

School Visit Instructions

Penn Fitness *for* Life



Thank you for your interest in volunteering! We greatly appreciate your willingness to lend your time and efforts to fight childhood obesity in the West Philadelphia community.

DETAILS

Please meet at **3:15 pm** in the **lobby of Harrison College House**. Make every effort to be on time, as our group will need to set up the equipment at the school. We will end the visit at around **5:00 pm**. Dress is casual or athletic.

We will be visiting **Spruce Hill Christian School**. The principal is **Stephanie Hook**, and **Michelle Porcella** is the director of the aftercare program. About 25-30 students will be present, with the grades ranging from kindergarten to sixth grade.

The structure of the visit will be a brief interactive lecture and subsequent rotation around four stations. The lectures and stations will be planned while en route to Spruce Christian.

IMPORTANT ADVICE

Always show confidence.

Be mindful and respectful of different student backgrounds.

Encourage or congratulate them (i.e. high fives, “good job,” applause, etc).

Enforce the rules of the station politely to ensure that the games are fair.

Feel free to switch games if the students are becoming bored.

Give them small tips to improve at a particular sport or game.

Look out for their health and safety. Consult Mrs. Porcella if there is an injury.

Remember that the school is private and Christian.

Show respect to school authority (i.e. Mrs. Hook and Mrs. Porcella).

Try to mediate any arguments or conflicts.

Use language that they would understand.

Use the teachers’ “clap system” to get the students’ attention.

CANCELLATIONS

If you need to cancel, please remove your name from the schedule. In addition, if you are cancelling the day of the visit, call or text the board member leading the visit that day.