



# Special Olympics Missouri Unified Champion Schools Toolkit



Special Olympics  
**Unified Champion  
Schools**

# WELCOME



Special Olympics  
**Unified Champion  
Schools®**

Welcome to Special Olympics Missouri's Unified Champion Schools program! Special Olympics Missouri's mission is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics Missouri athletes, and the community.

Special Olympics Unified Champion Schools' strategy is a research backed plan for transforming schools to be more inclusive through the implementation of three components: Unified Sports, Inclusive Youth Leadership, and Whole School Engagement. Implementing Unified Sports is the best place to start in this strategy. As a result of this, we expect you to see an immediate impact on students, as when students with and without intellectual disabilities are working together on the same team, relationships and confidence flourish. As your programs grow and gain support from administrators, athletic directors and from your community, we challenge you to implement inclusive youth leadership and whole school engagement opportunities as they enhance the quality and impact of your programming.

This toolkit is designed to give you practical ideas for implementing inclusive opportunities at your school. Whether you are just getting started as a Unified Champion School or are working toward receiving recognition as a National Banner School, we hope you will benefit from this resource. Each school is unique and may execute the Unified Champion Schools strategies in a different way. Missouri is lucky to have many educators committed to building inclusive school cultures. We want to work with you to overcome challenges specific to your school but also celebrate your successes. We believe that all Missouri students can be leaders and with the right opportunities, they can become a more unified generation.

Thank you for your commitment to inclusion,

*Emma Thomas*

Emma Thomas  
Unified Champion School Manager

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# UNIFIED CHAMPION SCHOOLS® 101

## Unified Champion Schools® Requirements:

What does it take to be an official **Unified Champion School** with SOMO?

Unified Champion Schools® will do the following during the school year:

### 1. Unified Sports

- Offer at least one Unified Sports opportunity each school year.
- Have an adult coach for each sport who is a Special Olympics Missouri Certified Coach.
- Unified Sports is officially recognized by the school in a similar style as other athletics/activities.

### 2. Inclusive Youth Leadership

- Offer at least one Inclusive Youth Leadership Opportunity for students with and without intellectual disabilities each school year.

### 3. Whole School Engagement

- Host at least one Whole School Engagement Activity each school year.
- Students with intellectual disabilities are involved with planning and leading your whole school engagement activity.

### 4. Additional Requirements

- Special Olympics Missouri and Unified Champion Schools Logos used on all printed materials.
- Students with intellectual disabilities are involved with planning and leading your whole school engagement activity.

# Working with SOMO Staff

Special Olympics Missouri is committed to the success of all Unified Champion Schools®. We are dedicated to providing support, resources and a helping-hand whenever possible. Please reach out to our staff when brainstorming an event, problem-solving, or to share your successes and celebrations!



**Emma Thomas, Unified Champion Schools Manager**

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Emma supports Missouri schools in becoming Unified Champion Schools with all three components: Unified Sports, Inclusive Youth Leadership, and Whole School Engagement. Emma was a Bocce Unified partner at a Unified Champion School when she was a student. As a teacher and Special Olympics Oklahoma coach she saw the transformation as the school started a Unified Club and received National Banner recognition.



**Susan Shaffer, Outreach & Campus Programs Director**

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Susan is an expert on events at the Training for Life Campus, Young Athletes Program, and Motor Activities Training Program. She has 25 years of experience working with people with intellectual disabilities.



**Melinda Wrye- Washington, Senior Director- Programs**

[wrye-washington@somo.org](mailto:wrye-washington@somo.org) 573-469-7836

Melinda leads the SOMO program team. With more than 25 years of experience in higher education, coaching at the collegiate level and school administration she is an excellent resource in forming new partnerships and removing barriers to inclusion at the school level.

## Area Directors

Special Olympics Missouri splits the state into 6 areas, divided by counties. You can contact your local area director to participate in local competitions or to get connected with other events going on in your area. Area directors are experts on coaching certifications and team forms.

Find your Area Director's contact info here: <https://somo.org/areas/>

# UNIFIED SPORTS®

Special Olympics Unified Sports® is a component of the Unified Schools Strategy which engages students with and without intellectual disabilities on the same sports team.

## **Unified Sports® is a unique and important program because it:**

- Integrates athletes with and without intellectual disabilities in a setting where all teammates are challenged to improve their skills.
- Every teammate has the ability and opportunity to contribute meaningfully to the performance of the team.
- Increases public awareness of the spirit and skills of individuals with intellectual disabilities.
- Models genuine inclusion for the entire school community.

## **Goals of Special Olympics Unified Sports®:**

- Sport skill development – under the direction of certified coaches, participants will have the opportunity to develop sports skills.
- Competition experience – athletes benefit from physical and mental challenges participating in a variety of competitions organized by SOMO.
- Meaningful inclusion – Unified Sports® rules and guidelines on age and ability ensure all teammates play important, meaningful and valued roles on the team.
- Friendship and socialization – this program provides a forum for positive social interactions.

## **Unified Sports® Opportunities:**

- Unified Sports Team
- [Unified PE](#)
- [Unified Fitness](#)
- [Young Athletes Program](#)
- [Motor Activities Training Program](#)



# Unified Sports Team

## Getting Started Checklist

**1. Contact [Missouri Unified Champion Schools](#) or the [local area director](#).**

**2. Determine the sport(s) you will implement this year.**

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Track & Field | <input type="checkbox"/> Bowling       | <input type="checkbox"/> Young Athletes Program |
| <input type="checkbox"/> Basketball    | <input type="checkbox"/> Flag Football | <input type="checkbox"/> Other                  |
| <input type="checkbox"/> Bocce         | <input type="checkbox"/> Unified PE    |   |

**3. Identify a coach.**

- Coaches will need to become certified as a Special Olympics Missouri coach. <https://somo.org/coach/>
- Coaches have the option to become certified as a Unified Sports® coach. <https://nfhslearn.com/courses/61127/coaching-unified-sports>
- Look for those who are passionate about the cause and/or the sport.

**4. Recruit Special Olympics Missouri athletes.**

- Athletes are students who have an intellectual disability.
- Athletes also include people who have closely related developmental disabilities, such as those with functional limitations, both in general learning and in adaptive skills such as recreation, work, independent living, self-direction or self-care.
- Ask for permission to send a school-wide email with details about the program and contact information.
- Meet the special education staff in your school to help identify and recruit athletes.

**5. Recruit Unified partners.**

- Unified partners are students without an intellectual disability.
- A “targeted approach” is recommended when recruiting partners to ensure they are committed to the team. Consider students from your school’s Unified Club, Kindness Club, or Student Council who are not too busy and do not have a conflicting varsity sport commitment.
- Ideally there would be a 1:1 ratio of athletes to Unified partners.

## 6. Submit teammate forms to area director.

- Special Olympics Missouri athletes must fill out the [Athlete Medical Form](#) which must be signed by a medical professional, [COVID-19 form](#) and [Official Special Olympics Release Form](#) before the first team practice.
- Unified partners must fill out the [Unified Partner Application](#), [COVID-19 form](#), and online [Class A Volunteer](#) form. Students under the age of 18 should fill out the [Minor Class A Volunteer](#) form instead.
- At least one coach must become certified at a SOMO coach.
- Additional volunteers or assistant coaches must complete the online [Class A Volunteer Form](#) and [COVID-19 form](#).

## 7. Secure a facility and set a team schedule.

- Work with SOMO Area Director or your school's Athletic Director on team practice schedule, sports equipment transportation and facility needs.
- Develop a competition schedule (working with state office, area director, and neighboring schools).
- Provide SOMO staff with a copy of your competition schedule.

## 8. Hold regular practices and competitions.

- Unified Sports® teams should practice and compete similarly to any other team at your school.
- Teach coaches, athletes, and Unified partners the rules of the game. <https://somo.org/sports/>
- Remember, your team should practice at least once a week, with the majority of athletes and partners on the team participating in each practice.





# INCLUSIVE YOUTH LEADERSHIP

Inclusive youth leadership offers opportunities for young people of all abilities to be leaders in their schools and communities and promotes equality and acceptance. Leadership opportunities help students with and without intellectual disabilities find their voices by teaching them to become change agents striving for respect and inclusion.

## **Inclusive Youth leadership is a unique and important component because it:**

- Recognizes the leadership assets and value that all students possess and can use to contribute meaningfully to the school community.
- Brings together students with and without intellectual disabilities as leaders in their school, creating a socially inclusive environment in which lasting friendships can form.
- Provides students with and without intellectual disabilities the knowledge, skills and dispositions to take on leadership roles in their school.
- Expands student investment in creating a socially inclusive school.

## **Inclusive Youth leadership Opportunities:**

- Start a [Unified Club](#)
- Host or attend a Youth Leadership Summit
- Include students with intellectual disabilities in your school's existing clubs and leadership opportunities
- Students join the statewide Youth Activation Committee
- Encourage co-leadership opportunities that promote a deeper understanding of the strengths, gifts and skills of all students



## **Inclusive Youth Leadership Resources:**

<https://www.generationunified.org/>

<https://resources.specialolympics.org/community-building/youth-and-school/unified-champion-schools/inclusive-youth-leadership>

# Unified Club 101

## What is a Unified Club?

A Unified Club is a club for students with and without intellectual disabilities that comes together for sports, games, community service, school events, and most of all, to have fun!

## Steps to starting a Unified Club:

1. Find out what your school's requirements are for starting a club, and make sure you follow their steps.
2. Make sure your club leadership is inclusive by selecting leaders with and without disabilities. Roles could be shared and athletes and Unified partners could team up as co-presidents.
3. Select 2-3 fundraisers your school can do this year to raise funds for Unified Sports or other inclusive events on your campus!
4. MAKE A PLAN TO **HAVE FUN!**

## Unified Club Best Practices:

- Ask the Special Education Teacher and/or Special Olympics Missouri coach to share the Unified Club information with athletes, partners, and parents.
- Consider having a disability awareness training as part of one of your first few meetings to ensure all participants have a clear understanding of the benefits and challenges associated with various disabilities so students can better support each other.
- Meetings should be led by the Unified Club's leadership but try to find opportunities for all students to take a leadership role within the meetings.
- Discuss ideas and strategies with the group. Be certain each individual has the opportunity to share his or her thoughts and feel that they are involved and a contributing member.
- Pursue partnerships with clubs that promote leadership and are working towards acceptance, understanding, and an overall more inclusive and diverse environment for all students. Try reaching out to organizations like Student Council, Best Buddies, National Honor Society, or FCA to collaborate on an inclusive event or awareness campaign.
- Create a Facebook group and include info about the club, pictures, and advertise upcoming events. Invite students from your school to join these social media groups and stay up-to-date with the Unified Club's activities.
- Encourage students to continue their growth through state-level opportunities like the MASC Leadership Conference, State Youth Activation Committee or the Youth Summit!

# Unified Club Ideas

## Sample Year at a Glance

August	<ul style="list-style-type: none"> <li>• Hold first club meeting with icebreakers and <a href="#">Inclusion Tiles activity</a>.</li> <li>• Determine club leadership.</li> <li>• Determine which Unified Sports you will compete in this year.</li> </ul>
September	<ul style="list-style-type: none"> <li>• Practice for upcoming competitions.</li> <li>• Utilize Inclusive Youth leadership resources to teach students about leadership throughout the year.</li> <li>• Implement leadership lessons by planning a student lead fundraiser for Unified Club Events, shirts, sports equipment, or other need.</li> </ul>
October	<ul style="list-style-type: none"> <li>• Volunteer or be Fans in the Stands at SOMO State Outdoor games.</li> <li>• Plan and host an inclusive Halloween Party.</li> </ul>
November	<ul style="list-style-type: none"> <li>• Compete in Local Bocce or Flag Football tournament.</li> </ul>
December	<ul style="list-style-type: none"> <li>• Compete in Area Bowling Tournament.</li> </ul>
January	<ul style="list-style-type: none"> <li>• Compete in Area Basketball Tournament.</li> <li>• Start planning for Spread the Word &gt;&gt; Inclusion Event.</li> </ul>
February	<ul style="list-style-type: none"> <li>• Plan and host an inclusive Valentine’s Day Party.</li> </ul>
March	<ul style="list-style-type: none"> <li>• Campaign to Spread the Word &gt;&gt; Inclusion (First Wednesday in March).</li> <li>• Compete at State Indoor Games (Bowling or Basketball).</li> <li>• Include Unified Team athletes in your school’s pep assembly.</li> </ul>
April	<ul style="list-style-type: none"> <li>• Compete in Local Unified Track and Field Competition.</li> </ul>
May	<ul style="list-style-type: none"> <li>• Compete at SOMO State Summer Games.</li> <li>• Hold an end of the year celebration! Recognize Unified Sports team in a similar manner to other athletic teams at the school.</li> </ul>

## Unified Club Impact

“At our Unified basketball games, the stands are more full than for the actual varsity games. [Since] the program started it’s like everyone’s equal and no one’s different.” – Unified Partner

"Before Special Olympics, I have never felt included in the activities. Kids would ignore me. I felt invisible...once I started Special Olympics, I was no longer invisible. I was a peer. I was just like everybody else." – UCS Athlete



# WHOLE SCHOOL ENGAGEMENT

Students of all abilities have the power to positively impact their school communities by promoting social inclusion. Youth can raise awareness and create an educational environment where respect and acceptance are the norm and all students feel included and engaged. Whole school events engage students, teachers, staff, community leaders and others to increase their social inclusion knowledge, skills and dispositions. When the school's events convey understanding, inclusion, and respect for all, the students internalize those lessons for their lives both within and beyond school.

## **Whole School Engagement is a unique and important component because it:**

- Engages the entire staff and student body in building awareness and understanding of the benefit to all when the assets and contributions of each individual are recognized, honored and supported.
- Energizes social inclusion efforts and expands stakeholder involvement beyond a passionate few.
- Provides an opportunity for the most engaged students at a Unified Champion School to create a ripple effect from their actions and advocacy.

## **Goals of Whole School Engagement:**

- Students without disabilities will hold more positive attitudes toward their peers with intellectual disabilities.
- Schools will become communities of acceptance where students with intellectual disabilities feel welcome and are routinely included in, and feel a part of, all school activities, opportunities and functions.

## **Whole School Engagement Opportunities:**

- [Spread the Word >> Inclusion Campaign](#)
- Inclusion Revolution (One Day Unified Sports Event)
- Participate in Polar Plunge
- Be Fans in the Stands or volunteer at a SOMO Competition
- Have a pep rally for your Unified Team
- Recognize SOMO athletes in the same way as other athletes at your school

# Spread the Word >> Inclusion

Spread the Word >> Inclusion is an ongoing effort created by youth and is intended to engage schools, organizations and communities to rally and pledge their support and to promote inclusion and acceptance for people with intellectual and developmental disabilities.

- The annual day of awareness is held the first Wednesday of March. This could be a one day event or a week of Disability Awareness, Respect Week, or Kindness Week.
- Consider incorporating fundraising for your Unified Team or Special Olympics Missouri.
- While most activities are centered on or near the first Wednesday in March, people everywhere can help spread the word throughout their communities and schools year-round through pledge drives, youth rallies and online activation.
- Students can sign a poster or electronically sign an inclusion pledge.
- You could use the Special Olympics pledge, your students could collaborate to write an inclusion pledge that is unique to your school, or you could create an open ended opportunity for students to determine what action they will take to include others.

“I pledge to look for the lonely, the isolated, the left out, the challenged and the bullied. I pledge to overcome the fear of difference and replace it with the power of inclusion.  
I #ChooseToInclude”

## Resources:

<https://www.spreadtheword.global/>

<https://support.specialolympics.org/a/sign-the-inclusion-pledge>

# How to host a Spread the Word >> Inclusion Campaign

## 2 Months Prior

- Set a meeting with your principal or administrator to obtain permission to hold the event.
- Set a date on your school calendar for the event. Spread the Word >> Inclusion is usually held on the first Wednesday of March but can be implemented whenever it works best for your school.
- Request event resources from SOMO Staff member Emma Thomas at [thomas@somo.org](mailto:thomas@somo.org). Consider ordering t-shirts and a banner for your inclusive event.
- Consider ways for students to take leadership roles in the planning and executing the event.

## 1 Month Prior

- Share the details of your Spread the Word >> Inclusion event so Special Olympics Missouri can celebrate and promote the great things happening at your campus!
- Begin to promote the Inclusion event around your school by including it in the daily announcements, newspaper, social media sites and posters.
- Plan how to engage students on the day of the event. Athletes and Unified partners may share their experiences with peers. Music, candy or prizes might draw attention to your opportunity for students to sign the inclusive pledge.

## 1 Week Prior

- Continue to advertise your event throughout the school.
- Gather necessary supplies such as sharpies to sign your school's banner.
- Determine where to display the banner after it has been signed.

## Day of Event

- Set up materials and prepare table.
- Have students take the lead in engaging their peers.
- Take pictures and post on social media to increase the impact of your awareness efforts.
- Count how many students pledged to be inclusive and share the impact of your event with student leaders, administrators, and Special Olympics Missouri after the event.





# Inclusion Revolution

An Inclusion Revolution is a one day unified sports experience designed to create inclusive opportunities for your school. Successful events this past year started with an opening ceremony and then had either a unified sports competition at the host school or rotations through sports skills stations. Students with intellectual disabilities can take leadership roles in planning and executing the event. Peers from high school clubs or sports teams can partner with athletes, manage different stations, referee, or be fans in the stands. An Inclusion Revolution is also an opportunity to invite more schools to join to increase your students' competitive experiences.

## Example:

JOIN CARTHAGE HIGH SCHOOL  
FOR

# INCLUSION REVOLUTION



**Special  
Olympics**  
Missouri

**FRIDAY, OCTOBER 15TH**  
AT DAVID HAFFNER STADIUM  
2600 S. RIVER STREET  
CARTHAGE, MO

**FOR ALL SPECIAL EDUCATION  
STUDENTS & BUDDIES**

Questions? Email Jana Fornelli at:  
fornelli@somo.org

**Reserve your spots by  
September 24, 2021.**

**Schedule:**  
9:00-9:30: Arrival/Check-In  
9:30-9:50: Pep Rally  
10:00-12:00: Game Stations  
Including: flag football, soccer, tennis, frisbee  
golf, bocce, kick ball, corn hole, cheer/dance,  
and face painting  
12:00-1:00 : Lunch and Dance  
Don't forget to bring a sack lunch!

**Register:**  
Please email fornell@somo.org with the following info:  
School Name:  
Contact:  
Number of Special Education Students:  
Number of buddies:

**Take the pledge**  
Join Southwest Missouri as we take the pledge...  
I pledge to look for the lonely, the isolated, the left  
out, the challenged and the bullied. I pledge to  
overcome the fear of difference and replace it with  
the power of inclusion.  
I #ChooseToInclude.  
Hosted by: Carthage High School  
Student Council & Special Olympics Missouri

**HOW TO REGISTER:**

# SUSTAINABILITY

## **What does this mean for our Unified Champion School®?**

A sustainable Unified Champion school has strategies and plans which help ensure the three Unified Champion School components will continue into the future and truly become part of the school culture. This could include an intergenerational leadership team comprised of administrators, teachers, parents and students. When a diverse group of people is committed to having an inclusive school there will be more robust programming, community involvement, and continuity if a team member departs.

## **Fundraising**

Part of sustainability is having the financial resources to continue inclusive programming year after year. Your Unified Champion School may require funding for uniforms, sports equipment, Unified Club events, meals or travel to Special Olympics Missouri competitions. Please reach out to your school's administration and athletic director to find out what supplies and funding are available for sports teams and clubs. Other student organizations such as student council or Fellowship of Christian Athletes may be willing to partner with you to support your fundraising efforts.

- **Paint the Principal**

During lunch, have everyone gather in the courtyard as you raise funds for inclusion! Students can donate \$5 to paint a colorful stripe in your principal's hair with temporary hair color spray! Step it up a notch by having the principal stand in front of a large canvas and see how many people will donate \$10 to throw a sponge with (non-permanent) paint at the principal! They'll look colorful for inclusion and you'll make a unified art piece during the process (if anyone misses that is!)

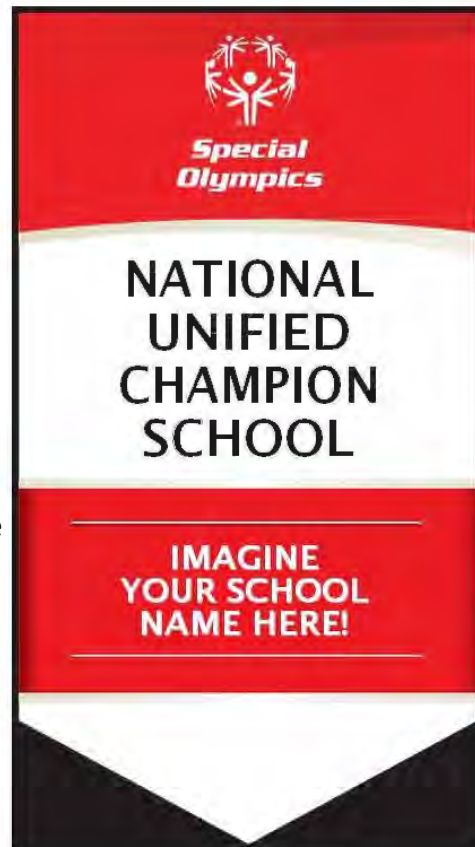
- **Snack Bar Fundraiser**

Have your Unified Club plan to take over the snack bar during a game and receive a percentage of sales from that night! Make signs about where the funds received are going and have some students go around the stands encouraging people to check out the snack bar during halftime!

# BANNER RECOGNITION

## National Banner Recognition:

A Special Olympics Unified Champion School has an inclusive school climate and exudes a sense of collaboration, engagement and respect for all members of the student body and staff. A Unified Champion School receiving national banner recognition is one that has demonstrated commitment to inclusion by achieving the ten standards described below. These standards are based upon the three over-arching components that include Special Olympics Unified Sports®, Inclusive Youth Leadership and Whole-School Engagement. National banner schools should also be able to demonstrate they are self-sustainable or have a plan in place to sustain these activities into the future. While the components are listed individually, they should be implemented in coordination with each other and supported by a leadership team composed of representatives from all areas of the school, including students, teachers, administrators and parents. Research has proven that when all three components are incorporated, there is a deeper impact on the individual participants as well as the overall culture and climate of the school.



## National Banner School Components & Achievement Standards:

The ten standards of excellence listed below were developed by a national panel of leaders in education and Special Olympics. When the standards have been met by a school, it is eligible to receive national banner recognition.

**Special Olympics Unified Sports®:** A fully-inclusive sports or fitness program that combines an approximately equal number of students with and without intellectual disabilities. Examples include such things as Interscholastic Unified Sports, Unified PE or Unified Intramurals.

A national banner school has achieved the following standards:

- 1 Unified Sports is offered in at least 2 seasons throughout the school year.
- 2 Unified Sports participation occurs regularly over the course of each sport season or school term and includes competition.

3 An adult coach for each sport who has received training on Special Olympics Unified Sports.

4 Unified Sports is officially recognized by the school in a similar style as other athletics/activities.

**Inclusive Youth Leadership:** Students with and without intellectual disabilities work to lead advocacy, awareness, inclusion and other Special Olympics activities throughout the school year. Examples include such things as Unified Clubs, inclusive student councils or similar types of inclusive student groups.

A national banner school has achieved the following standards:

5 A Unified Club or student group offers leadership opportunities/training for students with and without intellectual disabilities.

6 The inclusive club/group meets at least once per month throughout the school year.

7 The inclusive club/group has an adult liaison and is officially recognized by the school in a similar style as other clubs/activities.

**Whole-School Engagement:** Awareness and education activities that promote inclusion and reach the majority of the school population. Examples include such things as Spread the Word to End the Word (R-Word) Campaign, Pep Rallies or “Fans in the Stands” for Unified Sports teams, Respect Campaigns or student fundraising.

A national banner school has achieved the following standards:

8 At least two whole-school engagement activities are implemented per school year.

9 Students with and without disabilities are involved with planning and leading the awareness activities.

**Sustainability:** Strategies and plans which help ensure the three Unified Champion School components will continue into the future and truly become part of the school culture. Examples include such things as student fundraising, Unified Booster Clubs or Unified Sports/Club expenses included in school budgets.

A national banner school has achieved the following standards:

10 The school is currently self-sustainable or has a plan in place to sustain the three components into the future.

# RESOURCES

**Special  
Olympics**  
Missouri



Special Olympics  
**Unified Champion  
Schools®**

**Special Olympics Missouri Unified Champion Schools Website**

<https://somo.org/ucs/>

**Special Olympics School Resource Homepage**

<https://resources.specialolympics.org/community-building/youth-and-school/unified-champion-schools>

**UCS Liaison Facebook Group**

<https://www.facebook.com/groups/367453048659092>

[Unified Club Recruitment Flyer Template](#)

[Sample Memo to School Administration and Parent](#)

**Special Olympics National Banner Recognition**

<https://www.specialolympics.org/what-we-do/unified-champion-schools/banner-recognition-program>

## Special Olympics Missouri Social Media Handles



Facebook Special Olympics Missouri



Twitter @SOMissouri



YouTube Special Olympics Missouri



Instagram @somissouri



The contents of this toolkit were developed under funding from the US Department of Education, #H380W140001. However, those contents do not necessarily represent the policy of the US Department of Education, and you should not assume endorsement by the Federal Government.