

Student
Orientation
(Grades K-8)



PFE Goals

To ease isolation and loneliness in older adults by providing opportunities for connection and friendship with a young person.

For students to receive mentorship from an older adult and experience the blessing of service.

To support students (and their families) who are attending SDA schools by helping them earn scholarship.



PFE Basics

1. Attend orientation (every year)
2. Set up your online account
3. Start visitation
 - ❖ 1 hour/week
 - ❖ Can visit from August-May (after orientation)
 - ❖ At or around your mentor's home
 - ❖ **Parent/guardian must be present to supervise**
4. Submit an online reflection after each visit (within 24 hours)

You receive:

- ❖ \$30 scholarship per visit
- ❖ The blessing of an intergenerational friendship

Choosing Your Mentor

An appropriate mentor is a cognitively healthy, older adult (age 55+) or someone with a disability who could use company and/or light assistance around the home.

Find a mentor:

With whom
you can
form a
friendship

Who might
be lonely
or like
company

Who might
have
similar
interests or
hobbies

Who can
commit to one
hour, once per
week for the
school year.

**No
relatives or
nursing
home
residents*

Creating Your Account

1. Go to pfe.sffcfoundation.org - bookmark this page
2. Click "Student Application"
3. Complete the application (must have your mentor's information before applying)
4. Once your school coordinator approves your account, you will receive an email prompting you to complete account creation by selecting a password.
5. Follow the link and choose your password.
6. Log in
7. Complete Entry Student Survey (on your PFE dashboard)

Visiting

Once you have attended orientation and set up your online account, start visiting!
We recommend planning your visits with your mentor by filling in the PFE Calendar.

In the event of a missed visit:

- ❖ Communicate with your coordinator
- ❖ You can choose to miss that week of scholarship OR make up the visit
- ❖ Only one make-up visit is allowed per month
- ❖ Make-up visits may not be attached to another visit
 - ❖ They must be on a separate day than your regular visit

Activity Ideas

Help with chores

Bake/cook

Crafts and art

Tell stories

Play games

Work on a puzzle

Interview each other

Make a recipe book

Exercise/go on a walk

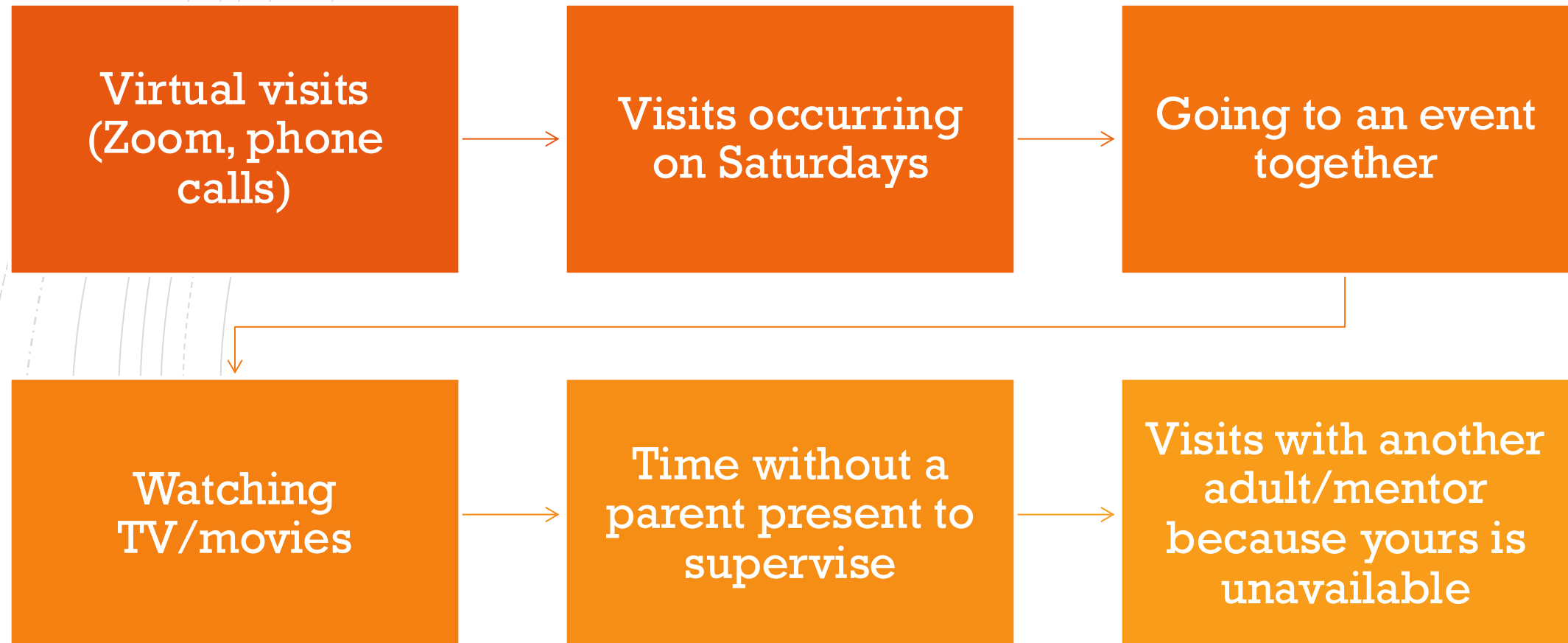
Gardening

Read a book
together/devotional/B
ible

Sidewalk/driveway
chalk

Singing

Unacceptable Activities/Visits



Reflections

You are required to submit a reflection after each weekly visit **within 24 hours.**

Tips

- Submit with your mentor the last 5 minutes of your visit
- Submit in your car before going home or right when you get home
- *Should be written in student's words. Write from the heart! Younger kids can dictate to someone helping them (parent or older sibling).*

Reflection Requirements

- K-3rd grade required to write a minimum of 3 sentences
- 4-8th grade required to write a minimum of 5 sentences
- Must answer the following questions EACH week -
 - 1.What activities or service did you do with your mentor?
 - 2.What did you talk about during your visit?
 - 3.What did you learn from/about your mentor OR what did you share/teach them about yourself?
- Reflections that do not meet the above requirements will be rejected and must be fixed/resubmitted within 4 days.

Reflection Examples

Good

“Today I made Raisin Ribbon Bars with some help from Miss Barbara. We used a nut chopper that was seventy years old. The bars turned out good. While we worked, we talked about what it was like for her growing up in the Philippines as a little girl. Those stories make me want to go there some day. I told her about my trip to Mexico a few weeks ago and laughed about the squirrel who chased me. It was a nice visit.”

“This week, Miss Jane and I decided to do outdoor activities. We started by watering her garden and then she sprayed me on accident! We laughed until we cried. After that, we went for a walk and talked about her grandchildren that live far away. I also told her about my week at school and the A+ I got on my test. She said she was proud of me.”

“Mr. Gregory and I worked on his lawnmower for this visit. He told me stories about when he was in the army, and I told him that I want to be a firefighter when I grow up. He said that I can do anything I put my mind to and that he’ll be rooting for me. I can’t wait for next visit because he’s going to show me his old army uniform.”

Bad

“We went to the park. I saw a rabbit. It was fun.”

“We baked cookies. They were yummy. We hugged. We went home.”

“I folded laundry at Miss Sheila’s house. There was a lot of laundry. I was so tired when I was done.”

“Amy picked me up from school today because my mom was still at work. We talked on the drive home and then watered her garden until mom came to get me.”

NEW - PFE Student App

App for iOS



Coming soon on Android



Welcome to PFE! Please log in
with your credentials.

*"If your actions inspire others to dream more, learn
more, do more and become more, you are a leader."*
~John Quincy Adams

Login

