaders in your State or Region. Your next question is “Cost?” — only a place to host it and whatever your State decides to invest in your Junior Leaders for lodging and meals.

This highly interactive workshop helps you develop and polish those skills needed to be a Junior Grange Leader — Learning Styles, Child Development, Conflict Management, Child Safety, Delegating, Programs, Effective Goals and Objectives, and Leadership Development. And idea-sharing!!

This two-day workshop is designed for you—the leaders. Any Grange member is welcome. Set your dates today!! Don’t be caught unprepared when your dream is handed to you!!!



**That’s A Wrap!**  
Lillian Booth, National Junior Grange  
Development Director

### TEAMWORK!!!

Not much in this world gets done without teamwork. Even in an individual activity there are coaches, teachers, supporters, all surrounding the “individual” helping them achieve their goal.

No Grange or activity is built on one person. No one can shoulder the whole load. Sometimes we learn lessons the hard way. We don’t ask for help because we don’t want to be seen as weak or indecisive. A good leader recognizes their own talents and—more importantly—*the talents of others*. A good leader surrounds themselves with a support team of experts in various areas and brings them together in a cohesive unit.

So many times we hear “What does the State or National Grange do for us?” And, yes, I am guilty of saying those very same words. As with anything—with age comes wisdom. So here is the answer to that question — You have a team at the National Grange available to help you—we are just a phone call, e-mail, or (really) letter away. If we don’t know how to get it done, we will find someone to help get it done. ...*And that’s a wrap!!*

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