

STEP'S FOUNDATION NEWSLETTER

Quarter 1: Steps Foundation, Inc Highlights!

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First Quarter Update

We're excited for everything that the New Year will bring. We want to say Happy New Year to you and your family and we hope that you all are remaining safe and healthy. 2021 we have some amazing workshops and events planned for students and for families. If you aren't currently subscribed to our newsletters go ahead and subscribe so that you can get the newsletter and updates as soon as they come out.

Self

Care

What can affirmations do?

Affirmations are used to help change thought patterns and beliefs. One of the biggest uses of affirmations is changing negative thoughts into positive thoughts. Lamar (pictured to the right holding the sign) said his affirmation going into 2021 is "I am strong". When asked to explain he said that he feels better prepared to face challenges.



2020 hasn't been the easiest, but he feels he's going into 2021 feeling stronger. Teaching our young ones about positive affirmations works! What's your affirmation for the new year?

Scholarships are Open

“



Ida Mae Ward
Humanitarian Scholarship

This scholarship was created to speak to the inner humanitarian in you. Making a difference within the community is something we all can do, but some people have the ability to push others to truly make a change or difference. We want to help students succeed at making a difference in the community they live in.



Step's Foundation Inc
Scholarships



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Steps Foundation, Inc's Life Skills Program presents

Stress Management & Self Care Workshop

Self care and stress management are two important tools anyone can do to improve their professional and personal life. Valerie Carmel is a licensed therapist with a certification in trauma and has been working with women to battle complex and traumatic experiences in their lives. She has combined almost 20 years of professional experience with lessons from her own struggles with anxiety to create an approach which combats fear and propels personal growth. She will be teaching you how to deal with the stress in your own life while finding time to provide TLC for yourself!



Date: 01/09/2021

Time: 12:00pm

Via Zoom

Register:

www.stepsfoundation.org





Braille Literacy Month

January

Braille is a literacy system used by people who are blind or visually impaired for reading and writing. It can also be used for writing mathematics, scientific notations, and computer codes.

- Louis Braille was 15-years-old when he invented braille.
- Braille is a tactile code, not a language. In fact, many languages including English, Spanish, Chinese, and Arabic can be written and read in braille.
- A braille cell is made up of 6 raised dots.
- Every letter, number, punctuation, and symbol can be written in braille (including musical notes)! Braille can also change the typographical emphasis of a word or sentence (bold, italics, etc.)
- Braille takes up more space than the printed--Webster's Unabridged Dictionary is 72 Volumes in braille!
- There are two "levels" of braille. Uncontracted braille, where each letter is represented by a braille cell, and contracted braille, a "shorthand" version of braille, where common letter combinations or words are represented by one or more cells.

<https://www.perkins.org/services/nec/blog/celebrating-braille-literacy-month>



Business Spotlight

Nations Roof

Nations Roof is a roofing company based out of Winter Garden, FL. They also have over 30 locations throughout the U.S. They are able to help you with steep slope new roofs, reroofs, commercial roofs, metal roofs and have a service team to assist with leaks and roof damage. The reason that we're highlighting Nations Roof is that they are not only a roofing company but most of their employees have the heart to give! They look at the local needs of the community and do what they can to help.

Al Brenner is the President of the Florida division of Nations Roof and he actually took the time to join us on a workshop in November. He spoke to our students about College and Trade Schools. He listened to what their dreams were, shared his story, and gave them advice. Thank you Al for taking the moment to speak with our group of students.

You can find them at the following:

691 Garden Commerce Parkway Ste 170
Winter Garden, FL 34787
407-649-1333



2021 SCHOLARSHIPS



Criteria

1. Complete at least 5 life skills workshops to be eligible
2. Read each scholarship's requirements
3. Turn in your essay by the deadline
4. Make sure you speak to those who are writing your reference letter so that they are received by the deadline
5. We're taking applications starting 1/1/2021 and ending 3/15/2021.

Step's Foundation Scholarships

Scholarship applications are now open! Throughout the newsletter are highlights of each scholarship being offered, and a basic overview of that scholarship. Above you will see the basic criteria that must be met for all scholarships that are open. Please make sure that everything being asked of you is sent in on time.

What consists of life skills workshops?

- ✓ Once a Month Saturday life skills workshops
- ✓ Upcoming Student Self Care Series
- ✓ Help Now's Expect Respect Program
- ✓ Help Now's Youth Community Action Team

Keep an eye open for more opportunities, we always list if it counts.

To get further information on scholarship requirements and to see your essay question visit our website at www.stepsfoundation.org/scholarships. Any inquiries, as well as student reference letters, can be sent to scholarships@stepsfoundation.org

Vision Awareness Month

Nine ways you can help protect your vision

1. Get regular comprehensive dilated eye exams.
2. Know your family's eye health history. It's important to know if anyone has been diagnosed with an eye disease or condition since some are hereditary.
3. Eat right to protect your sight: In particular, eat plenty of dark leafy greens such as spinach, kale, or collard greens, and fish that is high in omega-3 fatty acids such as salmon, albacore tuna, trout, and halibut.
4. Maintain a healthy weight.
5. Wear protective eyewear when playing sports or doing activities around the home, such as painting, yard work, and home repairs.
6. Quit smoking or never start.
7. Wear sunglasses that block 99 percent-100 percent of ultraviolet A (UVA) and ultraviolet B (UVB) radiation.
8. Wash your hands before taking out your contacts and cleanse your contact lenses properly to avoid infection.
9. Practice workplace eye safety.

February

<https://www.cdc.gov/visionhealth/healthyvisionmonth/index.htm>

Scholarships are Open



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Sam Ellis Social Service Scholarship

This scholarship was created to help students that plan to become social works, guidance counselors, mental health counselors, or psychiatrists. When we talk about being healthy, mental health is often overlooked. This role is important, and for families like ours who had a hard time connecting with the right resources we want to help encourage students.

Step's Foundation Inc Scholarships



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We Adopted A School

We're excited to say that we have adopted Denn John Middle School. So what does that mean and why are we doing it. It started with the board simply wanting to do a backpack drive. Something that we know most people do every year, however, families still remain in need and schools are still looking for items. So Instead, we decided to start with impacting a school and fulfilling their needs. Denn John Middle School is a Title I school with a lot of families that are in need of assistance. We want to help those students and families. We will be working closely with the Administration to provide support and resources. Our goal will be to increase the number of donations we receive each year until we're able to meet the needs of every single student! Our 5-8 year goal is to take away the school supply list that is often asked for. We want to be able to get the students and teachers the supplies that they need without the parents worrying about it.



WE'RE EXCITED

**We've
Adopted
A
School**

Stay tuned for ways to help!





Steps Foundation, Inc's Life Skills Program presents

Working a Budget Workshop

Being able to put together a budget that you can use is important. You always want to know that you are living within your means and saving where you can. Joe Lemois has been in the financial industry over 10 years. In 2008, when the market crashed Mr. Lemois sustained all his clients' finances. He has been featured on CNN, NBC, and MSN, as the youngest Financial Advisor in the Country to achieve the Million Dollar Roundtable. He will be teaching you why it's important to budget, and the steps to create one.



Date: 02/06/2021

Time: 12:00pm

Via Zoom

Register:

www.stepsfoundation.org



Scholarships are Open

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Gardee Family DARE to Dream Scholarship

This scholarship was created to provide financial assistance to student immigrants or children of immigrants. We understand that it can often be challenging finding someone to support and push you. We are here to help you on your journey, and we want you to know that we believe in you.



Step's Foundation Inc Scholarships



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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

College Thriver

College Thriver is a nonprofit organization on a mission to transform the lives of minority, low-income, and under-served students by helping them enroll in the college of their dreams and graduate with pride. Our College and Career Readiness connect students grades 6-12 to data-driven feedback to help them prepare and meet college admissions standards.

College Thriver helps students with their college application process. It's something that students can often find intimidating so they are helping them with the process from start to finish. They offer test prep assistance. Test scores are huge for students that are looking to get into college. It can sometimes make them overwhelmed. College Thriver provides



assistance and professional resources for students. If students are looking to get help with career development opportunities, they are assisting by connecting students to internship opportunities as well as work-study opportunities to help them through college. They provide students with mentors also, so if you are interested in being a mentor for students or if you have a student that needs a mentor please feel free to reach out to them. We are super proud to highlight this wonderful nonprofit for what they are doing for students in the community and beyond.

Find them at the following:

website: <https://www.college-thriver.org/>

facebook: @collegethriver



Scholarships are Open



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Darlene Ellis Nursing Scholarship

This scholarship was created to help students that plan to become nurses. Nurses have always been needed and necessary but during the pandemic we realize that now more than ever there's even bigger need. If you're looking to attend school for nursing, we would love to support you.



Step's Foundation Inc Scholarships



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Steps Foundation, Inc's Life Skills Program presents

Understanding Your Credit Workshop

Knowing how your credit works is something you can never learn to young. Your credit score affects more than just the type of car you get or the house you live in. Your credit is looked at for various reasons including employment. Join Malcolm McCloud as he talks you through why your credit is important, how to build credit, and how to manage credit. He has years of experience as a dedicational speaker, financial literacy advisor, and a business branding coach. So join us so that you grab this information and ask questions



Date: 03/13/2021
Time: 12:00pm
Via Zoom
Register:
www.stepsfoundation.org/events



Step's Foundation and 13th Grade
presents

STUDENT SELF CARE SERIES

This is a 6-week series to promote self-care and to help middle and high school students find and practice additional stress relief techniques.

This series will be held every Tuesday from 1/12 - 2/16 at 6pm.

Parents are encouraged to join as well!

Register at:
www.stepsfoundation.org/events

#TAKE
CARE OF
YOURSELF



Self Care Series

We're excited to have partnered with 13th Grade to present our first Student and Family Self Care Series. Our series will be every Tuesday starting 1/12 and ending 2/16 all starting at 6pm.

We have some amazing speakers lined up to help teach students and families about mindfulness/meditation, physical fitness/nutrition, reducing stress, self compassion and affirmations. Please share with any middle and high school students and families. We would love to have them.



Step's Foundation and 13th Grade
presents

STUDENT SELF CARE SERIES

OUR 6-WEEK SERIES TOPICS

- 1/12 - Mindfulness and Meditation
- 1/19 - Physical Fitness/Nutrition
- 1/26 - Reducing Stress
- 2/2 - Self Compassion
- 2/9 - Affirmations
- 2/16 - Wrap Up

The time for all topics is 6pm!

Register at:
www.stepsfoundation.org/events

#TAKE
CARE OF
YOURSELF





Giving Back!



We are so excited about being able to give back to our community. We want to say thank you to all those that contributed to the toy drives. We were able to split toys and give to two wonderful organizations initiatives. Love Our Youth and Saving our Daughters; each organization served over 100 families in the community. Again we say thank you for your donations because we were able to help make some happy families!



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 workshop sponsors. This is \$100 and it helps cover the cost of supplies for the workshop.
3. We are looking for student sponsors. The cost of a student sponsor is \$250. This helps cover the cost of the student grab bags and t-shirts.
4. Make a one time or monthly donation in any amount.

You can make an online payment or mail a check/money order to:

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

BLACK
HISTORY
MONTH

February

February marks Black History Month, a tribute to African American men and women who have made significant contributions to America and the rest of the world in the fields of science, politics, law, sports, the arts, entertainment, and many other fields. While Black History Month is synonymous with prominent figures such as Martin Luther King Jr., Harriet Tubman, Rosa Parks, Muhammad Ali, Jackie Robinson, Langston Hughes, Maya Angelou, George Washington Carver, and Barack Obama, there are countless other African Americans who've made a profound impact in history: self-made millionaire Madam C.J. Walker, astronaut Mae C. Jemison, open-heart surgeon Daniel Hale Williams, inventor Garret Morgan, media mogul Oprah Winfrey and "Father of Black History" Carter G. Woodson, who lobbied extensively to establish Black History Month as a nationwide celebration, among many others. Explore biographies, videos, and articles that celebrate their historic achievements.

<https://www.biography.com/tag/black-history>



The Florida Bears are part the Minor League Football Team. They are firm believers in making players and dancers successful off the field. If you are a looking to experience the MFL and the Florida Bears they are looking for talent. If you are a talented football player, or a skilled dancer please make contact with them..

If you're looking to coach, mentor, or be of assistance behind the scenes they are looking for you as well. You can reach out directly to the Florida Bears GM Paul Knight at gmfloridabears@gmail.com

THE FLORIDA BEARS ARE HERE!

The Minor Football League (MFL)

Register today! To learn more visit www.MFLishere.com or call 240-551-8031.



ANNUAL REPORT

2020
EDITION

Page 1



OUR ORGANIZATION

Step's Foundation, Inc is an organization that focuses on family engagement, empowerment, youth development, and youth engagement.

Our mission at Step's Foundation, Inc is to empower and improve the quality of life for each individual we meet. We do that by providing life skills workshops, retreats, community networking, and providing scholarships for high school seniors.

THE OBJECTIVE

Due to Covid, our life skills program went virtual which allowed us to reach more students outside of Osceola County where we are based. This year we focused more on the structuring of our programs, board, and preparing for 2021's impact. We are preparing for a family self-care series for 2021, creating a curriculum for our life skills program, and hosting student and family events. We're also excited because we're adopting Denn John Middle School for 2021 and working with their team to help make a positive impact for those students. We want to impact at least 100 students in 2021.



OUR STORY

Our story starts with Sam (pictured above), he is the start of our journey. Sam was born with a disease called tuberous sclerosis. As I grew up I watched my mother struggle to find guidance, help, and answers in order to help him. I found my love for helping others and I knew that when I grew up I would help guide them to more resources so they don't feel alone. Our foundation is structured to help students and families gain life skills to make them successful and help improve their quality of life. We connect them to other community leaders and small business owners to reach their goals.

WHAT WE'VE DONE!

We started the year with our partner Microsoft hosting some workshops to get students engaged. One of our top workshops with Microsoft was our Digital Paint: Thank You Cards for first responders, doctors, and nurses.

The topics that we covered for students in 2020 through our life skills program were: Resume Writing, Interviewing Skills, Professionalism and Marketing, Time and Organization Management, and College and Vo-Tech workshops. We were able to serve 30 students in Orange, Osceola, and Dade County.

We collected toys in December to donate to 2 local organizations LOVE our Youth and Saving our Daughters and both locations were able to service 100+ families in need for the holidays!



Digital paint party

Student feedback

"It was a good workshop"

"Never overwork yourself"

"Such an amazing workshop"

"Be mindful of what I post, we never know



Toy Drive



1st Annual Kick Off and Information Session

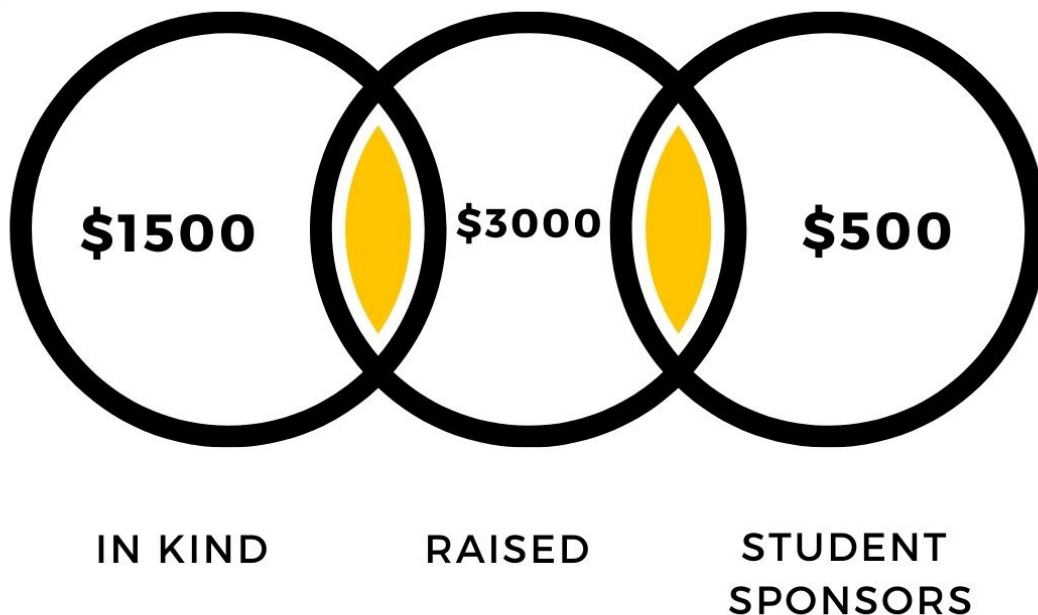
THIS YEARS PROGRESS

This year has been a little challenging due to COVID-19. Most of the things we had planned for 2020 we've had to shift and change or move to 2021. While it was a work in progress it allowed us to fine-tune our life skills program, create more programs for next year, and make sure our board is aligned properly. Most fundraisers we had planned for in person so we had to find creative ways to shift them virtually.

Some of the great outcomes is that we've been able to secure about 13 community partnerships with local nonprofits, small businesses and a Minor League Football team, to help us push our mission forward and make a greater impact. Our corporate sponsors have come through with assistance as well.

DONATIONS

We were able to do a few fundraisers virtually, we secured a few in-kind donations (including the gift basket used for one of our raffles), and we was able to get 2 students sponsored within our program through a donor.



THANK YOU!

We're grateful for everyone that has been apart of our journey this year. Through monetary donations, in-kind donations, but most importantly through their time. Even though we haven't been able to do a lot in person we've had wonderful volunteers and interns working in the background to help make our mission a success.



HOW CAN YOU GET INVOLVED?

We would love to make a greater impact and serve more. 2021 we are prepared to do just that. We've pledged to make a difference and we would like you to join us in that pledge.

Become a volunteer with us!

Make a donation to our program or scholarship fund!

Become an event sponsor!

Host a Facebook fundraiser to help us raise money!

Share our content with more students so they can get involved!

If you know a grant that we qualify for send it to us!



BACK PACK GIVE-AWAY

WE ARE IN
NEED OF THE
FOLLOWING
ITEMS

Help us
provide for
150
students

- 150 - Backpacks (Unisex)
- 300 - 3 ring binders
- 300 - 3 Subject Notebooks
- 300 - Single Notebooks
- 600 - College Ruled Paper
- 300 - Composition Notebooks
- 1000 - Number 2 Pencils
- 1000 - Pens
- 1000 - Highlighters
- 300 - Index Card Packs
- 1000 - Pockets Folders
- 1000 - Beveled Erasers
- 300 - Small pencil sharpeners with container
- 300 - Earbuds
- 1000 - Glue Sticks
- 1000 - Post-it Notes
- 300 - USB Sticks
- 300 - Small Hand Sanitizers
- 300 - 2021-2022 Planners
- 300 - Journals
- 150 - Restaurant Gift Cards
- 150 - Clothing Store Gift Cards
- 50 - Unisex Uniform Shirts Navy - Youth Small
- 50 - Unisex Uniform Shirts Navy - Youth Medium
- 50 - Unisex Uniform Shirts Navy - Youth Large
- 50 - Unisex Uniform Shirts Navy - Adult Small
- 50 - Unisex Uniform Shirts Navy - Adult Medium



EIGHT
CENTS
IN A JAR

JAN
2021

VIRTUAL SESSIONS



STUDENT STOCK MARKET CHALLENGE



The student stock market challenge is a 12-week program for elementary students through high school to compete in an online investment simulation and grow a \$100,000 investment portfolio. Students will learn how to invest and have an opportunity to win stocks and scholarjars. Free Registration online at www.8cents.org/stockmarket.

A professional portrait of a Black woman with dark, curly hair, wearing a dark blazer over a white polka-dot shirt. She is smiling and has her arms crossed.

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supervision services! Visit our website at
www.letitiabrownejames.com to learn more!**

Your mental health matters!

Help Now's Prevention Update

Help Now is excited to share the graduates of the 1st Virtual round of Expect Respect. These students will now be able to help facilitate the next virtual round of Expect Respect. We're also excited about the students involved in the Youth Community Action Team. A group of those students will be partnering together to create a campaign for the homeless population.

Stay tuned and for more updates on what the students are doing follow the prevention team on facebook @expectrespectosceola and instagram @expectrespect.hn

Youth
Community
Action
Team



JOIN US!

an to register



Meeting Date: 1/20
Meeting Time: 4:00pm

Middle School Students
High School Students



HELP NOW

SAFETY. EMPOWERMENT. HEALING.

Expect Respect

CONGRATULATIONS!

.....

Kellie and Angie graduated from our 1st round of Expect Respect virtually! We're so proud of you both!



Board of Directors

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Vice - President

Darlene Ellis

Secretary

Fouzia Singh

Treasurer

Priscilla Ward

Board Member

Ronald Singh

Board Member

Tyneshia Perine

Board Member

Miranda Garcia



"I pledge to make a difference!"

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Feel free to reach out to us

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