

Presenter for School Curriculum Night:

Number of Volunteers Needed: 2

Approximate time Commitment: 30-60 minutes one night at the beginning of the school year.

Time of Year: September

Description: Volunteers will be trained on how to provide a parent information session.

Volunteers will give a short 5 minute presentation (during the school curriculum night or school ice cream social) to introduce parents to the H2K program. Volunteers will set up a booth to provide additional information to parents about the program and to provide the parents with an opportunity to ask questions about the program.

Presenter for School Assemblies:

Number of Volunteers Needed: 2-3

Approximate time Commitment: 30 minutes one day per month

Time of Year: October - May

Description: Volunteers will be trained on how to present at school assemblies. Volunteer will be provided with all materials needed for the assembly. Volunteers will give short 5-10 minute interactive presentations once per month during the schools regular scheduled assembly. Two (or more) times per year, volunteers will present a 15-30 minutes "H2K exclusive" assembly. These 'H2K-exclusive' assemblies will take place at the beginning and end of the school year to 'kick-off' and 'finish-off' the program.

Website Trainer:

Number of Volunteers Needed: 2

Approximate time Commitment: 15 minutes per grade 4-6 class one day at the beginning of the school year.

Time of Year: October

Description: Volunteers will be trained on how to use the H2K website. Volunteers will provide a 15 minute presentation to each class to teach students in the H2K program how to update and manage their profile on the website along with inputting their daily activities. The training will generally be conducted on a class by class basis, however one-on-one training may be required with students in younger grades.

Requirements: A Criminal Records Check and Child Abuse Registry Search must be cleared before a volunteer can enter a school. Instructions on how to obtain these are available at the office of the Maritime Heart Center.

H2K Peer Mentoring Program Volunteer:

Number of Volunteers Needed: 5

Approximate Time Commitment: 1.5 hours, one lunch hour per week

Time of Year: November-April

Description: *Volunteers will be trained by H2K to provide a one day peer mentoring workshop to students . Volunteers will host a one day peer mentoring workshop at the school to train the student mentors. Volunteers will attend and facilitate weekly peer mentoring program lunch time sessions once day per week. Volunteers will be provided with a kit that includes a booklet of potential/suggested activities for each session. Volunteers should to become familiar with activities for each session and help with any equipment set-up or teardown that may be required. Volunteers will also encourage and motivate students and student mentors.*

Requirements: A Criminal Records Check and Child Abuse Registry Search must be cleared before a volunteer can enter a school. Instructions on how to obtain these are available at the office of the Maritime Heart Center.

*One volunteer will take on the role of lead volunteer. This person will take the lead during the session and will deal with any issues that come up. This volunteer will keep open communication with H2K staff to provide updates, information, and feedback regarding the lunch time sessions.

Heart Health Education Session Presenter:

Number of Volunteers Needed: 3

Approximate Time Commitment: 45 minute sessions per grade/class, once per year

Time of Year: March-April

Description: *Volunteers will be trained by H2K to present the Heart Health Education Sessions. The sessions consist of information from four topic areas (heart anatomy and physiology, nutrition, smoking prevention, and risk factor modification). Volunteers will present a 45 minute power point presentation to students and answer health related questions.*

Requirements: Volunteer must have an education in a health field



Volunteer Descriptions and Requirements for H2K Program

