

219519

Mrs. Van Schenck

Senior Project

October 29, 2013



A. Abstract:

The title of my paper is *Childhood Obesity: The Rapid Growing Epidemic* and the title of my project is Homers for Childhood Obesity. I chose childhood obesity as my topic because my little brother is overweight and I am very passionate about this topic. My whole family is “big” and I’m curious is being “big” runs in your genes or if it is caused by your lifestyle, or both. My driving questions for my research are:

- 1) What exactly is obesity and the other stages?
- 2) What are the long term effects of being a child who is obese or overweight?
- 3) Is childhood obesity caused by nature or nurture (meaning are you born to be that way or are you raised to be that way)?
- 4) What can people do to prevent childhood obesity?

The law aspect that I am going to be looking into is whether or not it is the mother’s fault or not. I am basically going to look at nature vs. nurture. I’ve seen court cases where the kids are taken away from their mothers for their kids being obese.

My consultant for my project will be Mr. Winn. For my project, I am thinking of doing a homerun derby for girls 12-18 years old. The winner (whoever hits the most homeruns in each age group, 12-14 and 15-18) will win a bat that I will purchase for the event. There will be different “fences” designed so that the competition is fair for the different age groups. There will be a 10 dollar admission fee per person and each girl that comes can either bring a tosser or chose the designated tosser (Tim Johnston) to toss for them. Tim Johnston is one of the coaches for the FC softball team and will gladly toss for whoever wants him to. Each girl will get a total of 10 swings, not 10 balls, meaning she

could have 20 balls pitched to her, but she can only swing ten times. This homerun derby will take place at FC's softball field. I am captain of the varsity softball team so I have access to the field whenever I need to with Butler's consent.

I will get people to come to my event by advertising on my travel teams website, putting a flier up at Grand Slam, sending out group texts to all of the softball girls that I have played with, and by advertising around the school. The purpose of this project is to raise funds to be donated to childhood obesity. To Start the derby off, I will speak about childhood obesity and why I am conducting a derby.

Also for my project, I am looking at making tee-shirts with *Homers for Childhood Obesity* on the front of the tee shirts. I will charge the participants \$10.00 for the tee-shirts, that way I can make profit which will be donated to the *Alliance for a Healthier Generation* foundation. I will also set up a donation jar at Grand Slam for people to donate money towards my project.

The *Alliance for a Healthier Generation* foundation is a catalyst for children's health. They work with schools, community organizations, companies, healthcare professionals and families to transform the conditions and systems that lead to healthier kids. Their primary goal is to reduce the prevalence of childhood obesity and to empower kids to develop lifelong, healthy habits. The most local group is located in Washington, D.C..

I'm thinking of having the people who attend my homerun derby evaluate my project based on their experience and the organization of the event. Also I could create a survey for parents to fill out based on observations.

B. Learning Skills

I will need to enhance my skills of:

- Interviewing
- Public Speaking
- Setting up an event

- Tee-shirt making
- Efficiently collecting money

I will need to learn these new skills of:

- Planning an event by myself
- Carrying out an event by myself
- How to be financially literate with buying things I need for my project
- How to collect donations
- I will need to know how to donate donations received to Boys and Girls Club

C. Project Steps

Steps	Description	Hours
Step 1:	<ul style="list-style-type: none"> • Interview the people from the Boys and Girls Club of South Eastern Virginia to see if they could donate some supplies for my homerun derby (maybe like a banner) 	2 Hours
Step 2:	<ul style="list-style-type: none"> • Come up with an idea of where to place the temporary fence 	2 Hours

Step 3:	<ul style="list-style-type: none"> Meet with Butler to review the setup of the temporary fence 	2 Hours
Step 4:	<ul style="list-style-type: none"> Buy the bats from Grand Slam 	1 Hour
Step 5:	<ul style="list-style-type: none"> Buy buckets of balls 	1 Hour
Step 6:	<ul style="list-style-type: none"> Set up the field 	2 ½ Hours
Step 7:	<ul style="list-style-type: none"> Carry out the event 	3-4 Hours
Step 8:	<ul style="list-style-type: none"> Collect donations 	3-4 Hours
Step 9:	<ul style="list-style-type: none"> Give out the bats to the winners in each age group 	30 Minutes
Step 10:	<ul style="list-style-type: none"> Donate the donations to the Boys and Girls Club 	2 Hours

	Total Hours	20 ½ Hours- 23 ½ Hours
--	-------------	------------------------

D. Project Documentation

- Photos of the participants.

- Pictures of me giving a brief opening and closing to the event.
- Pictures of the guest speaker from the Boys and Girls Club
- Copy of the advertisements created.
- Copy of emails sent between me and local teams.
- Copy of speech.
- Video of the event.

E. Project Justification

This project relies on my ability to work well with event planning, but necessitates that I grow as a public speaker. Planning a homerun derby is definitely going to be a challenge for me because the biggest thing I've ever planned was Senior Day for softball, and it was extremely stressful. I need to become better at dealing with stress. The challenges of this project require research and established confidence for me in event planning.

F. Project-Paper Connection

The central idea of my paper is whether childhood obesity is developed by nature, or by nurture, meaning are you born with it or is it a result of your habits. Childhood obesity is an epidemic among children of all ages. By performing a homerun derby with young women in the community, I will be enforcing the negative impact of childhood obesity and I will hopefully make an impact on them to eat the right things and exercise properly every day.

G. Academic Honesty

I understand that the project has to be my own work. I know that if I fail to use proper citations on work that is not originally mine, I will be guilty of plagiarism. If proved I was at the wrong I hold the possibility of being sent to my home school, Frank W. Cox High School. I understand that any academic dishonesty by me on any part of the project will result in failure of the Senior Project and forfeiture of the Legal Studies Seal on my High School diploma.

H. Completion Dates

Step	Completion Date
• Progress Report #1	February 21, 2014
• Meet with <i>Boys and Girls Club of Southeastern Virginia</i>	February 24, 2014
• Set up Donation bucket at Grand Slam	February 25, 2014
• Progress Report #2	February 27, 2014
• Have Venue Okayed	February 27, 2014
• Progress Report #3	March 7, 2014
• Get supplies for event	March 8, 2014
• Create the evaluation forms	March 9, 2014

• Progress Report #4	March 13, 2014
• Progress Report #5	March 27, 2014
• Set up the field	March 22, 2014
• Host Event and collect donations	March 29, 2014
• Donate used sports equipment to Boys and Girls Club	March 30, 2014
• Progress Report #6	April 3, 2014
• Finish E-Folio	April 5, 2014
• E-Folio Due	April 10, 2014

I. Facilities Impact Form

Form is being completed and will be sent to Mrs. Godfrey by the end of Thanksgiving break.

J. Parent Agreement

As a First Colonial High School, Legal Studies Academy parent, I recognize all parts of the Senior Project are graduation requirements and I intend to support my student throughout the process.

I understand the physical project must be a product or performance which takes at least 20 hours outside of class time to complete, and which challenges my son/daughter's current skills and knowledge. Additionally, I recognize I may obtain needed information via the Senior Project Manual; posted online.

I fully understand this project selection decision is made independently of the staff and administration of First Colonial High School. The project selection and approval is parent and student-centered. Final approval for the project is governed by the Senior Project Advisory Board.

Due to the importance of the Senior Project, submittal of a project without approval will result in a failure or forfeit of Legal Studies Graduation. Thus, if the project or consultant is altered or changed, a Project Revision Form must be submitted by **November 8, 2013**.

Parent/Guardian Signature _____ Date _____

Day Phone _____ Evening Phone _____

Student Name _____

Student Signature _____ Date _____

Student E-mail _____

K. TEACHER APPROVAL

I have read this Proposal Packet, asked for clarification when needed, and believe this project will challenge the student.

Teacher _____ Block _____

Teacher Signature _____ Date _____

L. CONSULTANT CONTRACT

Student Name: _____

Dear Prospective Senior Project Consultant:

To satisfy the requirements for First Colonial High School's Legal Studies Academy (LSA) Senior Project, each LSA senior must complete a project **challenging the student** and requires 20 hours to complete. The student must create a product or performance which is measurable and corresponds directly with his/her Academic Legal Research paper. In order to carry out this project, the student needs a project consultant, someone from the community with interest, time and expertise to help the student complete the project. Project consultants have the unique opportunity to help a student in a very meaningful learning experience.

Please read the list below to be sure you qualify as a project consultant, and you are willing to undertake this service for the student named above.

The Project Consultant:

- Must be an adult, 21 years or older
- Must be knowledgeable in the field the student has chosen.
- Must be willing to oversee 20 hours or more of student's work on the project via personal, phone, or email contact.

- Must be willing to sign this contract explaining the roles and responsibilities of the student and consultant after reviewing project proposal and clarifying project with the student.
- Must be willing to sign a log of student's hours, progress reports or discuss student's hours via phone interview.
- Must be willing to write an evaluation of the student's project upon completion with forms provided.
- Must not help the student with writing the research paper or creating the final presentation.

If you are willing to act as the student's project consultant, please read and discuss with the student his/her project description, explanation of personal challenge, and rough outline of the project. The student is responsible for meeting all deadlines and completing the project. The student should inform you of those deadlines and establish a schedule of meetings with you.

If you do not feel the student has met the discussed expectations, you may refuse to sign off on this project. If this situation occurs, students will be required to meet with the Senior Project Coordinator to discuss the completion of this project or possibly proposing a new project.

To help us ensure the student has an appropriate project consultant, please provide the information requested at the end of this contract. First Colonial High School's Legal Studies Academy thanks you for your time and interest in our students. Please feel free to e-mail Susan Van Schenck, the Senior Project Instructor, at susan.vanschenck@vbschools.com with any questions about the project.

To the Project Consultant: Please provide the information requested and sign on the
--

appropriate line below.

Name _____ Phone (Day) _____

Business/Organization _____ Phone (Evening) _____

Address _____

Email _____

Would you be willing to advise other students in the same area? YES NO

Please explain your qualifications in the project area to help this student:

What will be your role, your contribution to the student's Senior Project?

I have discussed the project proposal with the student. The project meets the requirements, and I agree to act as this student's project consultant.

_____ Date _____

(Project Consultant Signature)

I understand as the student, I am responsible for meeting all deadlines, for meeting regularly with my Project Consultant, and for completing the Senior Project. I understand my Project Consultant will help me with the project phase and is not responsible for helping me with my paper or my presentation.

_____ Date _____

(Student Signature)