



# UNIFIED CHAMPION SCHOOLS

## *Tool Kit*



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## **Letter from Special Olympics Northern California:**

Dear students, teachers & administration,

Thank you so much for your passion for Special Olympics and the Unified Champion Schools Program.

We are so excited to be working with you to continue fostering a school climate of inclusion and respect. This book isn't the only resource you have - the team here at Special Olympics Northern California is here to help every step of the way. Please use your Area Manager for any support you might need!

- The team at Special Olympics Northern California

### **CONTACT INFORMATION:**

Schools@sonc.org

925-944-8801

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# How to become a Unified Champion School:



Special Olympics  
Unified Champion  
Schools



Special Olympics  
Unified Sports®



Inclusive Youth  
Leadership



Whole School  
Engagement

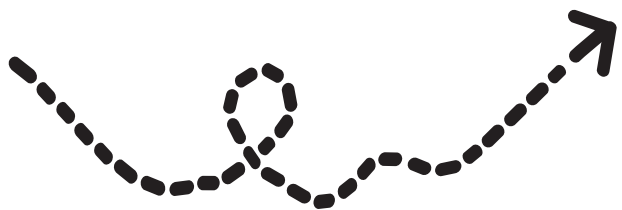
To become a Unified Champion School your school will need to complete an activity in each of three categories above. You will then receive the following:

- A banner (limit 1 banner per school)
- A school year sticker for banner every year
- Unified Champion Schools status is reached
- Recognition on the Special Olympics Northern California website

LET US KNOW  
WHAT YOU'RE  
DOING!

## Activity ideas ahead...

(or use your creativity to  
come up with your own!)





# Component #1: Unified Sports

Unified Sports joins people with and without intellectual disabilities together to compete as teammates. It was inspired by a simple principal: training together and playing together is a quick path to friendship and inclusion.

## Unified Sports:

- Bring a Unified team to a Special Olympics event
- Hold a Unified Sports scrimmage/exhibition event at lunchtime, after school, or any convenient time
- Work with your Athletic Director to create a Unified Sports league
- Participate in Inclusive P.E.

## Types of Unified Sports:

**Unified Recreation:** Any inclusive sports activity. Typically one exhibition opportunity per sports season during the school day, preferably with some practice opportunities.

**Unified Player Development:** Practice and competition opportunities taking place on a regular basis (minimum three competition dates). Unified Athletes and Unified Partners work together to build individual and team skills. (Can be league based)

**Unified Competitive:** League based participation. Full season of sport (four to eight week season) with regular or recurring practice/competition opportunities focusing on soccer, basketball, and track & field. Unified Athletes and Unified Partners work together to build competitive individual and team skills. Competitive Unified Sports conclude seasons with a **CHAMPIONSHIP**.

*\*A **CHAMPIONSHIP** means that California Interscholastic Federation Section rules, policies, and procedures must be adhered to and followed in order to be considered Unified Competitive (High School only)*

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# Component #2: Inclusive Youth Leadership



## **Inclusive Clubs:**

- **Special Olympics club**
- **Reading Buddies:** Special Education & General Education students coming together to read
- **Lunch Buddies:** Inclusive club for Special Education & General Education students to eat lunch together
- **Best Buddies®**
- **Circle of Friends**
- **Other:** Inclusive service team, elective classes (art, music, etc.), Extracurricular activities

## **Student Council Involvement:**

- Inclusive Leadership
- Volunteer at a local Special Olympics event or help plan an event
- Join the Special Olympics Youth Activation Committee  
*(Ask your Area Manager to learn more)*

## **Volunteering:**

- Students volunteering at a Special Olympics event



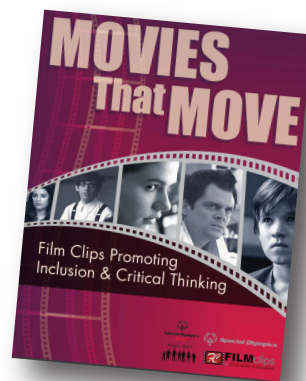
# Component #3: Whole School Engagement

## Rally/Assembly

- Athlete speaker from Special Olympics
- Rally theme: RESPECT

## Host “Movies that Move”

- Screen inspiring movies about acceptance
- \*Ask Special Olympics for a copy of the DVD to borrow!



## Story/Essay Writing Contest

- Topic examples: Respect, Inclusion, Special Olympics

## Fans in the Stands

- Student spectators at Special Olympics events

## Youth Summit

- Bringing together student to learn more about Special Olympics, and how they can be agents of change on their campus

## Respect/ “Spread the Word to End the Word”

(Info on page 6)

## Ability Awareness

(Info on page 7)

## Cool School Challenge

(Info on page 8)



# Respect Week Ideas:

## National Respect Week - March

*\*Host Respect Day/Week anytime of year!*

### **RESPECT-O-Grams:**

Send messages of respect to students/staff on campus

### **RESPECT Banner Pledge:**

Special Olympics will provide a banner for students to sign and display on campus

*Banner example below*

### **RESPECT Rally:**

School rally with a “RESPECT” theme

### **Create a PSA Video:**

Example theme: Inclusion & Acceptance

### **“Spread the Word to End the Word” Pledge:**

[sonc.org/respect-campaign](http://sonc.org/respect-campaign)

### **Create your own campaign!**





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# Ability Awareness

## Day/Week:

*(Example week)*

**Day 1:** School RESPECT Rally

**Day 2:** Guest Speaker

*(Ask Special Olympics to coordinate  
an athlete speaker)*

**Day 3:** Ability Awareness activities

*Look at [sonc.org/whole-school-resources](http://sonc.org/whole-school-resources) for ideas!*

**Day 4:** RESPECT Banner Pledge

*(See page 6)*

**Day 5:** Unified Sports Exhibition Game

*(See page 3)*





# Polar Plunge Cool School Challenge:

Show your school pride & join the Polar Plunge!  
Register for one of our events as a school and  
fundraise for Special Olympics Northern California with  
the opportunity to earn money for your own school!

You only need to raise a minimum of \$25 for  
the opportunity to plunge.

Learn more or register at [iPolarPlunge.com](http://iPolarPlunge.com)



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# Social Media Tips & Tricks

Follow us & tag us:



@SONorCal



@SpecialOlympicsNCA



@SONorCal

Use hashtags:

**#SpecialOlympics**

**#InclusionRevolution**

**#ChooseToInclude**

*Share videos with your Area Manager to be featured on our Whole School Engagement YouTube Channel.*

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# Checklist for Activity Planning

1. Meet with your rockstar team & develop a plan
2. Set a date & time for the event
3. Get the word out!  
(Flyers, school tv shows, posters, morning announcements)
4. Host the awesome event  
Remember to take pictures!
5. Thank everyone involved for the successful event.

Let us know what you did!  
Talk to your Area Manager or  
email us at [schools@sonc.org](mailto:schools@sonc.org)



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# Additional Resources

## What & Where

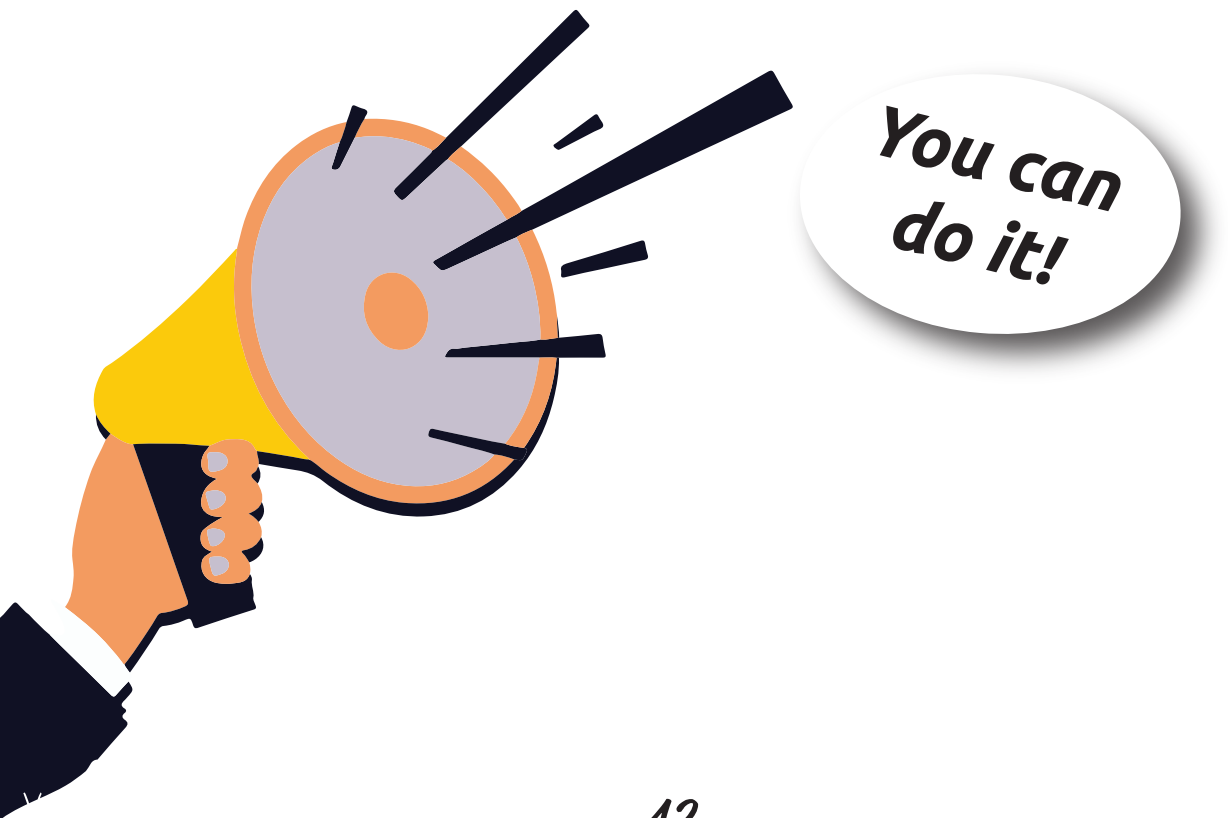
[sonc.org/whole-school-resources](https://sonc.org/whole-school-resources)

### Resources include:

- Videos
- Lesson Plans
- Print Materials
- RESPECT specific resources  
*sonc.org/respect-campaign*

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**GOOD LUCK  
&  
HAVE FUN!**



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# Notes:

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