

Rachel's Challenge

is Coming to Urbana!

Thursday, November 14, 2019

In-School Assemblies for 7th & 8th Grade students at UMS in the morning.
Friends of Rachel (FOR) Club Training for select students/staff at UMS in the afternoon.
Evening Community Event (including interested 6th graders and families) @7pm
Urbana Middle School Cafeteria

Who was Rachel?

Rachel Joy Scott was the first person who was killed in the Columbine High School shooting on April 20, 1999. She was an energetic and compassionate young lady with an outgoing personality. Rachel learned the power of simple compliments and acts of kindness at an early age. In high school she deliberately reached out to three groups of people (those with special needs, those who were new in school, and those who were getting picked on or put down by others) and wrote about it in her diary. After her death, many students who knew Rachel reached out and shared stories with her family about the **profound impact her simple acts of kindness had on their lives**; even preventing one young man from taking his own life. Rachel's family quickly realized the transformational effect of Rachel's story and started the non-profit organization that is Rachel's Challenge today.

What is Rachel's Challenge?

Rachel's Challenge @UMS begins with an in-school assembly and evening community presentation, and continues on through-out the year with students, staff, and parents who participate in the Friends of Rachel Club (students apply [HERE](#) by 11/11/19) where they will focus on the program's vision: *Fostering a school free from harassment, bullying and violence where teachers are free to teach and STUDENTS ARE AWAKENED TO LEARN*. Additionally, the program provides professional development opportunities for staff so that the school will collectively **awaken individual TRANSFORMATION and promote a SAFER, MORE CONNECTED COMMUNITY**.

What Can I Do to Help?

Learn about Rachel and the program [HERE](#).

Attend the Evening Community Event on 11/14 @7pm- UMS Cafeteria.

Support the program at UMS and spread the word of kindness throughout the community by Purchasing "*Kindness Changes Everything*" T-shirts for your child (or your whole family!) to wear at the 11/14 event and through-out the year during other F.O.R. activities.

\$15 (Available in Sizes Yxs-5xL) Order [ONLINE HERE](#) by 11/8 to ensure delivery (through 7th period classes) on 11/13. (There will be other opportunities to wear the shirt through-out the year.)

We encourage everyone to wear their "Kindness" shirts on 11/14.