

L.A. Marathon ShapeUp: Healthy Steps for Healthy Lives

March 2, 2008 was a great day for SOSMentor. Forty-eight SOSMentor ShapeUp Team Members ran, walked, or biked in the L.A. Marathon to advocate for the benefits of increased physical activity, to exercise and have fun, and to fundraise for SOSMentor.

Team Members included **Los Angeles Rotarians** Carole and Bob Donahue, James Gardiner, Dr. Sumi Kawaratani, Randy Lee, Diana Rosenheck, Leon Scales, Spencer Hamer, Christy Irvin, Jimmy Olevson, LJ Rivera; **East LA Rotarian** Dolores Diaz-Carrey; **USC Rotaractors** Michael Figari, Chelsea Hairston; **Santee HS Interact Sponsor** Kate Soller; **Santee HS Interactors** Jessica Ajanel, Brenda Alonso, Eilia Hernandez, Beatriz Rafael, Luz Reyes, Herman Romero, Ana Torres, Nancy Vivar, Janette Zunigar, **Santee ShapeUp Students** Aliza Guilar, Estella Cervantes, Zulema Garcia, Ana Gonzalex, Cristina Guerrero, Yesica Ramirez, Francisco Reyes, Paloma Reyes, Michelle Santana, Vania



LA Marathon SOSMentor ShapeUp Team
(partial group)

Trigueros, Jose Alfredo Vaquero, Doris Ventura; **Garfield ShapeUp Students** Jessica Marquez, Jacob Nunez, Stephanie Graciano; and **SOSMentor Friends** Pati Freund, Lindsey Hawkins, Matt Henderson, Joyce Nakashima, Jerome Niculescu, Amy Oringer, Michael Rosenheck, Sarah Rosenheck, Susan Snelgrove, Robin Uranga, and Ann Weinman.

SOSMentor's First Fundraiser = Success

A HUGE *thank you* to everyone who supported students, mentors, and friends in the 2008 L.A. Marathon. We're happy to report donations of over \$6,000 so far, with more donations expected. Special recognition goes to Team Members Diana Rosenheck who raised over \$900, Robin Uranga who raised over \$750, and Leon Scales, Patricia Freund, Spencer Hamer, Dr. Sumi Kawaratani and Jimmy Olevson who raised between \$220—\$450 each. *Thanks* also go to LA5 Rotarians for contributing over \$1,000 and LAUSD ISIS friends for contributing over \$300.



Robin Uranga & Friend



From left: Dr. Bob Donahue, Christy Irvin, L.J. Rivera & Matt Henderson at the 17th mile

Mentoring Makes a Difference

According to the National Mentoring Partnership, mentored teens are:

- 46% LESS LIKELY TO GET INTO DRUGS
- 59% MORE LIKELY TO GET BETTER GRADES
- 73% MORE LIKELY TO RAISE THEIR GOALS

A study of School Based Mentoring Found

- 64% OF STUDENTS DEVELOPED MORE POSITIVE ATTITUDES TOWARD SCHOOL
- 60% IMPROVED RELATIONSHIPS WITH ADULTS
- 56% IMPROVED RELATIONSHIPS WITH PEERS

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Santee HS Student Mentor with San Pedro ES Mentees

ShapeUp at Garfield HS ♦ 4th St. ES ♦ Santee HS ♦ San Pedro ES

Great partnerships define the ShapeUp: Healthy Steps for Healthy Lives programs at Garfield HS, 4th Street ES, Santee HS and San Pedro ES.

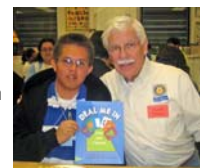
At Garfield, mentors come from the East Los Angeles Rotary Club and the Graduate Dietetics Program at Cal State LA. Registered Dietitians and nutrition educators come from the USC Keck School of Medicine. Garfield ShapeUp partners and sponsors include the LAUSD Beyond the Bell Youth Development Program, the Rose Hills Foundation and the Los Angeles Collaborative for Healthy Active Children. Gar-

field students mentor 4th Street Elementary School students.

At Santee, mentors come from the LA Rotary Club and the graduate Dietetics Program at USC and Cal State LA. Registered Dietitians and nutrition educators come from the LA County Health Department and Cal State LA. Santee ShapeUp partners and sponsors include Nestlé USA, A World Fit For Kids, Learning for Life, Beyond the Bell Youth Development Program, and the United States Tennis Association. Santee students mentor San Pedro Elementary School students.

The ShapeUp program:

- Provides nutrition education after school to address the obesity epidemic where 46% of students are overweight or obese
- Fosters supportive learning for students through mentoring
- Links supervised exercise with nutrition education
- Trains high school students to be healthy lifestyle advocates in their family, school, and community



Garfield HS Mentor & Mentee

“My mentor’s belief in me encouraged me to believe in myself. I know I can become a veterinarian with hard work and careful planning.”

CollegeKnowledge at Belmont High School

Professionals from the business and Rotarian community mentor Belmont High School students to help them prepare for college and careers. Students attend eleven workshops that include the “how-to” of college financial aid, scholarship applications, career exploration, academic requirements for college admission, strategies for writing the application essay, types of colleges including the UC system, State Universities, and Private Colleges and Universities throughout the nation. Working with mentors, students set personal college and career goals. A Belmont junior, commented, “My mentor’s belief in me encouraged me to believe in myself. Now I realize I can achieve my goal of becoming a veterinarian with hard work and careful planning.”

After being mentored themselves, juniors mentor freshman and sophomores with a focus on the academic requirements for college admission. This cross-age mentoring reinforces the juniors’ learning experience and provides them with an opportunity to demonstrate leadership and act as role models to encourage the younger students to stay on track for college and careers.

SOSMentor Information

SOSMentor is a non-profit, 501(c) 3 organization formed in 2000 to provide academic mentoring, resources, and educational support to underserved students. The mission of SOSMentor is to increase the vibrancy and cohesiveness of low-income communities by addressing the needs of at-risk youth and their families. In promoting the benefits of community learning environments and mentoring, SOSMentor aims to improve the academic performance of students as well as the lives of their families. In 2008, fifty-five Garfield and Santee High School students and families and one hundred 4th Street and San Pedro Elementary School students and families have experienced the SOSMentor ShapeUp: Healthy Steps for Healthy Lives in East and South Los Angeles. Ninety Belmont High School students have experienced SOSMentor CollegeKnowledge in downtown Los Angeles.

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