

# 4 Easy Steps to Become a Lunch Buddy:

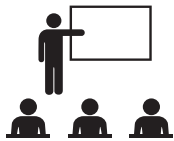


## ✓ Apply

Apply to become a Lake Washington School District volunteer online at [lwsd.org/links](http://lwsd.org/links).

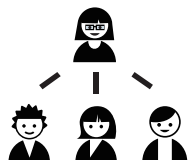


## ✓ Complete a LINKS mentor application



## ✓ Attend a Training

All applicants will attend an initial two-hour orientation.



## ✓ Get Matched

Once all steps have been completed, mentors will be matched with a mentee who has similar interests.



## One hour a week

Mentors are needed in elementary schools in:

- Kirkland
- Redmond
- Sammamish

For more information about the program and how to get involved, please contact:

Victoria Goetze-Nelson,  
District LINKS Program Coordinator  
[lunchbuddy@lwsd.org](mailto:lunchbuddy@lwsd.org)  
425-936-1410

## LINKS Lunch Buddy Program

Lake Washington School District  
16250 NE 74th Street  
Redmond, WA 98052  
Phone: 425-936-1200  
[lwsd.org/links](http://lwsd.org/links)



Additional funding  
provided by:



# BECOME A



# LUNCH BUDDY!





## Mentoring promotes:

- Increased self-esteem
- Better social skills
- Increased attendance
- Improved grades
- Fewer discipline referrals
- Improved attitude towards school and the future

Become a Lunch Buddy Mentor TODAY!



## Program Overview

Adult mentors come once a week during school hours and spend lunchtime with a student doing activities together. Mentors provide support to students who need a little extra one-on-one attention. Mentors and buddies:

- eat and talk
- play games
- make crafts

LINKS Lunch Buddy mentors help students feel engaged, supported and challenged, which can improve students' confidence and help them acquire the skills needed for lifelong success, in school and beyond. Studies have shown that children with mentors are more likely to succeed.

## What makes a good Lunch Buddy mentor?

Someone who:

- Will commit to developing a connection with a student
- Demonstrates respect for individuals and their ability to make choices.
- Is a good listener and accepts different points of view
- Sees solutions and opportunities and recognizes barriers to success
- Is flexible
- Is willing to take the time to get to know their student mentee

If you could make a difference in the life of a child, would you?

- **Be a friend** to a child who could benefit from an additional caring adult.
- **Be inspired** by the impact you will have.
- **Be the difference** by helping a child reach their full potential.