

# Brookstone Schools

## Lunch Buddy Mentoring Program

One of the best ways to overcome socioeconomic challenges effecting academic achievement is for children to have supportive relationships with concerned adults. That is the rationale behind the Brookstone Lunch Buddy Mentoring program. Even though the commitment is only 30 minutes each time, we expect positive changes to take place in children with Lunch Buddies.

### How Lunch Buddy Mentoring Works

A Lunch Buddy Mentor commits to eating lunch with a Brookstone student in the cafeteria once or twice a month. It will be with the same student each time. It does not have to take place the same day each week. The Lunch Buddy brings their own “bagged” lunch and arrives at or a few minutes before his student’s scheduled lunch time. The Lunch Buddy sits and eats at the lunch table with his student.

We will do our best to remind Lunch Buddy Mentors by email of school holidays and field trips. If your student is absent when you arrive, you are encouraged to have lunch with his/her other classmates. Or you may simply excuse yourself and come back the next week.

To apply to become a Lunch Buddy, simply fill out our Volunteer Profile form and Volunteer Background Check form and sign the bottom of this form. Return them in person to the Brookstone office (2414 Lester Street, Charlotte, NC 28208), by mail (PO Box 667890, Charlotte, NC 28266) or fax (704-910-0873).

### General Guidelines

- At the main school entrance, ring the bell.
- Sign in at the School Office and put on a name tag.
- Sit at the table with your student.
- Call him or her by name and express often how much you enjoy being his or her Lunch Buddy.
- Encourage your student by finding things to affirm and compliment.
- Ask about school work to develop an understanding of how the student is doing in school.
- Talk about after school activities, sports, music, etc. These topics are usually less threatening than direct questions dealing with a student’s thoughts and feelings.
- Tell about your life -- your family, your interests, and your faith.
- Pray for your student.

### Things to Keep in Mind

Don’t expect to have meaningful conversations every time. What makes the most impact is a consistent, supportive, affirming presence.

It is sometimes overwhelming for a student to be the center of attention, so others at the table may be more talkative; this is normal.

It is okay to give cards or lunch treats on special occasions or occasionally, but we really want to emphasize the relationship over the objects.

Signature \_\_\_\_\_ Date \_\_\_\_\_