

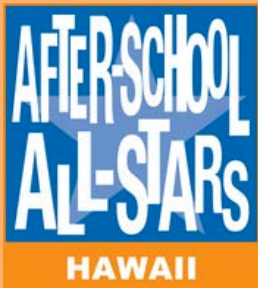
KING INTERMEDIATE AFTER-SCHOOL ALL-STARS NOVEMBER 2025

FREESTYLE FRIDAY - CONDITIONING

Healthy bodies equal healthy minds.

All-Stars stay active, learning simple exercises like planks, jumping jacks, and sit-ups, they can do at home without any gym equipment.



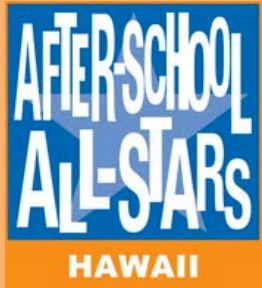


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LIFE SERVICE ACTION: SUPPORTING COMMUNITY

As part of the Life Service Action initiative, All-Stars decorated shopping bags and filled them with food items for the homeless. The project encouraged reflection on those in the community who need support, and gratitude for food, family and shelter.



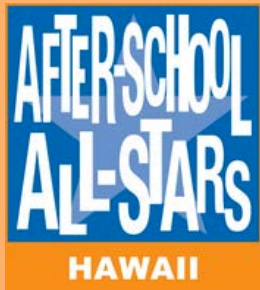


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COOKING

All-Stars cooking class is an opportunity for students to learn how to use kitchen tools properly, measure ingredients, and work together to follow directions that result in tasty meals.





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YOUTH ADVISORY BOARD MEETING

Youth Advisory Board members from All-Stars programs from across the state met virtually to talk about and share ideas for improving the program. Students played a fun round of “Shark Tank” to practice their public speaking skills. They pitched creative ideas, explained their plans with confidence, and learned how to answer questions on the spot. It was an engaging way to build communication skills and boost their confidence.





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TOBACCO AND VAPE PREVENTION

All-Stars learn about the dangers of nicotine products for children and adults, how nicotine companies use deceptive advertising to entice young people to start, and how these products are bad for the environment. They also received resources that can help them or family members quit this habit.

