

# PAL TO

The FFA Mentoring Program



# PAL

Spring 2009

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## What's Inside this Issue:

Grow Your PALS  
Program Guide

Campbell's Soup Scoops

Peer Program Resources

PALS Chapters in Action

Kismet-Plains, Kansas  
Mapleton, Iowa

### THE FFA MOTTO

Learning to Do  
Doing to Learn  
Earning to Live  
Living to Serve



## Discover the Grow Your PALS Program Guide

**P**artners in Active Learning Support (PALS) has joined forces with Campbell's Soup Company and the LifeKnowledge® Center for Agricultural Education to produce a new PALS resource, the Grow Your PALS Program Guide. This newly developed CD-ROM features the *PALS Activity Handbook Volume II, Second Edition* and is integrated with the latest teaching methodologies and developed with the high-school facilitator in mind.

The 54 lessons, geared toward third and fourth graders, focuses on several topics relevant to elementary curriculum standards and agricultural literacy. The curriculum is divided into nine unit topics:

- Technology
- Renewable Energy
- Recycling
- Agricultural Awareness
- Agricultural Mechanics & Technology
- Animal Science
- Environmental Science
- Food Science
- Plant Science

The lessons have been developed by teachers for teachers and students to

*(continued on the next page)*



**SAVE THE DATE!**

**Wednesday Oct. 21, 10a.m.**

Learn more about PALS  
during the 82nd National FFA  
Convention in Indianapolis.

Visit [convention.ffa.org](http://convention.ffa.org) in  
mid-August for details on  
this exciting new workshop.



## Discover the Grow Your PALS Program Guide

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promote agricultural literacy and help elementary students explore the world of agriculture with hands-on large-group, small-group and one-on-one activities. The lessons are fully scripted and include solid interest approaches, inclusive language and e-Moments®. These engaging strategies take into consideration individual students learning needs such as modalities and multiple intelligences. LifeKnowledge precepts are also built into each lesson to promote premier leadership, personal growth and career success.

The CD-ROM also includes a guide on how to start a PALS chapter as well as additional resources. It will be sold through The Core Catalog and on [www.ffaunlimited.org](http://www.ffaunlimited.org) beginning mid-May. For more details, visit [www.ffa.org](http://www.ffa.org) and click on Awards Programs, from the left menu, and then PALS. ■

**W**e're so excited to roll out the new Grow Your PALS Program Guide. Here's an outline of what you'll see in one of the units:

### UNIT: Environmental Science

#### LESSON 32: How soil particles settle

**Objectives:** As a result of this lesson, the student will ...

1. Conduct an investigation of soil particles.
2. Discuss the main types of soil.
3. Observe the settlement of particles within a soil sample.

#### LESSON 33: Techniques for observing wildlife

**Objectives:** As a result of this lesson, the student will ...

1. Define wildlife.
2. Identify and practice techniques for watching wildlife.

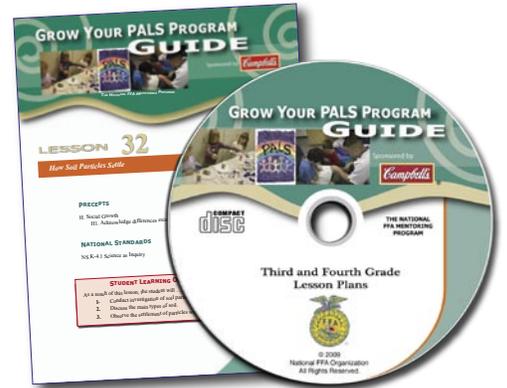
#### LESSON 34: Understanding weather and severe storms

**Objectives:** As a result of this lesson, the student will ...

1. Develop awareness of severe storms.

#### LESSON 35: How does water and soil move?

**Objectives:** As a result of this lesson, the student will ...



1. Build a model watershed, observing movement of water and sediment.
2. Discuss erosion and how to prevent it.

#### LESSON 36: Creating an underwater observatory

**Objectives:** As a result of this lesson, the student will ...

1. Construct an underwater observatory.
2. Observe and draw an item reflecting on observations.

For more details visit [www.ffa.org](http://www.ffa.org)!

## PALS chapters IN ACTION!

Southwestern Heights FFA, Kismet-Plains, Kansas

### Growing Your Grub

**S**outhwestern Heights (SWH) High School is small, but our FFA chapter is 30-members strong and growing. Our PALS program serves both elementary schools within our district. FFA members interact with youth through a variety of activities to teach them about agriculture and food production. Some of the activities the chapter hosts include a third grade agricultural field trip, a first grade pumpkin carving, second grade Food for America lessons and a K-5 farm safety coloring contest during National FFA Week. "FFA pro-

vides so many fun opportunities to teach kids about agriculture," said Lane Sherer, SWH FFA vice president. This spring we will be constructing a greenhouse sponsored by the Campbell's greenhouse enhancement grant. FFA members will use the facility to mentor fourth grade students and will teach lessons that match the food and nutritional needs of the fourth grade science curriculum while making the connection to agriculture. "The elementary schools are excited to partner with the FFA to help kids learn



The second grade students at Kismet Elementary show off their pictures after learning about soil and making an edible soil profile with the SWH FFA members (Lane Sherer, Gavin Hittle, Dakota Queen and Breanna Butler).

about food choices, nutrition and wellness," said Kyle Griffiths, Plains Elementary Principal. ■

Carmelita E. Goossen, Advisor, Southwestern Heights FFA, Kismet-Plains, Kansas

# Campbell's<sup>®</sup> SOUP SCOOPS!

As part of the *Help Grow Your Soup™* program, for the first time in its more-than-100-year history, **Campbell Soup Company** is making available to the American public specially cultivated seeds used to grow tomatoes for its iconic Campbell's® Tomato soup. The effort is part of Campbell's goal, in partnership with FFA, to **grow more than one billion** tomatoes across the country and to support American agriculture.

Campbell also is teaming up with FFA chapters that have PALS programs and Urban Farming Inc., a non-profit organization that turns unused land in urban areas into sustainable food sources, to plant five community gardens in urban areas including New York City, Chicago, Detroit, and Atlanta, as well as near Campbell's headquarters in Camden, N.J. Campbell is also helping three FFA chapters in Kansas, Arkansas and Iowa build agricultural learning greenhouses.

## FUN FACTS

1. Campbell's growers produce about 800,000 tons of tomatoes a year – that's enough tomatoes to stretch from the Earth to the Moon and back!
2. Campbell's Tomato soup was introduced in 1897.
3. At least 25 million Americans eat Campbell's Tomato soup each week.
4. There are more than 75 varieties of Campbell's condensed soups.
5. Andy Warhol ate Campbell's Tomato soup for lunch for 20 years, which inspired him to create his famous Campbell's Tomato soup painting.



## Peer Program News

The National Association of Peer Programs (NAPP) is a 501(c)(3) nonprofit corporation whose mission is to help adults establish, train, supervise, maintain and evaluate peer programs. Using the NAPP Standards and Ethics as a guiding principle (<http://www.peerprograms.org/publications/publications/standards/>), NAPP helps adults through networking, leadership training, certification and programmatic problem solving. The rubric helps individuals determine how their program is doing in relationship to the standards. Training institutes, including one in June 2009 in Indianapolis, are conducted by certified trainers/consultants.

To take advantage of these and other member benefits, join today. Visit <http://www.peerprograms.org/> for more details. ■



*“Through NAPP’s journal, newsletter and website, membership provides me with up-to-date information in the field. It allows me to keep current on topics related to peer programs and provides me with tools I need to do a more effective job. NAPP provides a valuable forum for the exchange of ideas and information.”*  
(Director of Guidance, Brooklyn, NY and NAPP member)

## RESOURCES SPOTLIGHT An In-Depth Look at Peer Programs

### PEER PROGRAMS: AN IN-DEPTH LOOK AT PEER PROGRAMS: PLANNING, IMPLEMENTATION, AND ADMINISTRATION — 2ND EDITION

This 332-page book is a powerhouse of information and useful tools and is part of the Peer Power series. The book consists of 12 well-organized chapters, two appendices and both a subject and author index. And there's even a practical CD on the back flap that has just over 45 (12 Word and over 30 PDFs) tools you can use with your laptop, LCD projector or your printer.

They share great illustrations and sample tools. Some parts of the book are generic, providing justifications for peer programs or making predictions about the future. In contrast, other parts address specific, tactical concerns by offering descriptions of various training techniques and models useful for developing professionals.

As if the tools and samples were not enough, the authors even provide 25 pages of possible funding resources by federal locations and state-specific foundations or corporate sponsors of peer programs.

If there is a shortcoming to this book, it would have to be that it doesn't come with a pop-out person to help you get started on your work—but at least the authors give you a short chapter on how to work with your team after assembling it. ■

Published in *Peer Resources Network “Peer Bulletin,”* February 2009. Review by Peer Resources Network member Michael Ciambella

New Edition!

This edition includes a CD of forms to customize for all phases of your peer programs.

By Judith A. Tindall, Ph.D., and David R. Black, Ph.D.

ISBN: 978-0-415-96236-0

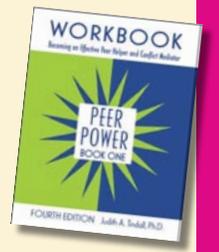


### Additional Resources:

**PEER POWER, Book One Workbook:** Becoming an Effective Peer Helper and Conflict Mediator - 4th Edition

By Judith A. Tindall, Ph.D.

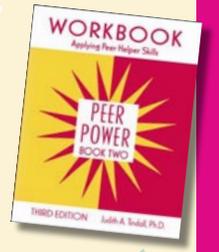
ISBN: 978-0-415-96232-2



**PEER POWER, Book Two Workbook:** Applying Peer Helper Skills - 3rd Edition

By Judith A. Tindall, Ph.D.

ISBN: 978-0-415-96232-2



# PALS Chapters IN ACTION!

Maple Valley FFA, Mapleton, Iowa

## PALS Fun in Iowa

The Maple Valley and Anthon-Oto Community School Districts are located in the Loess Hills of West Central Iowa. It is a rural district consisting of several small towns. Class size is about 50-60 students per grade in high school, with elementary averaging around 20-30. Our FFA chapter has 76 members and is very active.

Our chapter was one of the pilot chapters of the PALS program in Iowa when it was first introduced in 1994. We have continued with the program every year since its inception. We started the PALS program as a way for the high school students to develop their leadership skills through mentoring activities. It was also a way for the young elementary students to develop their trust and self-esteem by doing hands-on activities with their PALS. Our PALS program is combined with our semester-long leadership class. We meet and do a PALS activity once a week for the semester. At the end of the semester, we have a new leadership class and the elementary student is again matched with an FFA junior or senior for the entire semester.

Our activities include building kites, making play dough, planting marigolds, making slime, doing a spin art, playing word and number bingo and more. Our first activ-



ity each semester is putting hand prints on a free FFA PALS T-shirt that the mentor and mentee wear each time they meet. The FFA PAL shirt has been my best recruiting method over the years.

We will continue to provide the PALS program to the elementary students in the future. With our new greenhouse, we will be able to teach other elementary students about how food is grown and raised. In our new high tunnel greenhouse, we want to provide elementary classes a small plot to raise and harvest radishes, lettuce and spinach and then make tossed salads for each other. ■

Dennis Benson, Advisor, Maple Valley FFA Advisor, Mapleton, Iowa



PALS and Roosevelt FFA, Detroit, Mich.

## PALS CONNECTIONS

*My youngest son, Ryan, was a kindergarten PALS member. Ryan had a tremendous experience in the PALS program. He was matched with a senior, Lance, who played football, Ryan's favorite sport. Even though Ryan was painfully shy, they hit it off right away. Lance was an excellent role model. After graduation, Ryan and Lance continued to keep in contact. An occasional e-mail or to see him at a sporting event was a highlight for Ryan throughout elementary. One year, when we were Christmas shopping, Ryan saw an ornament that was a football player for Lance's favorite team. Even though it had been a couple of years since PALS, Ryan insisted that we buy it and mail it to Lance for Christmas. One year, Lance also sent Ryan a stocking hat with his college's logo on. A true testament to their relationship, however, occurred a couple of years ago. At a graduation party my husband and I happened upon Lance. We talked to Lance, went home and got Ryan, and Lance and Ryan then sat and visited for at least a half hour – even though it had been six years since they had been PALS! I can't say enough about the impact that Lance and the PALS program had on Ryan's life. I truly believe there will always be a connection between Ryan and Lance, and I am thankful that Lance had such a positive influence on Ryan's life.*

—Mary Joan Dougherty

*My name is Emily McDonald, and I have served as FFA chapter vice president for the past year. I believe that our PALS program has helped my fellow students learn that by helping others they help themselves. Working with elementary and pre-school age students with plant and animal projects learned in class has helped strengthen our FFA program. We are looking forward to working with Campbell's Soup Company in a gardening/nutritional educational program to grow our PALS program. Agricultural education has never been so important and needed in urban centers. Our PALS program is not only fun but a real tool for us to show how important the FFA is at Roosevelt High School.*