

# Sign-In Sheet

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Submit time-in and come back after the  
meeting to edit response and log  
time-out.

QR code is posted around the room for  
convenience!!



# Roots & Shoots Projects and Accomplishments

Introduction Meeting 2021-2022 Aug. 31st



# Our 2021-2022 Officers!

**President**  
**Dana Ayroso**

OWWP, Monthly  
Mindfulness, Make Your  
Mark Officer Supervisor

**Erick Gonzales**  
**Historian**

Speaker Series,  
Environmental Projects  
Officer Supervisor

**Vice President**  
**Linna Lu**

OWWP, Tutoring, Make  
Your Mark Officer  
Supervisor

**Anushka Jadubans**  
**Treasurer**

Monthly Mindfulness  
Officer Supervisor

**Harmony Marshall**  
**Secretary**

Speaker Series,  
Environmental Projects  
Officer Supervisor

**Ms. Erdmann**  
**Sponsor**

Room 22-103 in the IB Center




So...

# What is Roots and Shoots?



The Gateway High School Roots and Shoots Chapter is under the Jane Goodall Institute and Roots and Shoots non-profit organization. We work to address problems from all aspects such as environmental, social, mental health issues and much more! We hope to create significant change in our community while building connections along the way.





# Follow us!

## Organization Instagram

@rootsandshoots

@janegoodallinst

## Chapter Instagram

@rootsandshootsghs

## Organization Website

rootsandshoots.org

## Remind

@ghsroots

## TEAMS

@v24ayob

# Shirts and Chord Eligibility

No club dues

\$10 per shirt

Pay at Student Finance or  
MySchoolBucks.com

Show our Treasurer Anushka  
your receipt or online order to  
receive your shirt!

We will be hosting 3  
fundraisers this year to  
fund to create chords!

Members cannot miss more than 4  
meetings and must attend at least 1  
fundraiser to receive a chord!



Roots & Shoots Club



The background is a soft, light blue watercolor wash with a textured, slightly irregular edge. In the top right and bottom left corners, there are illustrations of green leaves on thin stems, rendered in a simple, clean style.

# Chapter Projects

Keep in mind the top 3 projects you'd like to focus on for the duration of the year!





# Monthly Mindfulness

As school can often be stressful, Roots and Shoots introduced the Monthly Mindfulness Initiative to create a safe space for students to receive advice, learn, and conversate about prioritizing their mental health, especially as students. With this project we invite therapists and other Mental Health Professionals from around the nation to combat stigmas surrounding mental health.



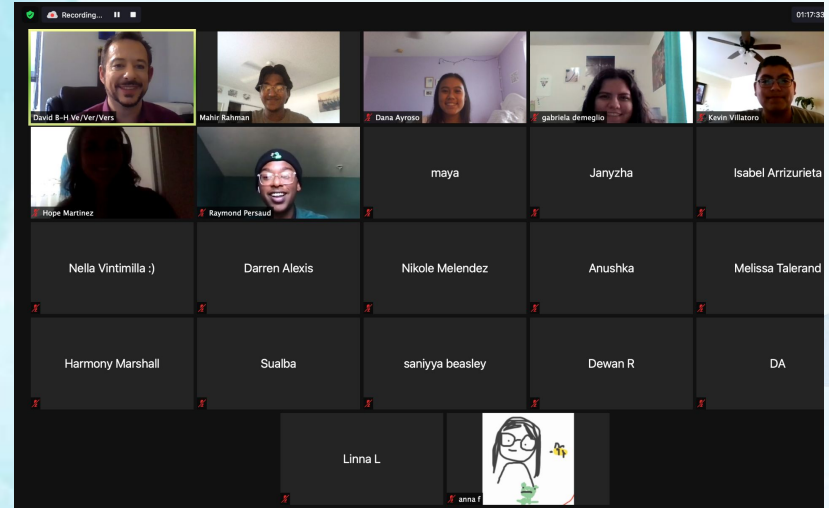
**MONTHLY MINDFULNESS**



# Past Monthly Mindfulness Events



Mrs. Shani Tran  
Licensed Therapist



Dr. Baker-Hargrove  
Licensed Psychotherapist

# Speaker Series




When you think of the medical field what jobs come to mind? Doctors maybe nurses? The Speaker Series Project was made to introduce students to more specific jobs to inspire and provide insight into possible careers beyond the common career paths. With this project, students are able to ask questions and learn from professionals in a multitude of fields. Students can even request jobs they are interested in and would like to hear speakers from!

# Past Speaker Series Events



**GHS ROOTS & SHOOTS**




*Dr. Nikolas Parisis*

**DR. NIKOLAS PARISIS IS A FIRST-YEAR RESIDENT AT THE UNIVERSITY OF MINNESOTA SPECIALIZING IN DIAGNOSTIC RADIOLOGY. HE COMPLETED MEDICAL SCHOOL AT THE LAKE ERIE COLLEGE OF OSTEOPATHIC MEDICINE IN BRADENTON, FLORIDA, AND HIS UNDERGRADUATE DEGREE AT THE UNIVERSITY OF CALIFORNIA, SANTA CRUZ.**


**DATE: APRIL 28TH, 2021**  
**TIME: 7:00 PM EST**



**Dr. Nikolas Parisis  
First Year Resident in  
Diagnostic Radiology**



**INSPIRING FUTURE GENERATIONS TO  
BUILD THEIR OWN LEGACY**




*Joshua Castro*

**"OUR GENERATION WILL BE REMEMBERED AS THE ONES WHO TOOK MANKIND'S GREATEST ADVENTURE"**

**DATE/TIME**  
FEBRUARY 25TH, 2021  
@4:00 P.M.

**LOCATION**  
GOOGLE MEET  
MEETING CODE: RUS-YIXU-FKJ



**Joshua Castro  
Entrepreneur**

# Tutoring



roots and shoots roots and shoots roots and shoots  
**TUTORING**  
roots and shoots roots and shoots roots and shoots

In light of the COVID-19 pandemic, Roots and Shoots partnered with Orlando Student Tutoring: a free virtual tutoring program. Our mission is to ease the burden of parents and teachers through this pandemic and provide high school students with a safe community service opportunity. In our upcoming project we hope to offer free virtual SAT Tutoring camps during the school year.

# Make Your Mark Art Gallery

The Roots and Shoots Chapter partners with Thacker Avenue Elementary School for the Annual Make Your Mark Art Gallery to promote awareness of social, mental health, environmental, and animal issues. Students are able to bring an art piece of their choice featuring a local or world issue. The artist of the piece that raised the most money was able to donate that money to a non-profit organization of their choice.



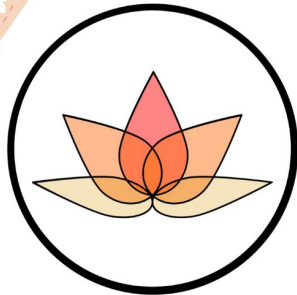
# Campus Cleanup

Roots and Shoots worked with other Gateway High School clubs to clean up the school and promote good environmental habits.



# Osceola Women's Wellness Project

With the Feminine Hygiene Assistance Program



**FEMALE HYGIENE ASSISTANCE**

Our mission is to relieve the economic and social stress of the School District of Osceola County (SDOC) students by providing equitable access to menstrual hygiene products on school campus. On the global path to female hygiene equity, the Roots and Shoots Chapter strives to work with the School District to provide pads and tampons to the SDOC students.





# Our Fight For Feminine Hygiene Assistance

With the OWWP, Roots and Shoots was able to meet with the School District to introduce a Pilot Program at Gateway High School for the 2021-2022 school year providing free pads and tampons in selected student bathrooms.

Additionally, Roots and Shoots was able to receive an \$850 grant to support this project. Roots and Shoots was also able to reintroduce sexual education in 5th grade classrooms.



The former and current Roots and Shoots Presidents at the School District to discuss the OWWP

# MPLs and Project interest forms

Each project will be led by 2-3 Member Project Leaders (MPLs)

Members cannot miss more than 4 meetings and must attend at least 1 fundraiser event to maintain a MPL position

MPL Applications will be open soon!

MPLs are given the reins within their project speciality. MPLs are expected to guide each project group in creating and organizing events while focusing on project missions. MPLs will communicate directly with their Officer Supervisor and work with their project groups to ensure successful events.



Please scan for Project Interest Form!!

# Chapter Accomplishments



- Just one thing initiative
  - Encouraged youth leadership for environmental justice by allowing students to make their monthly promises to the Earth.
- OWWP: Meeting with the school district in order to implement a Pilot Program for free pads and tampons at Gateway High School. Also creating a petition with over 600+ signatures.



# Chapter Accomplishments cont.

- **Monthly Mindfulness X Best Buddies event:** Collaborated with Best Buddies and had a speaker who was both an uplifting speaker and advocate of best buddies.
- **Orlando Student Tutoring x Roots and Shoots:** Allowed Roots and Shoots members to help out students in need of academic assistance through virtual tutoring.
- **Speaker Series:** Students were able to gain information about several different careers through having open discussions with speakers who were proficient in their career fields.

Thank you for your  
interest in our club! We  
hope you are able to join us  
in our mission for change!



Don't forget to edit your  
response and log time-out.

# Icebreaker Activity

Directions:

1. Write down something unique that you have done or a unique characteristic about yourself on a small piece of paper with your name on the back.
2. Fold the paper and put it in the container when it is your turn.
3. From the 7 people standing in from of the room, pick who the unique fact belongs to.