Cool Speak: Putting Motivation back into education!

Kansas Kids @ GEAR UP started the summer off with KKGU Leadership Camp, June 4-6, hosted by Region 5. The state-wide camp had 75 students join us at Newman University to embrace the motivational speakers from Cool Speak. Cool Speak is a motivational youth empowerment company that engages student through leadership activities and inspirational speakers. We want to thank the Cool Speak team for going above and beyond to deliver powerful moments like “The Mountain” that touched the hearts of GEAR UP students and staff. It was an emotional and powerful week. We also want to thank Juan Cangas, Reggie Bates, and Lillyan Prado-Carrillo for an amazing week! We learned so much.
Healthy Eating!
Recipe of the Summer
Guacamole Pita Pizzas
- 2 large avocados
- Juice of a lime
- 1/2 tsp cumin
- 1/2 tsp salt
- 4 large pitas
  Some suggested toppings: black beans, corn, tomato, cilantro, jalapenos, and olives

Prepare avocados and spices in

Staying Hydrated! Summer is definitely here and with those triple digit’s its important to stay hydrated!

10 reasons why you should drink water:

1.) Water is non-caloric! That’s right no calories, fats, or sugar!

2.) Improves your complexion. A little fountain of youth, it helps slow aging. No Acne and no wrinkles! Double Bonus! Woot! Woot!

3.) Strengthens your immune system.

4.) Helps you lose weight.

5.) Detoxifies your body.

6.) Cures headaches, and cushions your joints.

7.) Aids digestion.

8.) Increases energy.

9.) Saves you money.

10.) Helps with your mood. Water is refreshing, it enlivens the senses and creates a sense of well-being. The best part is it also helps to regulate body temperature to cool you off! A little fun fact, if you are thirsty you already dehydrated! So drink
2019 Summer Events:

June 4-6
KKGU Leadership Camp @ Newman University

June 11-13 College Visit Week

June 18-20 ‘Fit Kidz Week @ WSU

June 25-27 ‘Say it with Music’ @ WSU

July 2-4 Happy 4th of July No events! Have a safe and happy holiday!

July 9-11 ‘R U Ready for College’ @ WSU

July 16-18 ‘Who Done it? Murder at 1845 @ WSU

July 23-25 ‘My Dream Job’ @ WSU

July 30-Aug 1 ‘Empowerment Week’ @ WSU

FB: Kkgu S. Central KS

Instagram: KKGUSouthcentralKS

To sign up for events:
email us at: kkgu region5@wichita.edu
or call (316) 866-8902.

College Campus visit week!

The week started off with a campus tour to Emporia State University, Wichita Tech University, and ended at Fort Hays State University.

The students enjoyed the opportunity to visit the universities and get familiar with the college surroundings. Many of the students were able to look at housing and ask questions about college life, and get a better idea of what college will be like. All the students agree that “Big Al” the dinosaur was a big hit from Fort Hays. Overall, college campus week was a big success and the students are eager to visit “college life” again in the Fall! So stay tuned for Fall 2019! Definitely keep an eye on our seniors as they embark on a new adventure.
### Contact Us

Give us a call for more information about our services. We would love to hear from you!

**Kansas Kids @ Gear UP**

Follow us on:

- @ KGU S. Central KS
- @ KKGUSouthcentral

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Sign up for our Summer events!

**Kansas Kids @ GEAR UP Region 5**

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