



# Above and Beyond

## CANADIAN STUDENT LEADERSHIP NEWS AND VIEWS

A CANADIAN STUDENT LEADERSHIP ASSOCIATION PUBLICATION

VOL 17 NO 2



### from the President's desk:

When I was in high school, I worked in a card shop. As is the case with Hallmark, we were always one step ahead of the next season, so as I was putting the Halloween paraphernalia away, the Christmas stuff was going on the shelves! In retrospect, I realize that this job was excellent preparation for my teaching vocation and involvement in student leadership. The school year bobs and weaves in much the same way: Welcome Back Week ends with planning for Oktoberfest, which morphs into Christmas countdown activities, and so on. With so much “looking ahead” going on, it is always a challenge to stay in the moment and to remember to enjoy the ride. It’s that whole “life is a journey, not a destination” thing that gets lost in the shuffle of real life at school.

I am the worst person to be preaching life balance. In fact, I am probably the poster girl for just the opposite. This fall, however, the Universe conspired to save me from myself and I now find myself on a six-week post-surgery leave. I remember literally guffawing when my doctor asked, “What is a good month before Christmas for you to be out of school?” Did he not know that I am the principal?! Who would greet the kids coming in the door each morning? Who would monitor school climate? Who would be the “glue” that holds everything together? When I finally stopped freaking out and really thought about it, I acknowledged that the school would be fine. We have an awesome team of people who regularly share the load, and I knew that they would step up fill in any gap I might leave-which they have. Seeing that in action is rewarding and humbling at the same time. So, with the school community taken care of, that left just me to focus on!

I have to admit that it has been a challenge to go from 60 to 0 so suddenly. In fact, it took a major mind shift for me to begin coping with my new reality. So, I decided to stop seeing this time as a punishment and more as a gift. I had started school tired after a busy summer, and now I have rest. I have always wanted to explore some other passions of mine, such as reading and writing, but there never seemed to be time. Now there is. The Italians have a lovely phrase that is becoming my mantra: “Dolce far niente” — The sweetness of doing nothing. Easy enough to walk that talk now under doctor’s orders; the challenge will be to strike a new balance when I return to work in November. At least I have a month to figure out how to do that!

Student leadership advisors are givers and doers by nature, but it shouldn’t take a major intervention for us to realize that we need to take better care of ourselves in order to be there for others. One way to do this is to delegate some tasks/responsibilities to the good folks around you. It may be hard to let the reins go on some things, but it will actually help you while building leadership capacity in others. This is also a good time of year to assess your personal fuel gauge and set some goals (After all, no race car can run on empty!): 1) “Fill up” by participating in activities that are just for you; 2) Take some time each week for some quiet reflection; 3) Find ways to work smarter rather than just harder; 4) Celebrate the process as well as the product; and 5) Remember to have some fun for you!

I’m learning that moving slowly still gets you where you need to go; you just get to enjoy the view a bit more along the way! Wishing you gentleness in the days ahead and an awesome year!

*Nicole Haire*  
CSLA President

#### CSLC 2014

The Canadian Student Leadership Conference (CSLC) is the premier student leadership conference in this country. CSLC has taken place in every province in Canada, and this September, Kelowna will host the 30th anniversary of the conference. The conference has three goals for students and advisors: It is designed to inspire, to motivate and to inform the student leader and teacher delegates over 5 days of networking, seminars and keynotes. The Department of Canadian Heritage has provided subsidies for student travel to these leadership conferences, so stay tuned for further information on CSLC 2014 by visiting the CSLA website.

**Conference website:** [cslc2014.ca](http://cslc2014.ca)

**Contact Conference co-chair:**

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## Love and Leadership

*“Seek not to follow in the  
footsteps of men of old;  
seek what they sought.”*

*Matsuo Basho*

Like leadership, love has many faces and forms. Both are states of being that defy easy definitions or how-to formulas. Pianist Arthur Rubinstein describes one face of love: “I’m passionately involved in life: I love its change, its colour, its movement. To be alive, to be able to see to walk, to have houses, music, paintings,— it’s all a miracle.”

Author and lecturer Leo Buscaglia outlines another face of love when talking about a contest that he was asked to judge. The purpose of the contest was to find the most caring child. The winner was a four-year-old whose next-door neighbour was an elderly gentleman who had recently lost his wife. Upon seeing the man cry, the little boy went into the old gentleman’s yard, climbed onto his lap and just sat there. When his mother asked him what he had said to the neighbour, the little boy said, “Nothing, I just helped him cry.”

Highly effective leaders are in love with the organization, community or team in which they work or live. Their love is expressed in a deep desire to see that organization, community or team grow to its full potential. Leaders love the people they work with enough to contribute to their personal growth and development.

That doesn’t mean that we always like or agree with everyone. As with relatives, we often don’t get to pick and choose neighbours, teammates, bosses, and the like. Some of them aren’t people we’d invite to dinner or choose as a friend. However, leaders love their organization’s greater purpose and see its efforts contributing to a bigger world that they love. That love—and desire for growth and development—extends to everyone involved.

Love of others starts with love of self. The desire to see others grow and develop starts with our own personal growth and development. If we’re not leading a meaningful life, it’s hard to help others find meaning. If we don’t feel a sense of connection to a bigger purpose or being, it’s hard to unify others. Spirit and meaning are an inside job. Inner growth is part of our spiritual renewal process. Our soul craves it.

Centered leaders are continually exploring inner space. They draw outward leadership strength from their heart and soul.

*Jim Clemmer*

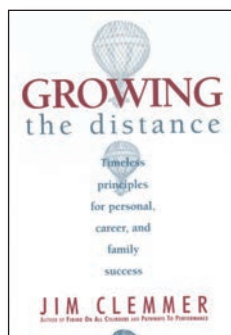
### DEBRIEFING BY THE ELEMENTS

Debriefing is a necessary activity and you need something new to change the process every now and then:

According to the ancient Greeks, there are five basic earthly elements: Earth, Air, Fire, Water, and Ether is the element that holds these all together.

At the completion of an activity or event, the facilitator presents the five elements (burning candle, pitcher of water, fan or wind, rocks or soil, and twinkling object for ether) in picture or tangible form. Participants are then asked to analyze their recent performance and assess what portions of each element were present. Fire represents passion, Earth is hard work, Water is going with the flow, Air can represent rising above differences or the fuel that everyone used. Ether can represent those difficult to explain events that significantly contributed to the overall success of the project.

*Jim Cain*



*This article is taken from GROWING the Distance. It is a great resource for leadership training and deeper discussions about the nature of personal leadership. It is available to order online from CSLA*

# Your Leadership Locker

Every student has a locker at school, and this space is a personal storage compartment as well as a good reflection of who you are and how you operate during the school day. Some students will personalize their space with pictures and memorabilia collected throughout the year, while others will be utilitarian. The lockers all look the same on the outside in a normal school hallway, but when you open them up it is a unique look at an individual.

## Concept

What if your locker represented you and your leadership style? What would it say about you? How would you fill or decorate your leadership locker?

## Exercise

On a piece of paper, draw your leadership locker. It can also be a 3-D diorama with actual parts and contents (a shoe box would be an appropriate container). It must have a lock on the outside, but when you open the door, it will be apparent what your leadership style and skills are about.

Questions to consider for your leadership locker:

## Initial Appearance

Is the locker neat or disorganized?

What pictures or papers are posted on the door?

What types of memorabilia are hanging in the locker?

Is there a calendar on the door or is there just a mirror?

## Contents

What is the lock like? Is there something special about the combination?

What seems to be the most used or easily accessible?



Are there compartments that divide up the space, or is it all a jumble?

Can you easily find everything that is in the locker?

Are there some smelly things in there that should be removed?

Do some things need a cleaning (like old gym clothes)?

Is there a major dream or goal visible upon close inspection?

## Locker Envy

Is there something that you have seen in other people's leadership lockers that you would like to have in your own?

If you were given the chance to do an Extreme Leadership Locker Makeover, how would you change your locker?

*"You can out-distance that which is running after you, but not what is running inside you."*

*Rwandan Proverb*

## IT'S A FIRE!

Extreme situations cause us to look at what we really value. A good way to find out what students value is to propose this situation:

There is a fire in your house and you have to exit NOW!

If you could save only two items, what would they be?

Why did you choose these items?

On a scale of 1-5 how difficult was this choice?

To whom would these items have the most significance?

Why did you choose these over other possibilities?

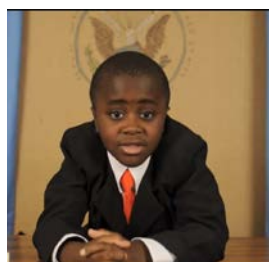
Now run the same exercise by replacing "house" with "school."

# Taking Student Leadership Online: Do something great with the Internet



At CSLA, we define student leaders as students who facilitate, guide, and/or lead initiatives, groups, or programs within their community and/or school, act as positive role models to those they work with, and who are committed to bettering their understanding of themselves and society. Much of our work, as well as the work of advisors at our member schools, is to help educate and encourage our Student Leaders to make a difference in their schools and communities, and act as positive role models to those around them. However, considering that the average Canadian spends 45 hours on the Internet each month, and 24% of Canadian teenagers spend at least three hours online each day, we must be certain that our education and encouragement of our student leaders also extends to their online communities.

In those 45 hours a month or 3 hours a day, most of our time online is spent on social networks or using entertainment media. This means that we spend most of our time using platforms like Facebook, Twitter, Instagram and YouTube. The Internet is filled with innovative learning spaces, inspirational and engaging media, and thought-provoking commentary and conversation, but sometimes these types of content are overlooked in our efforts to keep up with the latest posts and viral media. While social and entertainment media have their own value (ex. humour, social connectivity), consider this quote from nine-year-old Robby Novak, the “Kid President”:



- Fact:** *more than 2 billion people use the Internet.*
  - Fact:** *150 million people post pictures of food and stuff on Instagram.*
  - Fact:** *Right now somebody’s supposed to be doing something very important, but instead they are playing Candy Crush ...*
  - Fact:** *14 million of you follow Miley Cyrus on Twitter. On purpose!*
- Which leaves me with some questions. How are we using the Internet? How are you using the Internet? What are we doing with the Internet, people?

This quote is an excerpt from his YouTube video, “Socktober,” in which Novak encourages viewers to “take back the Internet and do something great.” His “something great,” is Socktober – an initiative which exemplifies how to help encourage, engage, and educate student leaders on how to make a difference in online and offline communities. Socktober is an initiative to help the homeless by encouraging users/subscribers to donate simple household items, like socks, to local shelters, and share their experience by posting videos online. His simple request made online resulted in positive change in many offline communities. Further, because those who followed Novak’s lead by making a donation and sharing their own experiences, his campaign spread to more and more communities.

While we can encourage our student leaders to make a difference in their online communities by fostering engagement through creative online initiatives like Socktober, we can also simply encourage positive change through the content we choose to create. Twitter accounts and Facebook pages, like CSLA's the *Student Leader's Edge*, can be used to filter and focus on sharing topical content, and many leadership programs and schools across the country utilize social media platforms to engage their students and share news/events. In addition to content-based social media (i.e. Twitter and Facebook), other media platforms like Vine, Instagram and YouTube can be integrated with other social media platforms and provide opportunities to create your own engaging and/or inspiring content.



Likewise, sharing content is a key component to any social media platform, and there are lots of interesting and inspiring social media accounts and websites that provide great content to share. For instance, there is the "To Write Love on Her Arms" Tumblr, focused on sharing content to inspire and support people struggling with depression. Similarly, other Tumblrs like, Start Some Good, Awesome Stuff Women Did, Science is Beauty, Found, Historical Non-Fiction and ok2talk, create educational, inspiring, and engaging spaces for users to read, watch, share, and comment on. Additionally, websites like My Giving Moment, Soulpancake, Upworthy, Ted and Ted Ed, are filled with interesting and inspiring content to help motivate and engage readers and/or viewers, links to which can be shared easily on the social networks where we spend most of our online time.



It goes without saying, that when we talk to students about sharing interesting content, that we also talk about vetting content and responsible sharing. That goes for the content we share in our classrooms, as well. Sharing content is just a simple click of a button, and it's important that we encourage younger users to pause and think before they share, and consider the possible outcomes and reactions to that content:



- Will the reaction be positive, or negative?
- Is what I am sharing topical for the type of platform I am using?
- Is what I am sharing true?
- Does this content accurately reflect me as a positive role model in my community?



It's important to remember and remind others of the complexity of online communities because although we may intend to share certain content with a small group of people, that content is always available to a much larger group. Everything we share online makes us participants in the online community, and as with any community, we should encourage a better understanding of that community and our roles therein. So, encourage your students to find ways to be positive role models and make a difference when they are online and off. The more time we spend online, the more we become invested in the communities we develop there. Encourage your students to take Kid President's advice, and *do something great with the Internet*.



Kim Wallace



## Words Can Cut and Defend

*“To cultivate kindness is a valuable part of the business of life.”*

*Samuel Johnson*

Words are powerful. If I were to take the letter “s” from *words* and move it to the front of the word, it would spell sword. What can swords do? Swords can kill people (the first answer I get every time!) but on the other hand what can swords also do? Believe it or not, they can protect and defend.

I started thinking about this closely, and it blew my mind that our words are just like swords. I doubt that I am going out on a limb by saying that at some point in everyone’s lives, they have been a victim and have been hurt by someone else’s words. Likewise, I am going to say that at some point in our lives that we have also been the perpetrator and hurt someone with our words.

There is no doubt that words are powerful. It has been said that people will forget the way you treated them and what you said, but they will never forget HOW your words made them feel. As a spoken-word artist, this is something that has resonated with me for many years and I have made a conscious decision to help others think about the words they use and how they affect others.

### SUPPORT THE UNSUPPORTED

Being a new student is tough and most muddle their way through the first weeks in September. However, many students arrive throughout the year and are thrown into the spin of a school already underway. Have a group of leadership students who are willing to welcome new arrivals and show them the way to survive and navigate the unfamiliar building and new timetable. This group needs to do more than a single “hello” session, so have a monthly new student lunch.

Support your custodians with some Tim Hortons therapy. Don’t forget the night crew, as they are the ones who are there for your evening activities.

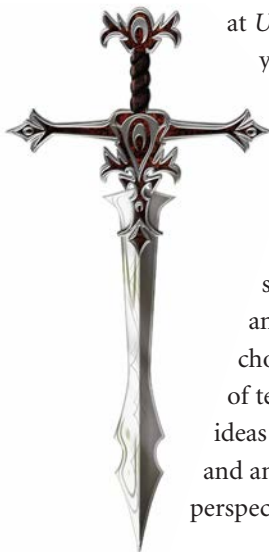
Start an Academic Pride Week. We support the athletes with pep rallies and trophies, so support your academic athletes. Start an academic breakfast, make locker signs, arrange an early release, or host an ice cream party.

Just make people smile. Purchase small bubble makers (like those given out at weddings) at your local dollar store and give them out to students at lunch tables!

By no means do I claim to have mastered the art of conversation or patience, however I have come up with some great ways we can put a little more thought into the words we use. My suggestion is, whenever you feel yourself about to say something to someone you might regret, I want you to pause. I know this is an extremely difficult thing to do especially when moved by emotions, but I have learned that pausing to reflect, even if for ten seconds, on what we are about to say can make a world of difference. I encourage you to remember the times that you were hurt by someone else’s words and make a choice within yourself to avoid making others feel the same way whenever possible.

Remember that words can be swords.

My name is Matthew Jones AKA Testament; I am the Director for National Programs at *Unity Charity*. Unity Charity’s mission is to engage and empower youth to be role models and leaders in their communities. We feel the best way to do this is by engaging youth with the arts, and at Unity Charity we specifically focus on the urban arts of Hip Hop. These include breakdancing, beat boxing, spoken word/emceeing and graffiti art, which are the tools we use to empower youth to ‘express their stress and develop skills for success’. We feel that when youth have an outlet for their stress, anger, problems and frustrations, it can help them make better life choices when faced with difficult situations. With over ten years of teaching and facilitation experience, I have shared many of my ideas with youth all across Canada and the world. I love everything and anything to do with words and I want to share a little bit of my perspective with you.



For more information about Unity Charity please visit:

Web: [www.Unitycharity.com](http://www.Unitycharity.com)

Twitter: @Unitycharity

FB: UnityCharity

# Announcements for Century 21



The key to effective school-wide communication is finding the right method to reach your audience. PA announcements have not worked effectively for years, yet we still use them. The next key is finding something that all members of your audience have access to.

My school, Lasalle Community Comprehensive High School, has attempted to bridge the technology gap with their use of traditional methods and Twitter. Here is the setup:

A box is located in the main office where any teacher or coach can place an announcement. Students can also place announcements here as well.

The announcements are then brought over to the activity office where they are:

- said over the intercom at 9:00 each morning.
- typed on a iPad and created in Keynote (PowerPoint for Mac) that is connected to 2 lcd monitors in the cafeteria and atrium.
- tweeted on the school Twitter account.

There are 4 leadership students who comprise the whole committee who take care of the announcements. They each have a different role to play and each will cover for someone who is away during announcement time.

The student who tweets the announcements uses the iMac set up in the activity office where the twitter account is logged in each morning by one of the student life teachers. The students do not have the password to the account, so they must be logged in each time. They sometimes will use my iPhone to tweet because I have the Twitter app on my phone. On the school website, there is a link to the Twitter page, and anyone that wants to read the announcements can do so.

Announcements are reviewed, drafted and presented each day by the announcement committee. They are students who are obviously recommended by their English teachers for grammar abilities. The tweeter must have very good spelling skills.

Check out the Lasalle school website at:  
[lchs.lbpsb.qc.ca](http://lchs.lbpsb.qc.ca)

*Nick Fournier*  
*Lasalle Community Comprehensive High*  
*LaSalle, Quebec*



*“There is more to life than increasing its speed.”*

*Mohandas Karamchand Gandhi*

## NOSE JOUSTING

This activity is a good way to boost the enthusiasm of your group, help stretch comfort zones, and to promote good sportsmanship.

All participants are given a piece of masking tape. Instruct them to fold this tape into a circle, sticky-side out, and place it on their nose. The challenge begins with two opponents facing each other. They make nose-to-nose contact with the tape on their noses, and as they pull away, one person will “win” the round by capturing both pieces of masking tape.

The winner is allowed to reattach the accumulated tape to their nose between rounds. The losing opponent then becomes the cheering section for the champion, and places their hands on the opponent’s shoulders, chanting their name as they take on other opponents. When a challenger beats a player with many members of their cheering section attached, they *all* become the cheering section for the new champion.

The competition continues until a final champion wins with the large glob of masking tape on their nose.

After the fun is done, this activity can be discussed for comfort zones, sportsmanship and fairplay.

*“Keep your fears to yourself, but share your inspiration with others.”*

*Robert Louis Stevenson*

## Above and Beyond

is the official newsletter of the Canadian Student Leadership Association. The newsletter is published 3 times a year for schools all across Canada.

To learn more about membership, go to [www.studentleadership.ca/join/](http://www.studentleadership.ca/join/)

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Canadian Student  
Leadership Association

# Resources

Be sure to visit the CSLA website for more lesson plans, activity ideas and a complete list of resources.  
[studentleadership.ca](http://studentleadership.ca)



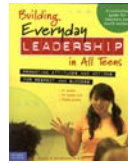
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This newsletter has been printed with the generous support of Friesen Yearbooks.  
[www.friesens.com/yearbook](http://www.friesens.com/yearbook)

## The BEST Resources

Teachers are frugal shoppers because they have tight budgets and they want to only buy resources that will make their teaching lives easier and their student's learning experience more complete. Advisors trust other advisors and we know that if a teacher presents a leadership seminar and says "This book is the BEST!" there is an immediate rush on the resource table after the seminar to buy that book. Here are the five BEST resources by total sales in the CSLA resource library this year.

### 1. Building Everyday Leadership in All Teens



This is a flexible, ready-to-use curriculum complete with 21 sessions, supplemental sessions, special projects, assessment tools, and exams. The curriculum is designed so you can use as few or as many sessions as you wish. The resource teaches practical leadership skills through fun and challenging activities, discussion, observation, reading, writing, and goal setting.

### 2. Spirit Works . . . turn it on!

This classic has over 1,000 exciting ideas for noontime activities, class competition games, staff appreciation suggestions and fundraising ideas. Some advisors are on their 4th well-worn copy.



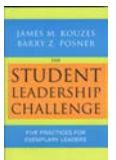
### 3. Building Connections



A full 80-minute DVD presentation by Mark Scharenbroich. He helps student leaders and educators understand the significant correlation between positive school climate and achievement. On the CD-ROM, Mark shares images from more than 100 top-performing schools illustrating how they build strong connections within their entire school community.

### 4. Student Leadership Challenge

Your students need a book to keep them grounded in the basics of leadership. Kouzes and Posner are the premier leadership gurus from the world of business who will demonstrate how anyone can become a leader, regardless of age or experience. This is an academic resource for your advanced leaders.



### 5. Activities that Teach



The unique activities engage students in positive learning experiences. Suitable for Peer helpers, Leadership classes, Counsellors, and Substance Abuse Prevention. These activities have been tested in the real world of leadership classrooms and drug prevention programs. This continues to be a best-seller year after year.

You can purchase the above resources online from CSLA. Visit [studentleadership.ca](http://studentleadership.ca) to place your order. Just because a book has not made our top 5, doesn't make it a poor purchase. All of our resources have been recommended by advisors like yourself to be a BEST book.