



GUIDELINES

First Lady Teresa Parson's COMMUNITY SERVICE CHALLENGE

WHAT?

First Lady Teresa Parson invites all Missouri elementary students (grades: rising K – 6) to participate in the statewide CommUNITY Service Challenge. The goal of this challenge is to instill in kids a heart for service and ask them to join the First Lady in devoting a small portion of their summer break to serving others.

The challenge will start on **Thursday, June 1**, and conclude on **Friday, August 4**.

HOW?

The 2023 CommUNITY Service Challenge will include eight service categories from which kids are encouraged to select a service project. **To complete the challenge, a child must complete a service activity from at least four of the eight categories.** Suggestions are provided for each category, but participants are not required to select a project from the given list in order to complete the category. Creativity is highly encouraged!

Upon registering for the challenge, families will receive additional information and a service log to return to the Office of the First Lady. Parents or guardians will need to help their child fill out the required contact information on the service log and return it to the Office of the First Lady by **Friday, August 4**. Kids can complete each category in the order and timeframe that works best for the child and family.

RECOGNITION

All students who complete the challenge will receive a certificate of recognition signed by First Lady Teresa Parson.

To REGISTER for the CommUNITY Service Challenge, visit: firstlady.mo.gov/kids



moserves@governor.mo.gov

| 573-751-4141

| #MOKidsServe



FAQ

First Lady Teresa Parson's COMMUNITY SERVICE CHALLENGE

How do I qualify for the CommUNITY Service Challenge?

Participants are asked to devote a portion of their summer break to serving others by completing the following requirements:

1. Challenge participants must complete a service activity from at least *four* of the provided eight categories.
2. Challenge participants must submit their completed service log along with photos of the child serving to the Office of the First Lady by August 4, 2023, either by mail or email.

Kids can complete each category in the order and timeframe that works best for the child and family.

Upon registering for the challenge, families will receive additional information and a service log to return to the Office of the First Lady. Parents or guardians will need to help their child fill out the required contact information on the service log and return it to the Office of the First Lady by August 4, 2023.

Service logs and accompanying materials can be returned to the Office of the First Lady by:

Email: MOserves@governor.mo.gov

Mail: Office of the First Lady
100 Madison Street
Jefferson City, MO 65101

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moserves@governor.mo.gov |

573-751-4141 |

#MOKidsServe

Where do I find the guidelines and the service log?

The guidelines are available on our website at <https://firstlady.mo.gov/kids/information>.

The guidelines and service log will be made available for download after registering a child for the challenge at <https://firstlady.mo.gov/kids/register>.

What will students receive for participating in the challenge?

All students who complete the challenge will receive a certificate of recognition signed by First Lady Teresa Parson.

How many service hours do I have to complete?

There is no minimum requirement for service hours. Rather, kids are asked to complete a project from a minimum of four service categories. Service activities from the four chosen categories can be completed at leisure during the eight weeks of the challenge.

We still encourage participants to serve as much as possible! Feel free to complete more than four service activities, or spend multiple days working on one project.

How do I track my service hours?

Service hours should be recorded on the service log provided for download after registration.

Do I have to use one of the examples listed under my chosen category in the guidelines?

No, examples of service activities that fulfill each category are provided to be helpful, however kids can choose to fulfill a service category in any way they choose.

Where can I find opportunities to serve in my community?

Check out the First Lady's website at <https://firstlady.mo.gov> to find ideas for meaningful ways to serve your community.

Kids can respond to the call to serve in safe, unique ways from home or around their neighborhood.

What if I cannot access internet, a computer or printer to register online for the challenge?

Please contact the Office of the First Lady at [573-751-4141](tel:573-751-4141) to register by phone and receive challenge materials by mail.

Can I still register for the challenge after June 1?

Yes, participants may register at any point during the challenge from June 1 – August 4.

Does doing my family chores count as service hours?

Family chores or acts of kindness toward family members will NOT count as service hours for this challenge. The challenge is designed to encourage kids and families to engage in serving their neighbors and community.

How do I share information with First Lady Teresa Parson about my child's summer service?

At the end of the challenge, we ask that the completed service log, photos of the child serving and any accompanying information be submitted via email or mail to the Office of the First Lady.

During the challenge, parents and guardians can share photos of their child serving on social media (Facebook, Twitter, Instagram) with the hashtag #MOKidsServe or email them to our office at MOserves@governor.mo.gov

First Lady Teresa Parson will share these photos on social media and on her website. You can follow along with First Lady Teresa Parson on social media here:

Facebook:
[First Lady Teresa Parson](#)

Twitter:
[@FirstLadyTeresa](#)

Instagram:
[@flteresaparson](#)

Flickr:
[Governor Mike Parson](#)

COMMUNITY SERVICE CHALLENGE CATEGORIES

SUMMER CHALLENGE GUIDELINES:

Challenge participants must complete a service activity from at least four of the eight categories.

Challenge participants must submit their completed service log along with photos of the child serving to the Office of the First Lady by **Friday, August 4, 2023**.

We have listed examples of service activities under each category; however, you do not have to use these examples. We challenge you to get creative and come up with your own service project ideas!

Category 1: Care for the food-insecure

Examples:

- Pack snack bags for children who receive assistance at food banks. Ask your local food bank what to include in the bags!
- Make place mats for a local Meals on Wheels program to deliver with the meals they provide.
- Place a box on your porch. Let your neighbors know that you are collecting goods for a local food pantry.

Category 2: Share your appreciation

Examples:

- Plan a parade of friends to welcome healthcare workers as they arrive for duty.
- Make treats and leave them at your front door or mailbox for postal workers and delivery drivers.
- Make thank you cards for grocers. Whenever you go to the grocery store, pass them out to the workers you see there.

Category 3: Show kindness to the elderly

Examples:

- Make flower arrangements to decorate the dining room of a local senior citizen center.
- Ask the director of a local nursing home to pair you with a resident who would enjoy a pen pal. Write letters to your pen pal and foster a friendship with them.
- Find an elderly person who needs help with outdoor chores: offer to mow their grass, water their flowers, wash their car, etc.

Category 4: Support foster kids and families

Examples:

- Drop off snacks at the local DCS office where foster children wait for placement.
- Donate new or gently used clothing and/or toys to a local foster care non-profit.
- If you know a family who is fostering, make a fun kit to celebrate a foster child's birthday and drop it off to them.

Category 5: Thank first responders

Examples:

- Create care packages for firefighters or police officers in your neighborhood. You might include granola bars, gum, hand sanitizer, a thank you note, water, etc.
- Decorate a first responder's mailbox or sidewalk to say thank you.
- Host a cookie drive. Have your friends each bring a batch of cookies. Enjoy delivering cookies to your local firefighters and police officers together — and be sure to tell them thank you!

Category 6: Honor veterans and servicemen and women

Examples:

- Write thank you notes or letters of encouragement to military members.
- Clean up trash and debris at your local veterans cemetery.
- Make a meal and deliver it to a Gold Star family who has lost a loved one in the line of duty.

Category 7: Uplift the homeless

Examples:

- Keep cold water bottles and snacks in the car to give to unhoused individuals as you encounter them around your community.
- Have a coat drive in your neighborhood and donate your collection to a homeless shelter.
- Collect toiletries and donate them to an organization that serves the homeless population.

Category 8: Free choice

Use your creativity to serve a cause you are passionate about. Talk as a family about which individuals or causes you would like to help. You can repeat one of the activities listed above or use your creativity to meet a need for a person or cause you care about. Share your activity with us so that we can add it to our list of ideas for other students!

COMMUNITY SERVICE LOG SHEET



Name _____

DATE	SERVICE CATEGORY	SERVICE ACTIVITY

Parent Signature _____ Date _____