

## Mentoring for 4th through 8th graders Thursdays 4:30 - 6:30, October 1- May 19

**Food for Thought Mentoring** is a learning support and enrichment program which is aimed to equip and encourage children and youth through the exploration and enjoyment of food and is sponsored by East Liberty Presbyterian Church which is committed to the academic, social and spiritual encouragement of children and youth. This one-on-one mentoring program reinforces skills known to be necessary for success in and out of school.

The central theme of **food and thinking** comes to life in **one-on-one mentoring** relationships.

Together mentors and mentees ...

- ◆ share healthy and delicious meals.
- ◆ take cooking classes with professional chefs.
- ◆ participate in creating real solutions for hunger, health, and sustainable agriculture.
- ◆ learn about the food we eat.
- ◆ investigate how different cultures around the world eat, extend hospitality and show gratitude.
- ◆ build meaningful relationships that support them during the joys and the struggles of life.

Mentoring is a structured and trusting relationship that brings young people together with caring individuals who offer guidance, support and encouragement aimed at developing the competence and character of the mentee. Research shows that that youth grow intellectually, interpersonally, and emotionally from supportive mentors. Mentees from across the country say they are better planners, organizers, and problem-solvers. They are reported to have grown in self-confidence and self-awareness. Other benefits from a mentoring relationship can include consistent school attendance, improved academic skills, increased ability to graduate and find employment, and enhanced parent-child relationships.

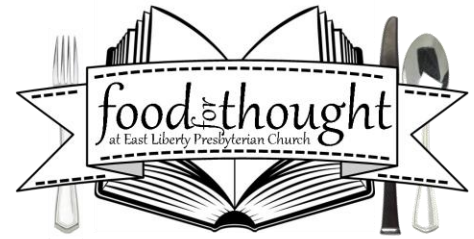
For more information about how your child can participate in *Food for Thought* during 2015/2016 program please talk to Sara Hackett at 412.673.2926 or SaraH@coh.net. If you are interested in becoming an adult mentor contact Wil Forrest at 412.260.2554 or Wil@coh.net.

Happy Eating,

Sara Hackett  
Coordinator of Youth Ministries at East Liberty Presbyterian Church



# Youth Application



Applications are due Friday, September 11<sup>th</sup>, 2015. Our goal is to include as many 4<sup>th</sup>-8<sup>th</sup> grade youth in the *Food for Thought Mentoring* program as possible. We are limited to the number of participating trained adult mentors.

Families and youth will be notified concerning their participation by Friday, September 18<sup>th</sup>. Information on this application may be shared with your child's mentor as appropriate but will not be shared more broadly.

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Youth's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Gender \_\_\_\_\_

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Grade \_\_\_\_\_ School \_\_\_\_\_

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Mailing Address \_\_\_\_\_ Zip \_\_\_\_\_

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Primary Phone # \_\_\_\_\_ Primary Email \_\_\_\_\_

## Parent/Guardian Information

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**Guardian One** (first person to be contacted) \_\_\_\_\_ Email \_\_\_\_\_

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Address (if different from youth's) \_\_\_\_\_ Zip \_\_\_\_\_

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Cell \_\_\_\_\_ Work \_\_\_\_\_ Home \_\_\_\_\_

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**Guardian Two** \_\_\_\_\_ Email \_\_\_\_\_

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Address (if different from youth's) \_\_\_\_\_ Zip \_\_\_\_\_

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Cell \_\_\_\_\_ Work \_\_\_\_\_ Home \_\_\_\_\_

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**Emergency Contact** (non-household member) \_\_\_\_\_

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Cell \_\_\_\_\_ Work \_\_\_\_\_ Home \_\_\_\_\_

**List anyone else who has permission to pick up your child from ELPC?**

\_\_\_\_\_ & \_\_\_\_\_

My youth has permission to walk and or take the bus home.

# Application Questions

To be completed by parents/guardians and youth. Please answer all of the following questions as completely as possible.

1. Why do you/does your child want to participate in Food for Thought mentoring? What hopes do you have for your participation in the program?

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2. Is your child available to meet Thursdays from 4:30 to 6:30pm October through May? Please explain any particular scheduling issues.

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3. Describe your child's school performance, including grades, homework, attendance, behavior, etc.

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4. Is your child currently dealing with any traumatic events (i.e. death in the family, abuse, divorce)?

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5. Can you provide any additional background information that may be helpful in matching your son/daughter with an appropriate mentor?

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6. We want to serve meals that youth enjoy and that stretch them to try new things. Help us plan future meals by telling us what your child likes to eat.

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**7. Please tell if your youth has any food allergies and/or diet restrictions.**

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8. Does your child have any special needs that we should be aware of?

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9. Additional comments:

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# Expectations and Permissions

These expectations will be discussed the first day of *Food for Thought*. If you have any questions or concerns about any of these expectations please contact the *Food for Thought* program staff, Sara Hackett and Wil Forrest.

- 1) I will be here each Thursday from October through May from 4:30-6:30pm or I will notify Sara Hackett that I cannot attend or expect to be late.  
Sara Hackett cell: 412-673-2926 church: 412-441-3800 email: SaraH@coh.net
- 2) I will actively participate in building a trusting relationship with my mentor and in program activities.
- 3) I will not use any electronic devices during *Food for Thought*. Program staff will be happy to hold on to any phones or mp3 players that have difficulty staying in pockets or backpacks.
- 4) I will tell my family about what is happening at *Food for Thought*.
- 5) I will be honest about what I like and don't like and how I am feeling with my mentor, program staff and family. If my mentor or the program makes me uncomfortable in any way I will tell a trusted adult immediately.
- 6) Mentors and mentees are not encouraged to communicate outside of *Food for Thought*. Any communication outside of Tuesday evenings must go through program staff.
- 7) I know that the things I tell my mentor are between us. My mentor **will** talk to program staff if they are worried about my health or safety. Program staff will coordinate with me and my family as appropriate. Mentors waive their confidentiality. Mentees are permitted and encouraged to share conversations with family and program staff.

**PHOTO RELEASE:** Photos will be taken and used in the promotion of Food for Thought. I give permission to East Liberty Presbyterian Church to use photos of student mentioned on this form and to put the finished photos to any legitimate use without limitations or reservation.

Please do not share photos of my child on social media or the internet.

**MEDICAL CARE:** If my child needs to be taken to an emergency facility, he/she will be taken to the nearest one. I give my consent for Food for Thought and East Liberty Presbyterian Church to take appropriate action for the safety and welfare of my child.

I have read and agree to the above expectations and permissions.

\_\_\_\_\_  
Youth

\_\_\_\_\_  
Parent or Guardian