Leadership Camps Bring Out the Best!

KKGU State-Wide Camp in Wichita

Region 2 was able to take youth to two leadership camps this summer! The first camp was held at Newman University in Wichita, KS, and was a great state-wide event for Kansas Kids @ GEAR UP. The second camp was held at Wildwood Outdoor Educational Center in LaCygne, KS. In Wichita, Cool Speak, a national youth engagement group, was able to reach out to our youths and help them reflect on their personal goals, challenges and dreams for the future. This overnight camp provided students the opportunity to be on a college campus while meeting new friends and finding out more about themselves as empowered leaders. Finding their voice and knowing that they were being heard as they shared ideas, concerns and hope for their futures was the primary focus of this camp. It allowed students to grow and learn as leaders.

Wildwood: Outdoor Challenges

Immediately following the state-wide camp in Wichita, several youths and Region 2 staff challenged themselves with experiences in the great outdoors. This camp had youths stretching their minds and bodies to help them identify their own strengths and limits. Youths used mind over matter to climb the rock wall, learned about bioscience in nature, tried their hands (and eyes) at archery, found the perfect balance in canoeing and had a great time fishing. By challenging themselves physically and mentally, youths discovered a new sense of accomplishment and self-confidence. Communicating and supporting one another to reach team and individual goals were skills they developed at this camp. By the end of each day, campers were happy to have a break and enjoy s’mores that they had made over the fire pit.

IMPORTANT SCHOLARSHIP INFORMATION!!!

⇒ Make sure you have completed the KKGU scholarship for the Fall 2019 semester.
⇒ Send documents to richard.schwasinger@wichita.edu
⇒ Go to www.kkgu.org for application information.
Cultural Activities Enhance Lives

Studies have shown that by balancing life with artistic or cultural activities, stress levels decrease, joy occurs and life is elongated. This summer, several KKGU Region 2 youth were able to attend cultural activities in the Kansas City Area. Through the Starlight Theater’s community outreach program, youths attended the Broadway musical performances of The Wizard of Oz and CATS. This year is the 80th Anniversary of The Wizard of Oz! The performance of CATS was the Andrew Lloyd Webber score that has toured more than 30 countries and been performed in 15 different languages. The flight of the Wicked Witch of the West over the audience was one of the highlights that youths will remember for a lifetime!

Game Day!

In addition to attending theatrical performances, KKGU youth were also able to go to Royals baseball games through the community outreach program of The Kansas City Royals. Tickets were shared with youths from Pittsburg, KS, and Hutchinson, KS, as well. For many youths, it was their first time at a professional baseball game and stadium. They had fun watching the players warm up and eventually winning both games, June 11 against the Detroit Tigers and June 23 vs. the Minnesota Twins. While at Kauffman Stadium, youths also visited the Royals’ Hall of Fame.

Healthy Choices Are More than Peas and Carrots

In June, youths were treated to a three-day camp about being personally healthy and making choices to help them live their best lives. A trip to Hy-Vee to learn about making good food choices on a budget was one of the favorite activities. The Hy-Vee Nutritionist then spent time demonstrating and having youths make healthy snacks, including yogurt parfaits, protein balls and a vegetarian snack. The next day was all about relieving stress and learning to manage different emotions. Various methods of self-management were demonstrated and experienced by youths. Meditation, both with and without music was offered and practiced. Meditation has proven to be effective in helping their minds while soothing music boosts the calming effect. A gentle YOGA session was also a part of the programming for healthy choices. The next day, youths were provided information regarding healthy relationships with friends and family. Knowing what boundaries should look like and how to implement personal boundaries are important skills for teenagers that they appreciated learning. So, the mind, the body and the whole person was discussed throughout the camp.

*My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.*

Maya Angelou
### 2019-2020 ACT Test Dates

| Test Date          | Registration Deadline | (Late Registration Deadline) |
|--------------------|-----------------------|-----------------------------
| July 13, 2019      | June 14, 2019         | June 15-24, 2019             |
| September 14, 2019 | August 16, 2019       | August 17-30, 2019           |
| October 26, 2019   | September 20, 2019    | September 21-October 4, 2019 |
| December 14, 2019  | November 8, 2019      | November 9-22, 2019          |
| February 8, 2020   | January 10, 2020      | January 11-17, 2020          |
| April 4, 2020      | February 28, 2020     | February 29-March 13, 2020   |
| June 13, 2020      | May 8, 2020           | May 9-22, 2020               |

See your KKGU Advisor or school counselor about test fee waivers.

***** NEW FREE ACT TEST PREP to ALL KKGU STUDENTS USING WAIVERS FOR THE ACT TEST GO TO: [http://www.actstudent.org/onlineprep](http://www.actstudent.org/onlineprep)
KKGU: Region 2 would like to thank all of our partners for their continued support. With your help we are able to better serve youth in our area.