



Ronald McDonald
House Charities®
Central Florida

POP TAB

School Contest

2018/2019 Information & Activity Guide



Ronald McDonald House Charities of Central Florida
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Welcome Letter

Dear Coordinator,

Thank you for your interest in our School Pop Tab Contest to benefit the Ronald McDonald House Charities® of Central Florida. Collecting tabs is a great way for all of us to really make a difference in the lives of families and children in need.

We are excited to kick-off our School Pop Tab Contest, a competition between local schools to see who can donate the most pounds of pop tabs. The competition begins at the start of the 2018-2019 school year and the winners of each county, and our top 3 overall winners will be announced March 14th, 2019. The winning schools will receive a special trophy and the top 3 overall winners will receive gift cards for school supplies.

Please read over the enclosed information carefully. You will find useful information that you can use to get your school's collection started, as well as many activities you can incorporate for the students. There is also helpful information on collection containers, drop-off information and tools to promote your school's participation in the program.

I hope you enjoy collecting the pop tabs throughout the school year. If I can be of assistance in any way, please feel free to contact me (407) 690-8808 or e-mail: mscheer@rmhccf.org.

All the best,

Macy Scheer
Development Coordinator

About Us



Arnold Palmer Hospital
for Children House



Florida Hospital for
Children House



Nemours Children's
Hospital House

Our mission

Ronald McDonald House Charities of Central Florida finds, creates, and supports programs that directly improve the health and well-being of children and families.

Our purpose

Our cornerstone program, the Ronald McDonald House, provides a home away from home for families with children receiving treatment at hospitals and medical facilities in Orlando.

Before the Ronald McDonald Houses, parents were sleeping in their cars or in chairs in the waiting room, eating out of vending machines, or bearing the expense of impersonal hotel rooms.

Our Houses

There are three Ronald McDonald Houses in Orlando-- one on the campus of Arnold Palmer Hospital for Children, one on the campus of Florida Hospital for Children and one on the campus of Nemours Children's Hospital.

Each year, about 2,500 families stay with us to be close to their critically ill children.

Pop Tab Collection Program Basics

In the 2017-2018 school year, schools competing in the School Pop Tab Contest collected 2,063 pounds! This year we want to beat this! The competition will end on March 13th, 2019 and the winners will be announced on March 14th, 2019.

This competition was created to get students and schools more involved in the community, learn about recycling, and raise money for the Houses! By collecting tabs, we are able to support our families' stay at our Houses during their child's medical emergency. Thank you for participating in this program!

How does the program work?

Q: What are the pop tabs used for?

A: The aluminum pop tabs are recycled, just like you would recycle plastic containers. The money generated from recycling the tabs is used in a general operating budget to ensure that the Houses remain open for families of sick children.

Q: How much do you receive from recycling pop tabs?

A: The price of aluminum changes on a regular basis depending on the supply and demand. On average, the Ronald McDonald House receives \$0.40-0.70 per pound of aluminum tabs.

Q: How do you donate?

A: You can drop off the pop tabs at a local designated recycling center (TBA) on the March 13th, 2019 in order to participate in the School Pop Tab Contest.

Getting Started!

Once you have decided to start your collection drive, you need to get your school excited about our contest! Many schools do this by having contests between the grades or offering incentives to the top collectors. However, many students become very engaged once the mission of our charity is explained to them - they are benefitting families and children who are in need.

We have added some curriculum ideas this year! Once you decide to promote your collection drive, it is important that each participant have a goal to reach. Charting the progress of the collection drive in a visible area is a great way for each participants to stay motivated. A bulletin board, handout or newsletter are great ways to promote the project!

Registration and Support

Our registration form can be found online at:

<https://www.rmhccf.org/how-to-help/pop-tab-program>

If you have any questions regarding the School Pop Tab Contest, please contact Development Coordinator, Macy Scheer at mscheer@rmhccf.org or at 407-206-0957 ext. 114.

Marketing Ideas

1. Utilize the Ronald McDonald House Charities of Central Florida's Vimeo video "Keeping Families Close" (<https://vimeo.com/273760165>)
2. Work with the local community to solicit free incentives to reward students for their participation in the pop tab program.
3. Create flyers for your school and community boards.

Collection Container Ideas

1. *At Home:* Encourage students' parents to have collection containers at home. Soup cans, plastic baggies and cardboard boxes work well as tab collection containers.
2. *At your School:* Many schools choose to use a large collection container centrally located in areas such as the school lobby, cafeteria or gym. Larger containers must be strongly reinforced in order to hold large amount of pop tabs. Students can also make their own containers for home. Other schools have used large donated items to fill up to give a very large visual representation.

Collection Container Ideas

The best way to keep track of the number of tabs collected is to estimate! You can do this by weighing the tabs on a scale. Use the following information to calculate the amount of tabs your group as collected:

1 Pound = 1,000 Pop Tabs
1,000 Pounds = 1 Million Tabs

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Dropping off your Tabs!

Deliver your tabs to a designated local recycling center on the designated Weigh-In Day!

Take your tabs to the closest recycling center during the times listed on Weigh-In Day! The Recycling Center will then tally up the pop tabs they received that day, send a form to me, and the winners will be announced the next day. The Recycling Center will send one collective check to the Charity that will go to our School Pop Tab Contest total.

If you have any questions regarding the School Pop Tab Contest, please contact Development Coordinator, Macy Scheer at mscheer@rmhccf.org or at 407-206-0957 ext. 114.

Look for updated
Weigh-In Day
information soon!

Suggested Press Release Format

Alter this sample press release to fit your exact goals and plans for collecting tabs.

Contact: Name
 School
 Telephone Number

Release Date: _____

NEWS RELEASE

<<Name of School>> competes in "School Pop Tab Contest" for the Ronald McDonald House Charities® of Central Florida.

The <<staff and students>> of <<name of school>> are helping the Ronald McDonald House Charities - one pop tab at a time.

<<Name of school>> is collecting aluminum tabs from soda cans to help generate needed funds to help provide a "home-away-from home" for families of seriously ill or injured children receiving treatment at Arnold Palmer Medical Center, Florida Hospital for Children, and Nemours Children's Hospital. Donating or recycling pop tabs to RMHCCF is one of the easiest ways to support these families.

"School Pop Tab Contest" started in the Fall of 2002 and has only grown! Last school year, RMHCCF had over 140 schools participate in the contest, collecting over 2,000 pounds of pop tabs. <<Name of school>> is doing their part by entering RMHCCF's School Pop Tab Contest.

Ronald McDonald House Charities of Central Florida finds, creates, and supports programs that directly improve the health and well-being of children and families. Our cornerstone program, the Ronald McDonald House, provides a home away from home for families with children receiving treatment at hospitals and medical facilities in Orlando. Before the Ronald McDonald Houses, parents were sleeping in their cars or in chairs in the waiting room, eating out of vending machines, or bearing the expense of impersonal hotel rooms. Each year, about 2,500 families stay with us to be close to their critically ill children.

For more information on how you can help <<Name of school>> reach their goal for collecting the most tabs, contact <<name of contact person>> at <<telephone number>>.



Classroom Activities

There are several fun ways you can bring learning into your classroom by competing in RMHCCF's School Pop Tab Contest!

Math:

- For younger students, have them guess how many pop tabs can fit into a jar, can, box, etc. and then have them count the pop tabs as they fill the object.
- For older students, they can weigh, measure, count and graph the numbers:
 - How many weigh the same as a stapler (or other classroom object)?
 - How many tabs would it take to wrap around the world?

Science:

- What is aluminum and where does it come from? What is its primary use?
- Experiments:
 - What happens when it gets cold?
 - Does it react with other chemicals?
 - How does recycling aluminum help the environment?
 - What do they use the recycled aluminum for?

History:

- Research aluminum's history and chart progress and use over time.

Language Arts/English:

- Write short story about volunteering, aluminum, recycling or pop tabs.
- Write essay about recycling or volunteering?
 - Why is it good that we recycle/volunteer?
- Word Search (see next page)

Art

- Make fun creations with pop tabs
 - Similar to thumb-print art, have students use their imagination to create a pop tab character!
 - Trace pop tabs
- Build and/or decorate a collection box for the pop tabs

Pop Tab Word Search

Name: _____

Date: _____

C F D E S O G G H R R D J U B U L W M A
L H W O V H T V O E M P O J Z H H I G G
U S I V N F Z N S E H C U P O U T D H I
C V P L Q Y F U P T C E D U M O G R R H
J I A O D X Z O I N C S S I G F N S K J
F R P N Q R T L T U F E C E A J E K G M
P B S J I E E R A L L Y T H J Z R E V Y
H E K X N K V N L O A H T T A M T H A W
W P K E A T Q O A V E J N I G R S B A T
N O I T A N O D L R P M W N N H I B G F
X H P S T N E M N O R I V N E U U T M X
L X C B E C X U I O B W T J N E M B Y G
I A L U M I N U M H E B Y A H B E M N D
Y G K J U H L O R R J M O A Y Z N I O E
U Z I R Z R D I A S G E Q H I V L D R C
Y T J K T N S C M L O K Q D C C B W D G
H N P A A B K Q C A E X N F Y V M S F H
W K Y L F C C A T J F S Z C I J U U H V
T G R S U P P O R T C E E V C P Q V D Q
M O N L W P Y E W D D R M J O F N Y A I

ALUMINUM
CARE
CHARITY
CHILDREN
COMMUNITY
DONATION
ENVIRONMENT
FAMILIES
HOPE
HOSPITAL
HOUSE
LOVE
ORLANDO
RECYCLING
RMHCCF
STRENGTH
SUPPORT
TABS
TOGETHER
VOLUNTEER