



**Ronald McDonald
House Charities®**
Central Georgia

Keeping families close™



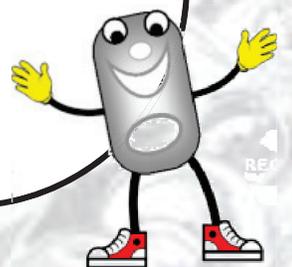
Pull Tab Recycling Program

Resource Guide for Teachers

1160 Forsyth Street, Macon, Georgia 31201

478.746.4090

www.rmhccga.org



#KeepingFamiliesClose



Dear Educator,

We would like to introduce you and your students to the Pull Tab Program, an ongoing project benefiting the families and children served by Ronald McDonald House Charities of Central Georgia. This curriculum packet can be used in classrooms to encourage participation in the Pull Tab Program as well as to reinforce concepts in math, geography and chemistry. For more information about the Pull Tab Program, please refer to the enclosed fact sheet.

We understand this packet may not be useful in teaching all students, but the concepts herein may be integrated into your classroom curriculum. For instance, many educators have used the Pull Tab Program to illustrate the idea of goals and goal setting.

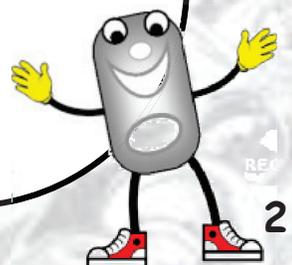
We are always open to suggestions for improvement; please don't hesitate to contact us with any comments or suggestions. It is our hope that this packet will be updated periodically so we can bring the best and most useful information into our local schools.

Sincerely,

Shannon

Shannon Bryant
Development Coordinator

Ronald McDonald House Charities[®] of Central Georgia
1160 Forsyth Street, Macon, Georgia 31201
478.746.4090 ♥ www.rmhccga.org





**Ronald McDonald
House Charities®**
Central Georgia

Pull Tab Recycling Program

Things to know . . .

What do you do with the pull tabs?

We recycle them. The money we collect goes directly toward our operating budget. Since 2000, friends of the House have raised nearly \$112,800 worth of tabs. That's over 220,000 pounds!

Why not the can also?

Cans are messy and take up much more space. Pull tabs are clean, compact and easy to collect. In addition, the aluminum in the tab is higher-grade and has a higher recycling value.

Do I need a special container?

Any clean container will work. A large Ziplock bag, plastic wide top container and Gatorade bottles are all good containers for tabs (and another way to recycle!) We have labels for these type of containers . . . free for the asking—so ask!

Do we need to collect a certain amount or count them?

Although some schools will make a math or science project out of collecting a million tabs, we'll take as many as you collect. Whether it's ten, ten thousand, or one million!

We've collected a whole bunch. Now what?

You can drop them off at the Ronald McDonald House or take them to San Jab Recycling (5607 Hawkinsville Road in Macon). They will issue a check directly to us. Make sure you let us know how many pounds were collected. Additional recycling centers are listed on our website: www.rmhccga.org

Ronald McDonald House Charities

believes that home is any place where families are together. We believe that healing happens over laughter and bedtime stories. We believe that an island of refuge in a sea of chaos is as powerful as any medicine.

We believe in keeping families together.

Since we opened in November 2002, we have served over 7,000 families from 131 Georgia counties, 26 states, and 7 countries!

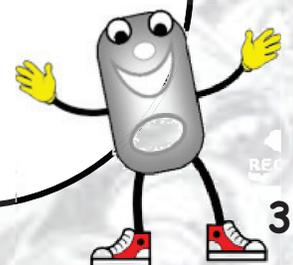
Families are asked to make a small donation for each night they stay at the Ronald McDonald House, but no one is turned away for the inability to pay. Donations and funds raised from events and programs like the Pull Tab program help us offer families a No Pay option.



Pull Tab Facts

1 inch = 1 pull tab
1 meter = 40 tabs
1 pound = 1,279 tabs
1 kilometer = 40,000 tabs
1 mile = 63,360 tabs

Ronald McDonald House Charities of Central Georgia
1160 Forsyth Street * Macon, GA 31201
For more information or questions contact Shannon Bryant
at 478.746.4090 or dm@rmhccga.org



Ronald McDonald House Charities

#KeepingFamiliesClose

How it all began...

In 1973, Philadelphia Eagles football player Fred Hill and his wife learned that their daughter Kim had leukemia. While in Philadelphia for treatment, they met other families with sick children, many of whom drove hours to the hospital, only to sleep overnight in waiting room chairs and eat from vending machines because they wanted to remain close to their children. Hotels were expensive, and they had nowhere else to go.

Fred Hill and his football team decided to do something for those families – create a 'Home-Away-From-Home' for them in Philadelphia.

The Philadelphia Eagles teamed up with the children's hospital, and local McDonald's owners to purchase and restore a house near the hospital where families could stay. Hence, the first Ronald McDonald House was born in 1974.



Our Story...

Ronald McDonald House Charities of Central Georgia opened our House in November of 2002 with

support from local McDonald's owners and donations from corporations, organizations, churches, individuals and foundations. The House has 13 guest rooms with private baths, 2 living areas, a children's playroom, kitchen, dining room, teen room and laundry room. There is also a Community Room where groups can meet free of charge.

The House provides a warm, home-like atmosphere where families can sleep, eat, watch TV, or just relax, and most importantly, spend time with each other and with other families in similar situations.

Each family stays in a private bedroom and is asked to donate \$15 per night, but no family is turned away due to their inability to pay. Every effort is made to make the family feel as if they are at home. Whether they wish to watch television, make a long distance telephone call, do laundry, or fix a meal, they have most of the comforts of home available to them at no additional cost.

The House provides nearly 5,000 room nights annually for families who have travelled to Central Georgia seeking medical care for their child. Many families stay with us more than once. Although the average length of stay is about 9 days, many families stay with us for two or three months and our longest staying family was with us for over 300 days!

How you can help...

You can help Ronald McDonald House Charities by donating time, goods and services or money!

Donating time...

You can donate time by volunteering at the House. House Volunteers perform light cleaning (empty the dishwasher and clean the fridge) that assist the families and help with general operations of the House. You can also volunteer for special events.

Donating goods and services...

You can donate items from our wish list as well as collect pull tabs.

Participating in our Meal Program...

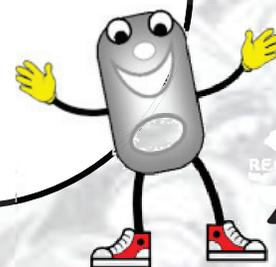
Organize a group of co-workers, family, friends, or church members to make dinner and drop it off or prepare a home cooked meal at the House for our families.

Donating money...

You can donate money by sending a check to:
RMHC Central Georgia
1160 Forsyth Street
Macon, GA 31201

For secure online giving and fundraising, please visit our FirstGiving page:
www.firstgiving.com/rmhccga.

All gifts are tax deductible. Our tax ID number is 58-2473799.



Curriculum Guide and Activity Suggestions

Arithmetic: Fun Tabulations

1 inch	=	1 pull tab	1 mile	=	63,360 pull tabs
1 foot	=	12 pull tabs	16.75 miles	=	1 million pull tabs
1 yard	=	36 pull tabs	1 pound	=	1,267 pull tabs
1 meter	=	40 pull tabs	789,266 lbs	=	1 million pull tabs
1 kilometer	=	40,000 pull tabs	1 ton	=	2,534,000 pull tabs

Measurement Activities

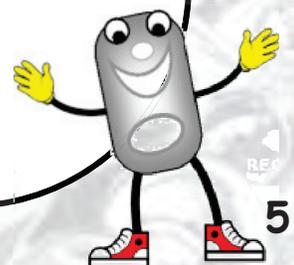
- The Willis Tower in Chicago is 1,454 feet tall – or how many pull tabs? (17,448)
- A full grown African elephant weighs 10,046 pounds – or how many pull tabs? (12,728,282)
- How many pull tabs would equal a McDonald's quarter-pounder? (316.75)
- How many tabs would equal the weight of a selected student?
- How far is it to the moon in pull tabs?
- How far is it from the school to your home in pull tabs?

Graphs

Students can graph the progress towards a certain pull tab goal.

Estimating

- Students can then estimate the amount of pull tabs collected. Who was the closest? How did they guess? Was it random or did they apply a method?
- Estimate the number of pull tabs it would take to cover the teacher's desk, the top of a math book, a pencil case, etc. Students can then put them in place and see if their estimates were correct.



Chemistry

- The symbol for aluminum is Al.
- Hans Oerstad, a Danish chemist, first prepared metallic aluminum in 1825.
- Aluminum is the most abundant metal.
- Aluminum is the third most abundant element in the earth's crust after oxygen and silicon.
- Aluminum is never found as a free metal. Bauxite is the commercial source of aluminum.
- Aluminum becomes stronger when cold.
- Aluminum has high heat conductivity and a high strength to weight ratio.

Arts and Crafts

- Let your imagination create an object using the pull tab. Create an animal, person, spaceship, flower, jewelry, etc.

Ways We Use Aluminum

Because of its strength and light weight it is used to build...

- Cars
- Airplanes
- Boat hulls

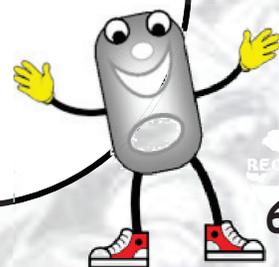
Because of its heat conductivity it is used in...

- Pots and Pans
- Combustion engines

Because of its conductivity, strength when cold, and the fact that it forms easily and can be made in very thin sheets it is made into Aluminum Foil.

Aluminum does not rust when it comes in contact with water and oxygen like many other metals, which makes aluminum good to use for...

- Siding on buildings
- Storm windows and doors



History/Research Activities

Aluminum was discovered in the 1820s and is the most abundant metal on earth.

1. Who invented the pull tab? And when?
 - Ermal Fraze invented the pull tab in 1962
2. What other events happened in 1962?
 - John Glenn was the first American astronaut in space
 - The Cuban Missile Crisis occurred on October 28th
3. The first Ronald McDonald House was opened in Philadelphia in 1974. What other events happened in 1974?
 - President Nixon resigned
 - Happy Days premiered its first episode on television
4. What famous event took place in Philadelphia?
 - Signing of the Declaration of Independence
5. What icon of American history is located in Philadelphia?
 - The Liberty Bell
6. The Ronald McDonald House of Central Georgia opened its doors in 2002. What other events happened in 2002?
 - The Winter Olympics were held in Salt Lake City, Utah
 - Queen Elizabeth, mother of Queen Elizabeth II, died in London, England. She was 101 years old.



Fun Crafts

It's a Bad Hair Day



You need a pull can tab, some thick, brightly colored yarn, a small circle of felt (any color), and 2 googly eyes. Cut 6 pieces of thick yarn about 6 cm. in length (3 pieces of each color). Half hitch the into the round hole of the tab and unravel the yarn to make the hair". Cut a small circle of felt and glue it to the bottom of the tab, add the googly eyes.

The Friendly Lion



This is made from a pull tab, a small piece of yellow felt, 2 small googly eyes, and yellow yarn. Cut pieces of yarn about 6-7 cm long. Half hitch the yarn inside the round tab hole. Keep going until it is completely full (about 20 pieces). Glue on a small circle of yellow felt for the face, add the eyes and use a marker for the smile. Into the smaller pull tab hole put 6 strands of yarn about 30 cm in length, half hitch into place, then braid to make the lion's tale. Tie with a bow at the bottom. Fray the yarn open to make the mane of the lion and the bottom of the tail.

Snake



This craft uses pull tabs and felt. The snake itself, cut from any color felt, is approx. 20 cm long in total. The body is about 15 cm long and 1 cm wide. The head, in a pear shape, (or heart shaped for Valentine's Day) is 4 cm at the widest part. Make a cardboard pattern and cut all in one piece. Add a piece of forked tongue out of red felt, 2 large googly eyes, and thread the felt through 6 tabs to create an undulating body. If you begin over and under through one tab, the next one can be under and over, then over and under, etc. This gives the length an undulating effect. Make sure rough and sharp edges are filed down to avoid cuts. All ages enjoy this one!

Excerpted from: www.texashomeeducators.com



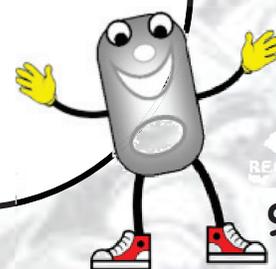
Word Search

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

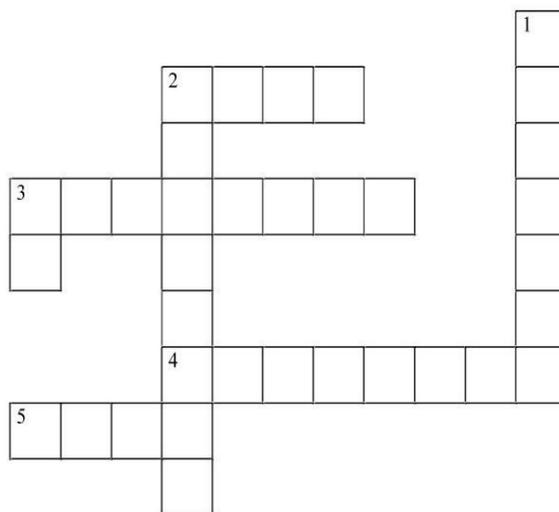
WORD BANK

CARING
CHILDREN
COMMUNITY
DONATION
FAMILY
GENEROUS
HOME
HOUSE

KINDNESS
LOVE
PULLTABS
RECYCLE
SERVICE
SHARING
SUPPORT



Crossword Puzzle

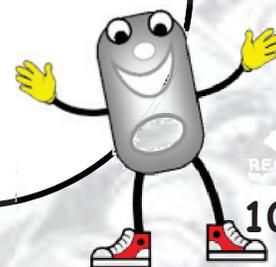


ACROSS

- 2 There are 12 pull tabs in one _____
- 3 The pull tab is made of a more pure form of _____
- 4 The ring pull tab can was _____ in 1962
- 5 There are 63,360 tabs in one _____

DOWN

- 1 The pull tabs are _____ to determine their value
- 2 You are helping _____ by collecting pull tabs
- 3 What is the elemental symbol for aluminum?





**Ronald McDonald
House Charities®**
Central Georgia

Keeping families close™

Pull Tab HOTLINE

Shannon Bryant

Pull Tab Coordinator

dm@rmhccga.org

478.746.4090

**Please contact me with any questions or to be
added to our mailing list!**



RMHC

Keeping Families Close

