

# Making a Difference!

## Youth Leadership Programs - Funding Request Community Support

Name of Programs to be Funded

**Fitness And Character Education (F.A.C.E.)  
&**

**“Building a Community – One Leader at a Time!” (Assembly)**

Amount Requested

**\$10,000**

Neighborhood

**DESIGNATED area**

Program Locations

**“Sponsored” elementary schools**

**Presented by:**

Company: Fitness And Character Education, Inc.

Name: Kirk Farber

Address: 1015 Atlantic Blvd, #297  
Atlantic Beach, FL 32233

Telephone: 904-241-8044

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Review by Company or Administration

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Date

# Program Request

## Objective

To teach Fitness and Character Education within the elementary school environment - this **WILL** change the lives of those students selected within the program.

The individual sessions are an “Edu-Taining” approach to respecting one’s self while incorporating fitness skills too. The focus is on fitness to help reduce obesity in the kids today along with character education to build self-esteem and respect. The program is currently in its seventh year of “**Making a Difference**”. This program is not only getting attention but amazing results!!!

## Three outcomes from the F.A.C.E. program:

1. Build Self Esteem and Confidence in the children, teaching them leadership qualities.  
*95% or more of children will graduate from the 8-week program with certificate, recognition awards and attendance/homework assignment requirements*
2. Share Principles and Concepts within Personal Safety and Positive Mental Attitude.  
*100% of participants will have leadership role within their class and initiate a school Project*
3. Focus on Fitness (Martial Arts, Juggling, Jump Rope) and Character Education (Speak on a word/theme each session in front of other participants).  
*100% of participants will improve their coordination, cardiovascular health and flexibility while maintaining eye contact, speaking-listening skills, and respect for others.*

## *Program Description and timeline:*

“**Building a Community – One Leader at a Time!**” is an Assembly presented to a large audience of children (and parents too) with uniqueness that truly makes a difference in the individual and his/her life. This totally dynamic assembly combines confidence, growth and positive attitude leaving an imprint that lasts a lifetime. The Program is an “**Edu-Taining**” approach that uses Martial Arts wisdom/secrets to share with the children. Emphasis is on respect, helping, sharing, focus and fun – which include vignettes of children participation, jump roping, juggling & breaking boards. The entire school hears the positive messages of attitude, respect, leadership and education; while being entertained with values too.

**F.A.C.E.** is a class/session consisting of juggling (coordination of hands and eyes), jumping rope (timing of feet and body with cardio), and martial arts (focus on proper technique, balance and discipline of movements). Also, the children speak on a different word each week in terms of public speaking (i.e., fun, friends, respect, responsibility, leader, teamwork, etc.) The

emphasis is fitness and coordination, yet also uses the subliminal concept of building self-esteem and confidence for children through performing and speaking in front of others too.

- ◆ How to use Common Sense approach to personal safety
- ◆ How to apply Personal Development and positive attitude within youth's day-to-day schedule
- ◆ Public Speaking on a word per week (Respect, Responsibility, Leader, Teamwork, etc)
- ◆ Martial Arts' principles, juggling for hand-eye coordination, jumping rope for timing and agility
- ◆ How to build Discipline, Fitness and Self-Esteem by having FUN each week

**F.A.C.E.** is a session course presented to Children with uniqueness that truly makes a difference in the individual and his/her life.

*Describe program participants (eligibility, age, number to be served):*

**F.A.C.E.** is for any elementary school program. This program will target 3rd thru 5<sup>th</sup> grade children, ages 8-11, at 'specified' Elementary School (Duval County) who are at-risk of academic failure due to behavior problems and/or low standardized test scores (FCAT). The number of participants is 15 kids per session maximum, with two sessions per school (60 students total). The program will be during school hours, thus the 'selected' children will go directly to a specific class room or class location on site of school. No transportation is needed.

The Assembly is geared for entire school population, and it really focuses on "Respect" and "Getting an Education". It includes educating (motivational themes) and entertaining (juggling, jump rope and of course...the specialty, breaking boards for all the kids). The General Assembly will be held in the auditorium or cafeteria, whichever is larger for K-2nd and 3rd-5<sup>th</sup> grades for Assemblies. "**Building a Community – One Leader at a Time**" Assembly is for up to 700 children per school.

The concept is to Kick-Off the Program with the Assembly (K-2 and 3-5), then start the **F.A.C.E.** program several weeks after the Assembly. Based on funding, a school can have one, two, three or four sessions throughout the school year. The sessions will be either in the morning or the afternoon, prior to school release. Specific times/days would be agreed with School Administration and Fitness And Character Education, Inc.

### ***History and qualifications***

Kirk Farber has 20+ years of experience teaching children in the moving Arts. He currently is providing Fitness and Character Education classes at 8 different school locations, and has been providing the classes/assemblies for the last six years full time.

Kirk Farber is founder & owner of The Working Warrior, Inc. He is a 6th degree Black Belt, in fact, one of the 10 highest senior ranks in the world within Cuong Nhu Oriental Martial Arts. He has received 'Sensei' (Teacher) of the Year Award in 1985 and 1993, along with 'Leader' of the Year in 2001 from the International Martial Arts Association. He has been juggling and jumping

rope since 1978 along with a variety of other moving arts. He was owner of Body Arts, a fitness studio, for 16 years at the Beaches. He travels throughout the United States presenting and keynoting seminars on personal safety awareness and positive attitude principles. Kirk Farber educates and entertains students through the process of bringing Martial Art Wisdom to the school environment. More information on the **F.A.C.E.** program can be found at

**[www.theworkingwarrior.com](http://www.theworkingwarrior.com)**

### ***Experience***

Kirk Farber has been part of a cutting edge “**Power, Polish and Purpose**” program for Juveniles in Jail in Duval County for the last ten+ years (1997). It focuses on public speaking and motivational themes. Kirk’s 25+ years of training in the martial arts, juggling, and fitness along with all his work within the at-risk kids organizations and children school environments – All evolved into the development of **F.A.C.E.**

**F.A.C.E.** has already been delivered to over 25 different locations the last 7 years including:

Discovery Montessori	Beaches Episcopal School
San Pablo Elementary	Ocean Yoga Studio
Montessori Tides	Atlantic Beach Elementary
Rawlings Elementary	Annie R. Morgan Elementary
Mayport Middle	Justina Elementary
Mayport Elementary	Steady Step Therapy
Timucuan Elementary	Neptune Beach Elementary
Holiday Hill Elementary	John Love Elementary
Oak Hill Elementary	Joseph Finegan Elementary
Jewish Community Alliance	Jordan Park Community Center
North Florida Gymnastics	Spring Park Elementary
Bolles Lower Elementary	Hogan-Spring Glen Elementary

### ***References***

Available Upon Request



## BUDGET NARRATIVE

**Programs:** FITNESS AND CHARACTER EDUCATION (F.A.C.E.) & "Building a Community – One Leader at a Time!"

**Dates of Program:** School Year at Sponsored School(s)

### Contracted Services

1. Fitness And Character Education, Inc. providing F.A.C.E. (entire school year) **\$8,000.00**

### Recognition

1. T-shirt upon graduation for each child (60)	<b>\$900.00</b>
2. Juggling Balls upon graduation for each child	<b>\$500.00</b>
3. Miscellaneous (certificates/ribbons)	<b><u>\$200.00</u></b>
	<b>\$1,600.00</b>

### Administration

1. Staff providing all logistics for each school (entire school year) **\$ 400.00**

### BUDGET REQUEST PER SCHOOL - \$10,000

Includes two separate General Assemblies for sponsored School  
**"Building a Community – One Leader at a Time!"**

**Up to 700 children for General Assemblies and 60 children for F.A.C.E. program per school**

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❖ Great PR and Community Support

## **Make a Difference, Leave an impression – It will last a Lifetime!**

"Kirk Farber has been **THE** one speaker that the kids in the Pre-Trial Detention Facility get the most out of his talks. He **TRULY** has made a difference in their lives and mine too. He has volunteered his talents and time since 1997."

Peggy Johnson

co-Founder of "Youth Leadership Program" at Jacksonville Jail'

"I feel all students would benefit from the **F.A.C.E.** program. I have taught for 31 years and truly feel this is one of the most beneficial programs taught in my classroom. This program can help prevent many social problems our children face in today's world.

Thank you again for providing us with this experience as well as such a capable and dynamic instructor and role model."

Sharon Conrad

First Grade Teacher, San Pablo Elementary

"Kirk is an inspiration to the entire Cuong Nhu association. My words can not express the total respect and admiration I have for him as a Sensei (teacher) and a leader."

Grandmaster Quynh Ngo

Cuong Nhu Oriental Martial Arts

**More testimonials can be found at [www.theworkingwarrior.com/testimonials.aspx](http://www.theworkingwarrior.com/testimonials.aspx)**

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Fitness And Character Education, Inc. is focused on spreading the **F.A.C.E.** energy throughout the U.S.

### **\*\*\* 3 YEAR PLAN for the Youth Leadership Programs – TEACH THE TEACHER**

#### **Year 1**

**Two sessions per 8-weeks per school for up to Four Schools**

Teachers sit in on 1<sup>st</sup> class, 4<sup>th</sup> class and 8<sup>th</sup> (graduating class)

#### **Year 2**

**Four sessions per 8-weeks per school for up to Eight Schools**

ALSO "Teach the Teacher", where a school teacher (or more) participate in how to lead the class, and taught the mechanics and content in a one-day seminar along with sessions.

#### **Year 3**

**Four sessions per 8-weeks per school for up to Eight Schools**

Schools will have their own teachers sharing the program to students, with Mr. Farber overseeing the **F.A.C.E.** programs while still providing the General Assemblies to all students. Each school will have support while providing the program within their own school environment.

**Thank You for reading this Funding Request – Support a School and Make a Difference!**