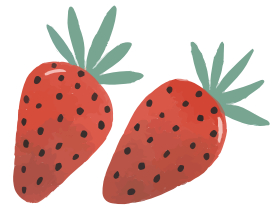


STUDENT



VOLUNTEERS



STUDENT

VOLUNTEERS

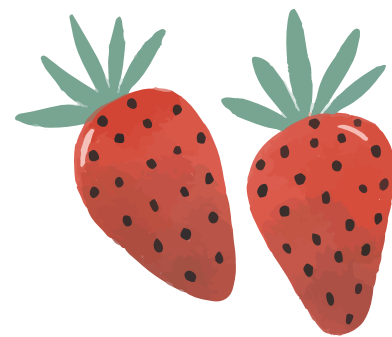
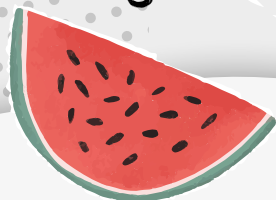


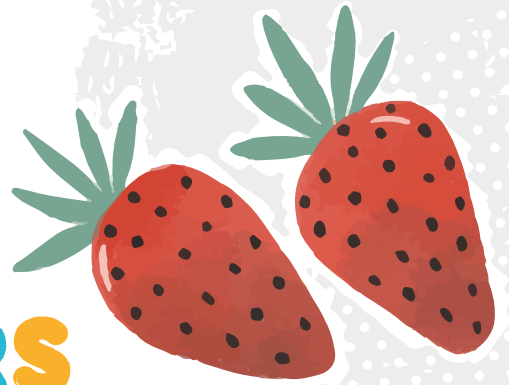
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Involving

STUDENT VOLUNTEERS



Winning formula for involving student volunteers

Involving student volunteers in a breakfast program is a good way to build their self-esteem, boost their confidence and develop their leadership potential, by helping them:

- Acquire cooking skills and learn more about healthy eating habits.
- Identify with significant, positive role models and be inspired by the values of teamwork, cooperation and community.
- Become engaged citizens.

Before accepting student volunteers

It is a good idea to:

- Check that the breakfast program has all the necessary elements to ensure their safety:
 - Have enough adult volunteers on site to provide the necessary supervision.
 - Have enough space to move around freely.
 - Ensure all cooking appliances are arranged in a safe way and cleaning products are stored appropriately.
- Inform everyone concerned that student volunteers will be helping out with the breakfast program.
- Ensure that adult volunteers are willing to work with and supervise student volunteers.

Who are student volunteers?

Elementary, middle or high school students who wish to get involved in their breakfast program.

Planning tasks and the necessary number of student volunteers

Before recruiting student volunteers, it is best to establish the type of tasks to be assigned to them and determine how many you will need to perform these tasks.

How can you recruit student volunteers?

Here are a few suggestions:

- Approach students who have expressed an interest in the breakfast program or who are already involved in other volunteer initiatives.
- Visit classrooms and explain what you are looking for.
- Use the school's existing communication channels to ask for volunteers.
- Post the "Student Volunteers Wanted" notice (See "Tools" section) on your school's notice board.
- Ask teachers for their input.

Registering candidates

We recommend you have prospective volunteers read and sign the "Student Volunteer Commitment Form" (See "Tools" section) so they understand what their involvement entails.

Length of commitment

Ideally, the frequency and length of the commitment should be clearly set out for all students before they start volunteering.

Ongoing motivation

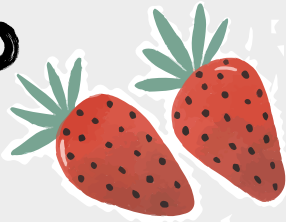
It is advisable to set reasonable and realistic objectives to maximize student volunteers' satisfaction with the experience. Best practices include varying the tasks assigned to them, addressing any required adjustments clearly and respectfully, listening to their suggestions and praising their strengths.

Appreciation of student volunteers

We suggest you take a moment with student volunteers at the end of their commitment, either individually or as a group, to thank them and congratulate them for hard work and diligence (See section on "Recognition of Student Volunteers").



STUDENT



VOLUNTEERS

Come lend a hand!

Why should I get involved as a student volunteer?

To **help serve** my school's breakfast program.

To **improve my cooking skills** and learn more about **healthy eating habits**.

To **be part of a team** with my friends, family and other volunteers.

To **be a force for change** in my community.

Here's what we need you to do:

(check the tasks to be posted)

Prepare food (make toast, serve milk and cereal, cook pancakes, etc.)

Serve food (hand out food to students, deliver food to classrooms, etc.)

Set up and clean (set tables, pick up dirty dishes, wipe down surfaces, etc.)

Decorate (make posters, create bulletin board displays, decorate the breakfast area, etc.)

Help with activities (plan/lead activities, play music, etc.)

Sit on the breakfast program committee (plan menus, budgets, etc.)

URGENT

WANTED!

The breakfast program at

is looking for student volunteers to help prepare and serve breakfast.

**For information,
contact:**

Join our team!

To learn more, visit the «Get Involved» section of the website:

breakfastclubcanada.org



STUDENT

VOLUNTEERS

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Join our team!

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Commitment Form



STUDENT

VOLUNTEERS

Name: _____

Teacher: _____ Grade: _____

Age: _____ Date of Birth: _____

Home Phone: _____

Why should I get involved as a student volunteer?



- To **help serve** my school's breakfast program.
- To **improve my cooking skills** and **learn more** about healthy eating habits.
- To **be part of a team** with my friends, family and other volunteers.
- To **be a force for change** in my community.

I would like to volunteer on the following days

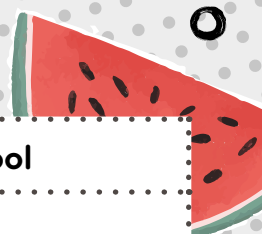
(select all that apply)

Monday	Tuesday	Wednesday	Thursday	Friday

At these times

(select all that apply)

Before school	During recess	After school



Here is what I would like to do

(select all that apply)

Prepare food (make toast, serve milk and cereal, cook pancakes, etc.)

Serve food (hand out food to students, deliver food to classrooms, etc.)

Set up and clean (set tables, pick up dirty dishes, wipe down surfaces, etc.)

Decorate (make posters, create bulletin board displays, decorate the breakfast area, etc.)

Help with activities (plan/lead activities, play music, etc.)

Sit on the breakfast program committee (plan menus, budgets, etc.)

Other: _____

I agree to be a volunteer in the school's breakfast program

from school: _____

I agree to help out regularly during the school year (or for another specified period of time as determined by the person in charge of the breakfast program).

I agree to follow the safety and hygiene instructions given by the site coordinator.

I agree to contribute to maintaining a positive environment and to abide by the Youth Empowerment core values of teamwork, honesty, self-respect and respect for others.

STUDENT'S SIGNATURE: _____ DATE _____

BREAKFAST PROGRAM REPRESENTATIVE'S SIGNATURE: _____

PARENT'S SIGNATURE: _____
(If you are under 14 years of age)

*Return this form to: _____

STUDENT

VOLUNTEERS

Before students begin volunteer training, it is advisable to consult the school administration to ensure that all tasks entrusted to student volunteers are done in compliance with the school's safety requirements.

Take a moment to explain how a breakfast program works and go over the standards, rules and expectations for student volunteers, referring to the following as required:

- **A short history of Breakfast Club of Canada.** Invite the students to visit our website: www.breakfastclubcanada.org.
- **The Club's Youth Empowerment approach and values.** Reference document: What is Youth Empowerment?
- **Hygiene/food safety standards and instructions** applicable to your school, along with food allergy and intolerance guidelines.
- **Menus and job** description.
- **Expectations related to** days and hours of attendance.

Tasks that can be done by student volunteers

YES

- Set up stations, get food items out of storage, put trays and food out.
- Assist adult volunteers with food preparation (cleaning, peeling, mixing, buttering toast, etc.)
- Welcome students and take attendance.
- Help in serving food to tables or at a breakfast station (beverages, yogurt, fruit, etc.)
- Wash dishes, put away dishes and equipment.
- Clean the premises after breakfast, sweep floors.
- Help put away food orders, rotate food items, etc.

- Help promote a positive environment: create posters on healthy eating habits, decorate the room, plan special breakfasts, lead relaxing activities for students who have finished breakfast, etc.
- Plan a basic weekly menu within a specified budget.
- Select and plan new recipes.
- Follow simple recipes from beginning to end.

NO (under 14 years of age)

- Handle sharp knives.
- Provide table service unassisted.
- Use electrical or cooking appliances.
- Handle undiluted sanitizing products.



STUDENT

VOLUNTEERS

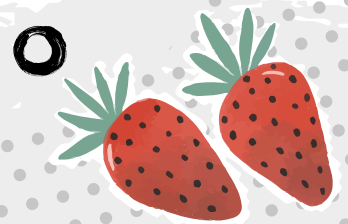


Schedule

Week of:

Tasks	Monday	Tuesday	Wednesday	Thursday	Friday
E.g., Serve fruit	Student's name				

*Indicate the tasks to be performed



STUDENT

VOLUNTEERS



Youth Empowerment

What is Youth Empowerment?

Vision

The Youth Empowerment approach encourages interaction based on respect and building self-esteem. Youth Empowerment is a daily investment and an invaluable form of support in helping children pursue their dreams. Through this approach, we strive to create an environment where students' contributions are truly valued and where individuals are recognized for their unique qualities and potential.

How can you put Youth Empowerment into action?

Small everyday actions are often a way to have a positive influence on the lives of the people around you. For students in the breakfast program, a warm welcome starts their day on a positive note.

Here are a few ways Youth Empowerment ambassadors can contribute to a breakfast program:

- Greet students with a smile and a warm welcome.
- Encourage students to be friendly and respectful toward one another.
- Support students in their attempts to be more responsible and self-sufficient.
- Take time to listen to students' requests, suggestions and comments.
- Be role models by following the school's code of conduct and setting a good example at all times.
- Respect the privacy of students, volunteers and school staff.
- Be constructive in your suggestions and comments.

Youth Empowerment values:

- * Teamwork
- * Cooperation
- * Integrity
- * Fairness
- * Honesty
- * Self-respect and respect for others
- * The importance of dreams and goals

Recognition of

STUDENT VOLUNTEERS



Be sure to take a moment with student volunteers at the end of their commitment, either individually or as a group, to thank them and congratulate them for their hard work and diligence. Ask them for feedback. This will allow you to bring the experience full circle and make them feel their participation and comments are important for the team.

Here are some ideas for showing your appreciation to student volunteers:

- **Prepare a special breakfast in their honour** (have them pick what they want to eat, have adult volunteers and staff members serve them, have the site coordinator say a word about them in front of the group, etc.).
- Propose that the school administration **include them in the school awards ceremony**.
- **Post a message of appreciation** on the school or school board website or in the school newspaper.
- **Recognize student volunteers' contributions** by doing a "Standing Ovation".
- **Post the names of student volunteers** on the breakfast program bulletin board or at the school entrance.
- **Create cards and have them signed by the volunteer team,** the school administration and/or student volunteers' teachers.
- For high school students, **prepare a letter of appreciation** that can be included in job applications.
- Email an **electronic certificate of recognition to student volunteers' parents** or ask the school to print out the certificates and present them directly to students

Certificates of recognition can be personalized.

Here are some suggested categories to use to recognize student volunteers' contributions. Feel free to create other categories if you wish.

- For **creativity** in food presentation
- For **being an awesome** team player
- For **outstanding** cooperation
- For **exemplary** leadership
- For **perseverance**
- For your **remarkable** commitment
- For **always** making us laugh
- For your **sunny disposition** everyday
- For **brightening** our mornings
- For his/her **excellence** in organizing
- For **diligence and hard work**

STUDENT



VOLUNTEERS

To Whom It May Concern:

_____ and Breakfast Club of Canada hereby acknowledge and recognize the volunteer involvement of _____ in the breakfast program for the past _____.

Breakfast Club of Canada relies on the involvement of thousands of volunteers, including elementary and high school students across the country, to prepare and serve breakfast every morning.

Throughout his/her involvement, _____ has contributed

Through his/her concrete efforts, he/she has been a role model for other students, and we are very proud to have him/her on our team of volunteers.

Sincerely,

Signature of site coordinator,
person in charge of the breakfast program or
member of the school administration



STUDENT

VOLUNTEERS

**Certificate
of Recognition**

_____ and Breakfast Club of Canada
appreciate the outstanding contribution of:

Thank you!
You're making a
difference!

_____ for _____

Breakfast Club of Canada ensures that children and youth benefit from two essential factors to grow and learn:
a nutritious breakfast and an environment promoting self-esteem.

Thank you for doing your part by helping the students in your school, being involved
in the community and becoming an engaged citizen!



STUDENT

VOLUNTEERS

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