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Mrs. Mortensen

Elder Project Outline and Proposal

Particular Parts of the Elder Project

Video & Comments: This video is not a TED Talk but I believe it is extremely powerful. It is by a medically-certified psychiatrist and therapist and has extremely rich content. The video is 18:32, which is in contrast to the limit, but I would like to request the entire video for each word he says is as efficient and meaningful as possible. Please contact me if you would like to talk about the content. Below is also my completed presentation to discuss the video itself

[This Is Why You're Not Disciplined](#)

[Elder Project: The Journey is the Reward](#)

Community Service

Goals: Spread gratitude to those who do not receive it enough – teachers and staff. Because these groups not only on campus but nationally aren't recognized for how much they do, it is important to not only be considerate of their mental well-being but also to how they function on a daily basis. Even though most students are grateful for their teachers, they don't express it verbally or physically, and most of the time it goes unnoticed by them. But within my experience of leading the Challenge in spring of 2023 as well as in both semesters sending thank-yous to my teachers that I appreciated displayed to me how much of an impact it makes on them. A simple little message, a short and sweet piece of gratitude can go a long way within their week, their month, and their year. That is why I wanted to do this; I fully believe that other community service ideas, such as canned food drives, socks for homeless shelters, and much more are extremely important, but with the outcome of the past years I have been here has shown that this is really to just pass by this component of the elder project and not actually do anything because they know no one will participate. Therefore, by doing this project, which is less directly impactful compared to food or clothing, I want to ensure I get feedback. I can't project how many will do this, how many will opt to say thank-you, but it is a much higher probability that they will do that then donate cans of food. This can either have a great outcome or a null one, and that ultimately comes down to the students, but if the students rise to the occasion I could see upwards of 800+ messages to teachers, which is awesome and so worth it.

Dates (1st semester):

- I. 6-10th of November forms are up
- II. 10th takedown after school.
- III. Mon, Nov 13, 2023 is the day I hand out in the teacher's boxes

Reason for these dates: These dates will align with the world kindness week on the week of the 13th, and although most of these are done in the second semester, I feel it would correlate best and work with whatever kindness club/W2BW is doing during that week to spread even more kindness, such as through chalking up the school or dress up days. This would couple and accelerate the trajectory of W2BW/kindness club's week, and it would overall make the teachers' weeks a whole lot better.

Methods/Communication/Days of: To accomplish this, I will first create social media posts as well as physical posters with QR codes to put all around campus to do, then request (if needed) to send this link during advisory to the teachers as appropriate. I will communicate with Vashe and any other individuals necessary to get this in to reach the entire student body. Social media posts, through the ASB's Instagram, will give a broad audience to answer this at any time of the week; this will be posted on Wednesday as a mid-week reminder. In addition, the week before I will email and talk to as many teachers as I can to put them in their classrooms to put them in there, so when Monday comes it will be easy and quick access. Main points will be by bathrooms, on the board next to the library, and the MUB. Once I get these responses, I will compile them in a pretty Canva post, print them, and put them in the teachers' boxes; if there is enough for multiple papers, there will be multiple compilations – each comment will not be dulled from its value in gratitude. Lastly, I will contact W2BW somewhere within the beginning of the year and the week of in order to see if they will chalk up the school in the morning or whatever else they will do to be able to couple our efforts. The morning of the week after collecting, I will communicate with Morty to arrive at school at 7:50 to be able to put the information in the teachers' boxes while supervised. The link to the google form has shared access and is below:

<https://forms.gle/v58m1qiRV793amQz8>