VOL. 3, NO. 3 JULY 2021

STEP'S FOUNDATION NEWSLETTER

Quarter 3: Steps Foundation, Inc Highlights!

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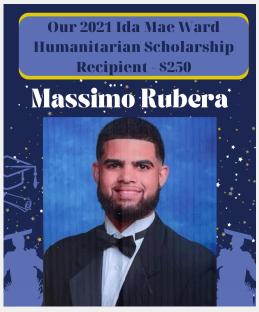


3rd Quarter Highlights

Moving into the third quarter we are super excited about our upcoming programs. We have an amazing Survival Program starting this fall that helps high school students prepare for life after school. We have our Retain Your Brain Program that will focus on social-emotional learning for middle-high school students to help them with self-care. We have our Together We Can Program that will focus on family engagement that will help promote healthy communication.







Congratulations to our 2021 Scholarship recipients Shania Thomas and Massimo Rubera. Shania graduated from Bishop Moore High School and plans to pursue a degree in nursing. Massimo graduated from Osceola High School and plans to pursue a degree in Sports Medicine. We wish both students much success with their future plans.







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AUG. 2021







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We are super thankful for being able to spend the summer with these lovely faces. They have been working hard putting things together for social media and programs. On behalf of the foundation, we are saying thank you Lexi, Greg, Dee, Sam and Jazi for all that you have done and are doing!! We appreciate you!!





Thankful Thursday is one of the many ways you can take the pledge to make the difference! Share with others what you are thankful for and why! Fill out the form so that we can highlight you on Thursdays.

CLICK HERE



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Sponsor

GRAMMY NOMINATED

Get Tickets





Get Tickets

Get Tickets





SAFETY. EMPOWERMENT. HEALING.



Athletic coaches play an extremely influential and unique role in the lives of young men. Because of these relationships, coaches are poised to positively influence how young men think and behave, both on and off the field. Coaching Boys Into Men (CBIM) is the only evidence-based prevention program that trains and motivates high school coaches to teach their young male athletes healthy relationship skills and that violence never equals strength.

Join us on July 30th as we go over the CBIM program. We want to help our youth build better practices when it comes to relationships and communication. The coach's playbook will help with guiding the conversation and it can be done in 5 mins or less at the beginning of practice.

Click on the registration link below to secure your free seat!





We're excited about our family engagement program that will start in the fall. As parents, it's sometimes hard to connect with our children, especially when electronics are involved. This program provides a space where parents and students will engage in tough topic conversations. Each month we will provide a topic of the month and we will either have game night or movie night on either a Saturday or Sunday. Locations for this will vary, however, we will be in constant communication with families involved. We want to make it easy for families in Orange and Osceola County to participate so we will be working with local establishments in both counties to accommodate this program! This is open to parents with students in middle school or high school. Some topics may be sensitive so we have partnered with a few local social workers and therapists to

provide support!

Register



Business Spotlight

Keitmo Social Media Management

We can't hep but do a special shout to Keitmo for all the work they've been doing. She's been working on some things for us in the background and we couldn't be happier. Our foundation can't wait to launch what we've been working on. Check below to see what Kimberly from Keitmo has to offer!

Services Offered:

- Branding Design & Development (Logo Design and Brand Mood Guidelines)
- Content Design (Social Media Graphic Templates, E-Book Design, Journal Design, Flyer Design)
- Website Design (E-Commerce and Landing Pages)
- Brand Packaging Design (Business Cards, Thank You Cards, Poly Mailer, Mailer Box, Sticker Design)
- Marketing Services (Social Media Management and Email Marketing)

You can find Keitmo Social Media Management at: https://www.keepitmovinmgt.com Facebook: https://www.facebook.com/keepitmovinmgt/





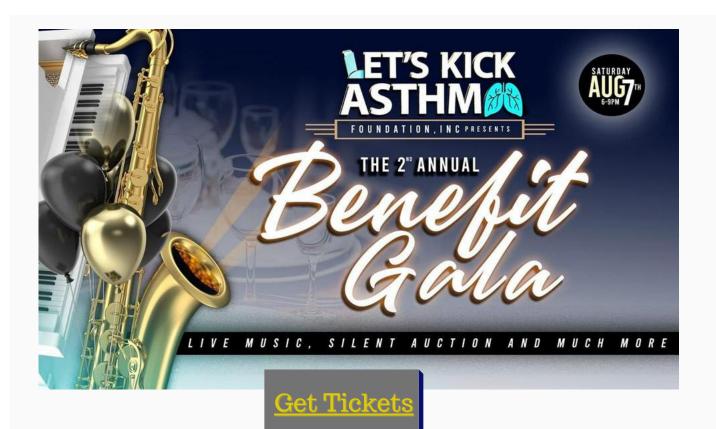
Mental and Behavioral Health - African Americans

- In 2019, suicide was the second leading cause of death for blacks or African Americans, ages 15 to 24.1
- The death rate from suicide for black or African American men was four times greater than for African American women, in 2018.
- The overall suicide rate for black or African Americans was 60 percent lower than that of the non-Hispanic white population, in 2018.
- Black females, grades 9-12, were 60 percent more likely to attempt suicide in 2019, as compared to non-Hispanic white females of the same age.
- Poverty level affects mental health status. Black or African
 Americans living below the poverty level, as compared to those over twice the poverty level, are twice as likely to report serious psychological distress.
- A report from the U.S. Surgeon General found that from 1980 –
 1995, the suicide rate among African Americans ages 10 to 14
 increased 233 percentage, as compared to 120 percent of
 non-Hispanic whites.2



https://www.minorityhealth.hhs.gov/omh/browse.

aspx?lvl=4&lvlid=24





Register



1st Annual Teen Summit

We're excited to announce our 1st Annual Teen Summit, and it's all about business. We've changed the date to October 16th and the location will be moving to Orlando as well. Stay tuned because we're looking at more space, and hopefully a cheaper rate for students with even more give aways! The theme this year is Building Young Entrepreneurs. We are inviting students to attend that are in the process of just starting their own business or are thinking about starting their own business. This summit is for you! We will have guest speakers speaking to you about business startup, marketing, and how to finance your business. This is open to students in 9th - 12th grade. Stay tuned for more information.

Register





Students will receive:

- Lunch
- Prizes for their entrepreneurial journey throughout the summit

Teen Summit Sponsors



We still have room for more teen summit sponsors. <u>Would you like to be one?</u> Check out our next page for sponsorship info!

TEEN SUMMIT SPONSORSHIP

SPONSORSHIP LEVELS

\$1000

PLATINUM

Radio/Media Coverage Social Media Website Newsletter Memory Book Banner T-shirt Plastic Bags

Flyers

\$700

SILVER

Social Media Website Newsletter Memory Book Banner Flyers

\$300

BRONZE

Social Media Website Newsletter Memory Book

REGISTER HERE



IST ANNUAL TEEN SUMMIT

Building Young Entrepreneurs

Speakers

Speakers



Michelle Welch

Our main speaker will be bringing you information on how to start and maintain your business. Do you know what it takes to start your business legally? Do you know how to stay in compliance? She's ready to share details with you!



Shawntia Lee

Shawntia is coming to you with knowledge on how to pitch your products and services. This is an important key in order to get investors and customers. Learn how to fine tune your pitch and prepare for the pitch competition.



Will Carey

Join Will as he gives you some much needed marketing tips and tricks. In a ever changing world, we have to pivot how we market our business. He's coming to you with a wealth of knowledge and years of experience. Innovation is key!



IST ANNUAL TEEN SUMMIT

Building Young Entrepreneurs

Speakers



Alyssa Hogan

Do you know what a business plan is or what it should have? Alysa's brack out session will give you some of the pointers that you need to start creating your business plan. Business plans are important to have in order to receive funding and to know the direction of your business.



Kimberly Andre'

Kimberly is coming to speak to you about the importance of branding. Have you put thought into what your colors can mean? Do they truly represent your business? Why the big fuss about branding. Join her to find out. Put some of your ideas on the table.



Taloni McCarthren

Taloni has been a teen entrepreneur for a fe years now. Her break out session will be he explaining how she got started and how sh maintains her business. Maybe you've alread started your business and want some advict (visit her breakout session.

Partner Spotlight

We want to take a moment to recognize our community partners! If you go to our website you'll be able to click their logos to get directly to their pages.































Non-Profit Spotlight

Thee Vineyard

Thee Vineyard wants to spread our message of hope and compassion. We believe that a single action can make a difference in the community, and that collective action can greatly impact the world. Through advocacy and outreach activities, our team works tirelessly each day to contribute their part to the greater good. Steps Foundation, Inc has had the pleasure to work with Thee Vineyard on an event with their students and it was successful. We are proud of the strides they are taking to instill value in their community. From serving the homeless to helping sutdent's prepare for life through their program called "The Study".





Check out their social media page and their website for more information. If you have students in Orange or Seminole County check them out and get them involved in The Study.

Find them using the following: website: https://www.theevineyard.org/facebook:@TheeVineyard





August



WATER QUALITY MONTH

Clean water is essential for healthy communities! We monitor water quality regularly to ensure it's safe for consumption, bathing, and cooking.

HOW CAN YOU PROTECT WATER TOO?

IT'S EASY:

Skip the fertilizer & pesticides! Rain washes pesticides and fertilizers into the soil, seeping into the waterways that supply our drinking water.

Pick up after your pup! Animal waste contains disease-causing bacteria and is also high in nitrogen, which promotes dangerous algae blooms.

Forget flushing! Prescription medications and pollutants such as used motor oil, paint, or antifreeze should never be flushed down the toilet or poured into a storm drain. Find out how to properly dispose of them in your community.

Join a clean-up crew! Protecting water is a group effort. Search online for local beach or wetlands cleanup projects and help keep plastic and other pollutants out of our water.

Follow us on Twitter and Facebook @MyUIFlorida





One Call Could Solve It All

OUR CORE VALUES



right thing



Confident







Team Player

Accountable



THESE THINGS
COULD HELP
IMPROVE THE
LONGEVITY
OF YOUR
ROOF.

- Clean out your gutters on a regular basis.
- Trim your trees to lower the risk of damage
- Replace broken or missing tile and shingles as soon as you can.
- Reseal caulk around vents and pipes
- Watch for signs of damage inside your home or business.
- Insulate your attic to help achieve appropriate ventilation.
- Inspect your attic for water stains.
- Check your roof for signs of damage often.
- Inspect your roof for moss or algae
- Do a ground up inspection at least twice a year, checking drip edge, piles of granules, loose or missing flashing, and missing or exposed fasteners.



Nations Roof Steep Slope 691 Garden Commerce Pkwy Suite 170 Winter Garden, FL 34787



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ROOFCARE







- Aloma Elem 1.
- 2. Blankner K-8
- 3. Castle Creek Flem
- 4. Catalina Elem.
- Conway Elem. 5.
- Dream Lake Elem. 6.
- 7. Eccleston Elem.
- Endeavor Elem. 8.
- Forsyth Woods 9.
- Frangus Elem. 10.
- 11. Lake Como K-8
- Pershing K-8 12.
- 13. Riverside Elem.
- 14. Rollina Hills Elem.
- Sand Lake Elem. 15.
- Sally Ride Elem. 16.
- 17. Sunshine Elem.
- Shingle Creek Elem. 18.
- Tildenville Elem. 19.
- Ventura Elem. 20.
- 21. Whispering Oak
- West Creek Elem.

Dramatic Education is HIRING for the 2021-2022 School Year!!

Dramatic Education is looking for dynamic employees.

Job opportunities are listed on

www.DramaticEd.com,

CLICK JOB OPENINGS

or send resume to office@dramaticeducation.com

Dramatic Education is an educational company that provides school-age services in public, private, and charter schools throughout Central Florida.



Apply online or call for more information 407-494-1744 DramaticEducation.com

Apply for Jobs



Volunteers! We're looking for you!

Programs

Marketing

Administration

Fundraising

Events

Social Media

Communication

Legal

Go online and fill out our volunteer application. www.stepsfoundation.org/volunteers

Volunteer Orientation dates:

5/29

8/21









8150 CHANCELLOR DRIVE STE 105 ORLANDO, FL 32809

WHY CHOOSE HOME BUILDERS
INSTITUTE (HBI) CARPENTRY
PROGRAM?

- The nation's leader in technical educational career training in the building industry for over 50 years.
- A commitment to providing the highest quality of trade skill learning
- Learn an in-demand technical skill. Gain employability skills and job placement assistance
- Learn wall/floor/roof framing, windows/doors installation, and more
- Receive a nationally recognized industry certification.
- GRADUATE DEBT FREE!

*Annual Source: National Association of Home Builders

\$52,850 AVG National Wage* Carpentry

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Reserve your spot today by calling

Maria Bell @ 407-223-0204
Derrick Perry @ 407-717-7251
Evan Williams @ 407-398-9198
or email us @
Orlando.Academy@hbi.org



Retain Your Brain



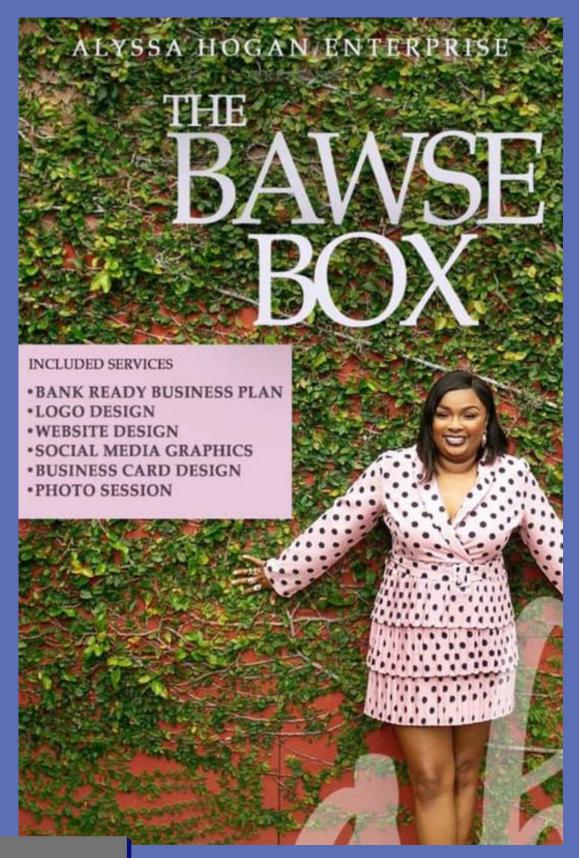
Mental health problems can affect many areas of students' lives, reducing their quality of life, academic achievement, physical health, and satisfaction with the college experience, and negatively impacting relationships with friends and family members. These issues can also have long-term consequences for students, affecting their future employment, earning potential, and overall health.

https://www.sprc.org/collegesuniversities/consequences

Our Retain Your Brain program was created to help students with social-emotional learning support. Sometimes they need a place to feel heard and understood. Our goal is to provide them a safe atmosphere where they can share how they feel while getting the proper tools for coping. Whether it's a boost in confidence and self-esteem, building healthier relationships, or understanding stress and how to manage it. We are here for students every 3rd Monday for online support. We will offer a 6-week self-care series each Fall, Spring, and Summer to help students build a tool kit of resources for better-coping skills and stress management.

This is open to middle and high school students.





Website

NEW FALL PROGRAM

We're excited to announce our Survival Program that will run from August to May. Students will receive a program t-shirt, survival box with material, and a canvas invite which is where our program material will be.



The program will only be open to 25 students in person and 25 students in our online program. Students will need to commit to attending the once-amonth Saturday workshops and to student meetings. Workshops will be on the 2nd Saturday of each month, and student meetings will be on the 1st Thursday of every month. Parents/Guardians, we have a check-in the 3rd Wednesday of every month. We want parents/guardians to be just as involved in the process because we have resources for you too! These check-ins keep you up to date on what's happening within the month and it allows you time to give feedback. Yes, we want to hear more about things you want to see more of or things that you don't want or need. To get started in this program you'll need to fill out the application, and then attend orientation with your student.

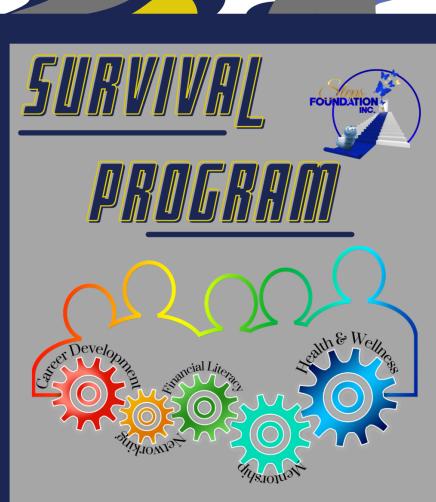
Relationships Victory



Valiant

Abili

Life Learners



- Open to students in High School (9th-12th)
- Commit to once a month group meetings
- Parents commit to once a month meetings
- Engage in program activities and workshops
- Provide feedback
- Engage in community service
- Networking

www.stepsfoundation.org

info@stepsfoundation.org

Un ity

Strength



HOW TO OBSERVE NATIONAL SUICIDE PREVENTION MONTH

1. Spread the message

Throughout Suicide Prevention Month, it's extremely important to spread awareness, take time to reach out to those in need and help people understand the severity of this cause. How? Hand out Suicide Prevention pins, start a campaign, and share stories of hope on social media.

2. Volunteer at a crisis center

Provide support by volunteering at a crisis center in your area. Although this is something that can be done year-round, Suicide Prevention Month is the perfect time to get started. Check out the National Suicide Prevention Lifeline, an organization that offers free and confidential emotional support 24/7 to those in crisis or emotional distress.

3. Record a supportive video

This is an easy option that doesn't cost money or time, so anyone can do it. Simply record a 15–30 second video promising your friends to listen to anything they need to say. Then, use the hashtags #suicideispreventable #800273TALK #LETITOUT.



https://nationaltoday.com/national-suicideprevention-month/



Sponsorships



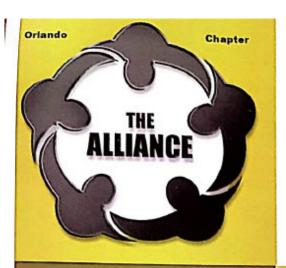
I pledge to make a difference is a pledge that Step's Foundation, Inc truly believes in. We believe that the small differences makes the biggest impact. We are often asked "How can I help"? There are so many ways that you can help but if you're unsure here are a few:

- 1, You can volunteer your time, expertise, or services. We love volunteers and we can tell you there is so much work to be done from helping setup and take down workshops, helping register families, spreading the word, joining committees, helping plan events, help put together goodie bags, etc.
- 2. We are looking for Survival Program Sponsor. This is \$100 and it helps cover the cost of supplies for the workshop, snacks, and location.
- 3. We are looking for student sponsors. The cost of a student sponsor is \$250. This helps cover the cost of the student survival box and incentives.
- 4. Make a one time or monthly donation in any amount.

You can make an online payment by clicking the link below or mail a check/money order to:

Steps Foundation, Inc PO Box 700625 Saint Cloud, FL 34770





THE NATIONAL ALLIANCE OF AFRICAN AMERICAN ATHLETES

THE ORLANDO CHAPTER

PERSONAL HISTORY

The Orlando Chapter of the N.A.A.A. was started in 2020 by its president Paul Knight. This chapter will serve high school athletes in the greater Orlando area.

PROGRAMS

1.Teen Summit (building the future, building yourself)

2.Alliance Internship Component

3.S.A.T. & A.C.T. Prep Courses
(S.C.H.O.O.L.S.)

4.NCAA Clearance House Student/Athletes
5.Research Program

6.Practical Money Skills for Life

7.NAAAA Orlando Chapter Awards
Banquet

8.College Tours

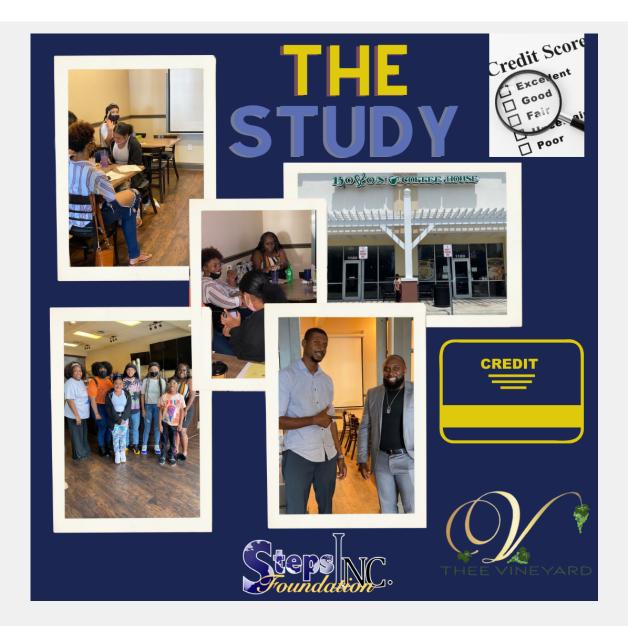
CONTACT INFORMATION

Address: 1701 W. Wetherbee Rd., Orlando, FL, 32877 #771401 Phone: (407) 801-9744

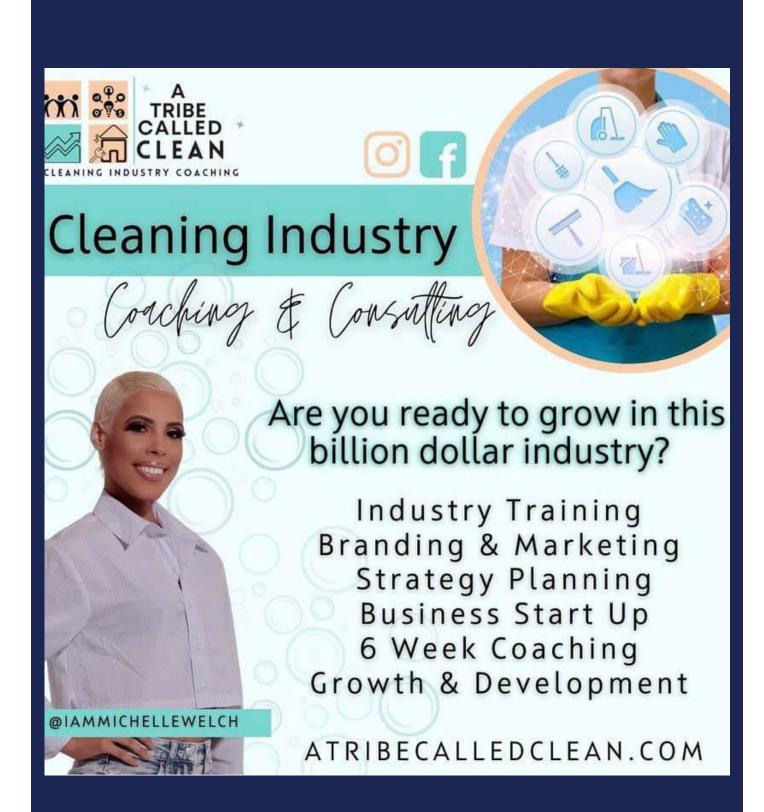
nationalallianceorlando@gmail.com
Website: www.naaaa.com

The mission of the The Alliance's Orlando chapter is to monitor, recognize, mentor, and uplift African American youth. We implement meaningful programs that will prepare the students for college, encourage family support, and understand the challenges facing many students. We will utilize athletes as catalysts to inspire leadership, while recognizing and rewarding academic, athletic, and community excellence.

Our vision is to help our students flourish academically by providing them with an abundance of resources, mentors and leadership opportunities. We plan to organize and conduct meetings, have discussions on relevant topics, including college availability, applications, career exploration, scholarship programs, grants, and financial aid applications. We will prepare students to become productive, creative leaders of the community. Our goal is to be a model organization for student athletes to excel in every aspect of their life.



We had the pleasure of hanging out with Thee Vineyard in April for their first student workshop. They talked to students about building and maintaining good credit. We were happy to be in the building with one of our community partners Malcolm McCloud who spoke to students. The event was a huge success and we were able to check out Boston Coffee House in Altamonte where the event was held. We look forward to seeing more come Thee Vineyard!





Kindness Cards





SPREADING CHEER IN OSCEOLA COUNTY!!



RANDOM ACTS
OF KINDNESS





I PLEDGE TO MAKE A DIFFERENCE!

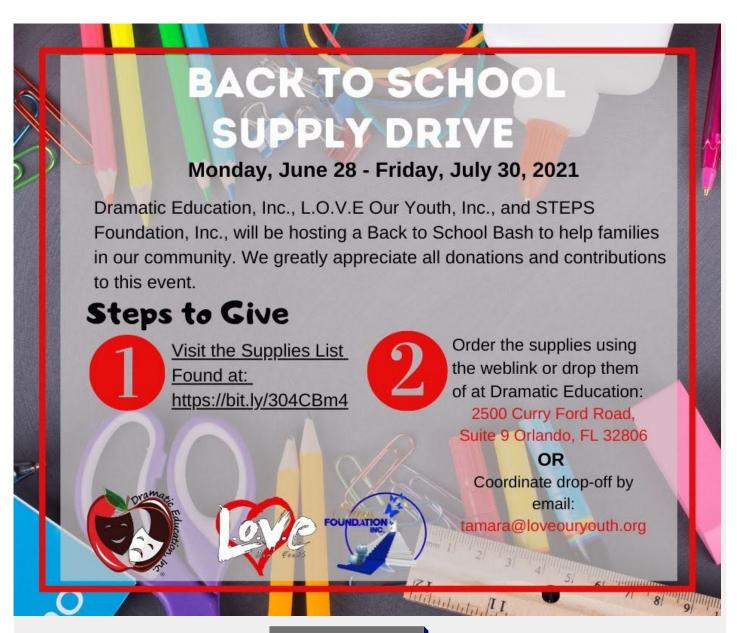
I Pledge To Make A Difference

Pledging to make a difference is something we all can do. It starts with kind words and gestures. Lamar has always enjoyed seeing other people smile, so when he asked to create kindness cards we wanted to share them with the world. Not only are we encouraging adults to utilize the cards but also encouraging students to get involved as well. The back of these cards are left blank so that you can write positive messages on them for someone else. The proceeds for these cards will go to student programs.

Find a random person
2. Find a random person
2. Physic have nowe leave them at blank one to 10 the year thank card to repeat 1. The a pick with year kindness ceards 1. The a pick with year kindness ceards 1. Take a pic with year kindness 2. Take a pic with year kindness 2. Take a pic w

Purchase

Will you pledge to make a difference by purchasing \$5.00 kindness cards?



Supply List

We've been collecting back-to-school items for the last few months. We can't say thank you enough to all those who have been donating supplies. We're not done yet. We're in serious need of backpacks.

Thank you all for pledging to make a difference and serving our community!





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EXPERT GUESTS WILL DISCUSS:

- ☑ Healing
- ☑ Divorce & Shared Custody (Legal)
- ☑ Conflict Resolution
- Parenting Plans
- Kid Conversations
- ☑ Life after a Break-up/Divorce
- Roles in a Blended Family



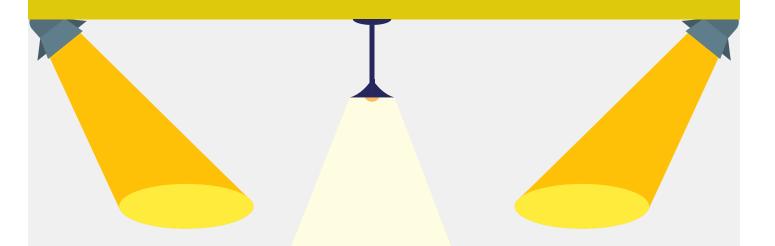
11 AM TO 2 PM

ORLANDO, FL

DETAILS COMING SOON!

Follow Page

SPOTLICHTS & EVENTS



We would love for you to send us your submissions for Business Spotlight and Nonprofit Spotlight. Tell us about the business or nonprofit. Share what made it special or great for you so that we can share it with everyone else. We've created a form to capture the information so that it can be shared. If you have events coming up for the community share those too so that we can place them in our newsletter.

SHARE HERE

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@stepsfoundationinc

















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