



Above and Beyond

CANADIAN STUDENT LEADERSHIP NEWS AND VIEWS

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Our school, the Cité des Jeunes A.-M. Sormany, located in Edmundston, New Brunswick, will be hosting the 32nd Canadian Student Leadership Conference from September 27th to October 1st, 2016. This gathering of a thousand and more student leaders and teacher advisors will give the opportunity to share, enjoy and understand our differences in both languages, thus making our students better leaders.

Since 1983, the Canadian Student Leadership Conference has been very active in the training of student leaders who have become leaders in their schools and subsequently in their communities. Still today, it continues to give educational seminars and conferences to student leaders. One of our particular goals is to raise awareness about the importance of cultural and social differences in a world of constant change and transformation.

With this in mind, our team is up to the challenge of hosting a bilingual conference during which all activities, seminars and conferences will be offered in French and in English, thus giving all participants an open-minded leadership and a better understanding of individual and community living. The Canadian Student Leadership Conference is for us a school of life, a place for our young leaders to live unique learning experiences about cultural differences, as they will one day become world leaders.

The pre-conference will be held on the 24, 25 and 26th of September 2016. We will welcome our first participants at the Moncton airport on the 24th, beginning with a guided tour of some of our best tourist areas such as the city of Moncton, Shédiac, Bouctouche, the Acadian Peninsula, the towns of Campbellton, Kedgwick and Saint-Quentin. These towns represent the bilingual culture of New Brunswick and all have their uniqueness.

The main conference will be held from September 27th to October 1st and will be counting on the presence of 1,000 participants from all parts of Canada. All activities and seminars will be held in both languages. We assure you that our program will be very diversified, interesting and updated to the needs of our young leaders.

It will be a pleasure to meet you there. For more information, feel free to visit our website :

cslc-cle2016.com

Denise Emond-Gendron



Voilà qu'en septembre 2016, ce sera à notre tour de partager qui nous sommes, de faire valoir nos ressemblances ainsi que de faire apprécier nos différences puisque nous sommes l'école hôte de la 32e édition de la Conférence canadienne de Leadership étudiant. En effet, nous, de la Cité des Jeunes d'Edmundston, au Nouveau-Brunswick, sommes heureux d'accueillir, du 27 septembre au 1er octobre au-delà de 1 000 élèves et leurs accompagnateurs provenant de tous les coins du pays. Ce congrès se veut un lieu de rencontre permettant la rencontre de jeunes élèves du secondaire qui pourront apprendre à mieux connaître et apprécier l'autre et ultimement à devenir de meilleurs leaders.

Il faut savoir que la Conférence canadienne de Leadership étudiant existe depuis 1983 et qu'elle a permis la formation de plusieurs cohortes de leaders qui se sont impliqués dans leurs écoles et subséquemment dans leurs communautés. Elle continue, de par l'actualisation de sa formation, à préparer les jeunes leaders d'aujourd'hui à envisager le monde dans sa diversité sociale et culturelle. L'un des grands défis que nous avons voulu relever est de donner à notre conférence une touche particulière, c'est-à-dire que tous les élèves, qu'ils soient francophones ou anglophones, pourront se côtoyer de façon harmonieuse et apprendre les uns des autres pour ensuite ramener ces apprentissages dans leur milieu et leur vie future. La Conférence canadienne de Leadership étudiant est une école de vie, un lieu privilégié qui prépare les futurs leaders à mieux comprendre et à mieux appréhender les responsabilités se rattachant aux exigences des postes qu'ils auront à occuper dans leurs communautés de plus en plus multiculturelles.

C'est en septembre 2016, soit les 24, 25 et 26 que débutera la pré-conférence alors que nous accueillerons nos premiers arrivants à l'aéroport de Moncton. Ce premier rendez-vous permettra une visite guidée des hauts lieux touristiques et culturels de notre province, commençant par la ville de Moncton, de Shédiac, de Bouctouche, se poursuivant par la visite de la Péninsule acadienne, des villes de Campbellton, de Kedgwick et de Saint-Quentin.

La conférence comme telle se tiendra du 27 septembre au 1er octobre avec une inscription de plus de 1 000 participants de toutes les régions du pays. Toutes les activités et les conférences seront accessibles dans les deux langues et nous vous assurons d'une programmation des plus diversifiée et adaptée aux intérêts et aux besoins de nos jeunes leaders d'aujourd'hui et de demain.

Au plaisir de vous y rencontrer. Entre temps, vous pouvez visiter notre site à l'adresse suivante :

cslc-cle2016.com

Difficult Conversations

"I have learned over the years that when one's mind is made up, this diminishes fear."

Rosa Parks

When you make someone else's life difficult, it is not unusual that they will let you know about it. Whether it be an assembly that goes on too long and takes time away from class, or an event that is scheduled the night before an important exam, teachers will let you or your students know that they are unhappy. This produces difficult conversations that most student leaders find uncomfortable, but knowing how to deal with them will lessen the tension and provide important leadership lessons.

We are emotionally invested in our activity programs and a difficult conversation causes an emotional struggle when we have a direct confrontation with the unhappy party. You must control that emotion and have a rational process that leads to a resolution.

Here are some five basic steps to try to find a resolution:

1. Hold your fire

If someone feels that you are talking over them, they will become even more frustrated. You must control your initial instinct to protect and defend your point of view. Do not appear to be fixing or defending the issue before you have heard them out.

2. Listen, then listen and listen some more

If the person has taken the time to speak to you directly, it is your job to let them get their point across. Your clarifications and questions can wait until they have stated all their points. Letting them clear the air releases some of the tension they have felt about the issue. Listen as you try to comprehend their point of view.

3. Be Canadian about it

Once the issue has been clarified, you can apologize in a way that demonstrates that you understand the situation from their viewpoint. You apologize for the situation and not for your program or your student leaders. Empathy will get you closer to a potential resolution to the problem.

4. Have a considered response

Work with the other party to develop a solution. Not all solutions are immediate, so state what you will attempt to do with a timeline. You must make sure that you deliver on promises made or keep them up-to-date on your progress towards a solution.

5. Check back in

Staff appreciate your work on their part. An email, handwritten note or a quick follow-up meeting checking in is a simple way to let people know you haven't forgotten about them. Surprising them with this unexpected touch of kindness may turn you from an initial source of conflict to a trusted resource and supporter.

It takes much more to resolve a situation than simply to go for a quick fix. It is important to take the time to understand the problem at hand and then come up with solutions and conflict resolution strategies that are personalized, relevant, and timely.

This article is adapted from a post by Norine Toomey in entrepreneur.com

MEET THE GOOD ONES

The senior administration in a modern secondary school is usually so busy dealing with the negative issues and paperwork that confront them on a daily basis, that they rarely have time to spend with the positive people in the building. In fact, if you are not causing a problem, you will be unconsciously ignored by admin because the present problems are demanding their immediate attention.

Consciously make the time to introduce your admin to the "good ones" by scheduling a special meeting with them. Have the club chairs, athletic captains, and student leaders meet with the principal and admin team for a brief coffee and muffin session twice a semester or once a season. The admin gets to meet the positive and active movers and shakers in the building face-to-face, and the students get to tell about what they are doing to contribute to the positive climate and healthy culture of their school.

A Leader Wearing Her Skills

My name is Kayley Reed, and I recently graduated (May '14) from the University of New Brunswick's Renaissance College Program – a B. Phil in Interdisciplinary Leadership.

At my high school in Olds, Alberta, and throughout my school career, I was heavily interested and involved with many leadership initiatives, like the student council, Interact Club, and drama. Co-chairing the Canadian Student Leadership Conference in 2009 was a major milestone in my leadership journey! I remember going to leadership conferences each year in high school, having amazing opportunities to travel to Colorado, Texas, Montreal and meet incredible leaders. That was what inspired me to pursue a degree in leadership after graduating.



I am now an entrepreneur with my business partner, Kyle MacNevin, running a unique clothing company, *Wear Your Label*. Kyle lives with Generalized Anxiety Disorder and I am recovering from Anorexia Nervosa. **But these are just labels.**

Our company uses fashion as a medium to create conversations about mental health and ultimately end the stigma. Inspired by our personal experiences with mental illness, my partner and I started *Wear Your Label* to help others find their strength.

Every piece is designed with care by someone that might be struggling with the same things you are. Our garments are designed to help you feel connected, and empowered to share your story. How? By using positive messages like “it’s okay not to be okay”, comfy textiles that you actually want to wear, and our garment tags that read “How to Take Care of Yourself” (because we could all use a daily reminder).

Both Kyle and I have worked on numerous mental health initiatives together. We facilitated at the student-lead mental health summit *Unleash the Noise!*, have assisted in youth engagement strategies and branding for various organizations, and now sit on the Youth Advisory Council for ACCESS-Canada, a \$25 million initiative to improve mental health services across the country.

We believe in the power of conversations. Nothing connects us quite like shared experience, which is why it’s a focus of our clothing. Even though we believe every piece helps the person wearing it, we know large-scale change is a collaborative effort. That’s why 10% of our profits are donated to mental health initiatives and partner organizations. We value financial contributions, but also go beyond that, by embedding ourselves in the mental health community. From hosting community workshops, to sharing our mental health journey with audiences large and small, our give-back is pretty diverse (but so is mental health).



“Bad weather always looks worse through a window.”

Tom Lehrer

SERVICE LESSONS

A vibrant activity program should provide the intended opportunities for students to be of service to others in the school. It is through giving that young people can discover that when they do something for others, it boosts their self-esteem and gives them a sense of importance and self-fulfillment. The act of giving will allow teens to develop abilities within themselves that they didn’t know they had.

Citizenship is a habit that must be learned and people must voluntarily assume the responsibilities of citizenship. When students learn this through service projects at school they are better prepared for contributing to life beyond the school walls. A school breakfast program feeds the students who need it, but the volunteers learn lessons and develop skills that will make your school and community a better place. Starting a senior citizen visit activity in your school will give your students a window upon a part of the population that they have not worked with before. They will learn important lessons about themselves through service to others.

A great book that talks about the service of leaders is “Leaders Eat Last” by Simon Sinek. It is an easy read and would be great for senior student leaders to cover.

Our student leaders make a difference in the world beyond the school hallways. Check out their website at www.wearyourlabel.com



**RELAY
FOR LIFE**

**RELAIS
POUR LA VIE**

and CSLA



Canadian
Cancer
Society

Société
canadienne
du cancer

CSLA is happy to announce that we have agreed to a partnership with the Canadian Cancer Society. We will be working with CCS to promote their High School Relay for Life program. This is an exciting opportunity for schools across Canada, and will be a great way for students to practice student leadership in their communities.

Relay for Life is a school-based event that engages school communities and teaches students about the value of supporting their fellow students, staff and community. This event empowers students with valuable life skills, builds school spirit, and unites students and teachers together with one common goal — to make a real impact in the fight against cancer.

There are many benefits for staff and students when you host a Relay For Life fundraising event in your school:

- Relay demonstrates the value of philanthropy and helps to create tomorrow's leaders
- Relay builds a sense of school community by bringing students and teachers together for one common goal
- Relay creates opportunities to honour people in the school community and beyond who have battled cancer
- Relay provides a platform for students to apply leadership skills including logistics, finance, AV and many more

Your Relay will be fully supported by the Canadian Cancer Society and the Youth Program Specialists will be on hand to help ensure your success.

From Mandy Birch — a Student Leader Co-Chair of Relay:

If you were to ask a student at A.B. Lucas Secondary School what their favourite event of the school year is, there is a very good chance that they will say Relay For Life. For 11 years now, our school has been raising money for the Canadian Cancer Society, and each year our grand total grows. I can proudly say that I have watched our school go from raising \$75,000 in my Grade 9 year to raising a staggering \$120,000 this year.

I was given the opportunity to be a Co-Chair Head of our committee this year. To me, this was an absolute privilege—I'm only 18 years old and cancer has affected my life in a few different ways. On August 25th, 2012, my Dad was diagnosed with stage four-lung cancer that had also spread to his brain, causing him to have seizures and severe mood swings. The doctors gave him about three months to live, as treatment would not make a great impact on his sickness. He managed to pull through until March 10th, 2013, when he peacefully passed away in his sleep at around five in the morning. I miss him so much.

Relay is a time where we remember the people we have lost and the people who are still fighting. It's a night I get to spend with my best friends, supporting and loving each other.

Jamie Bain, Grade 12: Fighting for his Mother and Sister



Partnership



Now, if you were to ask that same student if cancer has affected their life in any sort of way, there is about a 95% chance that they will say ‘yes’. “Cancer is a monster, and it will affect us all, whether we like it or not.” This was one of the things that I pressed on my peers while giving our annual Relay assembly back in May. In my opinion, these were the most powerful words I had said throughout that hour on stage. It’s something that we will have to deal with in our lifetime, and I can guarantee you that we’ll have to deal with it more than once.

At Lucas, we continually manage to pull off a memorable Relay for Life, always being able to top the year before and it means even more to me that I had the chance to help organize it. When I think about what this money is going towards and how much of a difference we are making, I start to feel my eyes fill with tears. Right when I walk onto our football field on the night of, I can instantly feel the love and support from my peers. Throughout the night I’ll exchange hugs and laughs with people I’ve never even spoken to before. I’ll cry my eyes out when remembering those I’ve lost in my life, and I’ll smile when I think of those who have won their battle or are still fighting. It truly is one of the greatest feelings I’ve ever experienced.

For me, Relay has always been an incredible experience. Being able to see how big of a difference we can make if we all come together, the Lucas community feel of it all, the simple pleasure of doing the right thing, and, above all, a really fun way to spend the night with friends.

Evan Britt, Grade 12: Fighting for Jennifer Burnett

I knew that I was not going to walk away from my last Relay at Lucas feeling disappointed, and I can assure you that when I left the school the next morning at 7 o’clock, after 25 straight hours of no sleep, constant running back and forth throughout the day and night, I walked off of that property with the biggest smile on my face and the warmest feeling in my heart.

Cancer is a monster, and it will affect us all, whether we like it or not. We will never stop fighting.

Mandy Birch, Grade 12: Fighting for my Dad, Poppa, Rachael, and anyone else who is still suffering from this disease.

Relay is something truly amazing- it not only raises money for people who need it but makes so many friendships that help us get through the tough times. This disease has affected or will affect all of us and it’s a hard thing to deal with alone. Relay brings our whole school together and we accomplish great things. It’s the night where we all put our differences aside and come together as a family. We all have the same goal: to fight back against cancer.

Almas Mohamed, Grade 12: Fighting for her Grandma

Visit www.relayforlife.ca/youth for more information on this program.

The Bard's Day in Sherwood Park

*"People who say it cannot
be done should not interrupt
those who are doing it."*

George Bernard Shaw

*Get thee to a nunnery,
I bite my thumb at your sir,
Hie thee hither from hence to thence*

These are very common sayings that are uttered on April 23rd every year at Archbishop Jordan Catholic High School. About 2–3 weeks prior to the day, Student Council and Leadership classes hang hilarious pun-related Shakespeare posters around the school. This event has allowed students and staff to learn the timelessness of the Bard, and students actually become more excited about reading Shakespeare in class. We annually celebrate William Shakespeare's Birthday (currently he's 451) and each year it grows.

At Archbishop Jordan, this event has become much more than we could have ever expected—the English Staff, Administration, and a lot of other departments dress up—those who are brave wear Elizabethan garb that has been rented, or purchased online. The rest of the staff borrow t-shirts with a wide array of hilarious quotes on them. In the morning, the garbed teachers and even some brave students greet students with Elizabethan accents, music, and even sad attempts at courtly dancing. Teachers hand out Shakespearean quotes that have to be either memorized or read aloud for a big or smaller piece of cake at lunch. In addition to these festivities, in the front of our school we have a table covered with swords, copies of Billy's works, and of course a portrait. During our announcements, which are done through our Broadcasting class, they present the entire announcements in Early Modern English adding to the atmosphere of the big day.

TWO TRUTHS AND A LIE

Google has doomed home-room trivia contests, so you have to find ways to beat the search engine that students have on their phones.

This activity asks staff members to submit three statements about themselves with two of the statements about them being true and one of the statements being false. The staff information is collected on a sheet and then submitted as a home room contest with the name or picture of each staff member beside each set of statements. This can be run as a theme during Career Week with staff members listing part-time jobs that they have had when they were teens.

The great thing about this activity is that staff members will play as well, because they will learn things about their fellow staff members.

This year, we attempted to go above our usual efforts, and the school hired a site-specific Shakespeare Company called "Thou Art Here Theatre". These players got dressed in period garb, and strolled around the school common area to draw the crowds in by performing various soliloquies, and dramatic re-enactments. Next year the goal is a giant sword fight as nothing says birthday like swords. At lunch, there are various types of Shakespearean Trivia and all winners are rewarded with book-store gift cards. At the peak of lunch, we turn out the lights, light candles and the entire school sings happy birthday to the Bard. Once the candles are blown out (one teacher dresses up as William), students line up with their quote in hand, or memorized and then they eat their cake. This year we purchased and made over 10 cakes, all of which were completely gone by the end of lunch. This has become one of the highlights for our school and each year it grows as the students buy more into the tradition. It is a fantastic activity to allow English to have some fun in the school environment, but at the same time, the students start to love Shakespeare a bit more.

*Justin Gabinet
Sherwood Park, AB*



Words on the Walls

We spend our lives within school walls, but we often do not see what a visitor is confronted with when they enter this unfamiliar building. We know our way around the hallways, but a visitor is in the situation of a first year student who enters the building on the first day in September: Everything is new and not so obvious. In this moment, the visitor reads the words on the walls as an indication of what your school is about.

George Couros noticed a sign as he walked into a secondary school that stated something similar to, “For the safety of the school, please stop at the office to sign in.” Immediately, he felt a tinge of anxiety as he wondered if something was there that would make the building unsafe, and he wondered if the students had ever felt the same. Maybe most of them weren’t worried, but a sign on the wall shouldn’t evoke a feeling of the school being deemed “unsafe”.

Glenview Park Secondary School used to have a sign over the tray return in the cafeteria that stated: “Please place your soiled dishes and cutlery on the belt.” The belt was long gone, but it took a visitor to wonder what the students were really doing with their dishes, to have the sign finally removed.

Couros states, “There are so many little things around our building that we don’t notice and hence the importance of trying to look at things with fresh eyes. We encourage risk taking, yet I have seen signs in schools about the importance of not making mistakes. Risk taking often comes with mistakes, so which one is it? Saying something once in awhile is sometimes not as powerful as words on the wall that are there all of the time.”

Martin Brokenleg asks us to think about the tone we set in the building when we have signs like this, compared to a message of, “We would love all visitors to come to the office so we can welcome you upon your arrival.” The message was the same, but the difference in words sets a totally different tone once you enter the building.

Couros states that you should look at the words on the walls of your building and ask do they encourage a welcoming environment, a sense of community, and opportunities for innovation? Or do they create a cold environment, that sometimes could pressure a fear of making mistakes, or sometimes even for one’s safety? Ask your students, ask your community, and ask yourself. What do the words on the walls tell you about the environment that you are trying to create?

You can follow George Couros on his blog at georgecouros.ca/blog



“The quickest way to become an old dog is to stop learning new tricks.”

John Rooney

SECRET SERVICE PROJECT

This is a targeted Random Acts of Kindness activity that allows your students to go on a “top secret mission”. Prepare manila envelopes that you label TOP SECRET and distribute these missions to your agents. This is a *MISSION POSSIBLE*, but the agent must perform acts of service without the recipients knowing that they are being served.

The acts can be anything from cleaning cars, helping someone with homework, cleaning the cafeteria mess or visiting a senior relative. The possible missions can be listed within the manila envelope and the agent must list what they did and who they did it for upon return to base at the end of the week. The missions can listed as small, medium or large and the agents must do at least one of each type. At the end of the assignment, students enjoy hearing the experiences of others as they go about performing service.

“Care about people’s approval and you will be their prisoner.”

The Tao Te Ching (500 BC)

Above and Beyond

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To learn more about membership, go to 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



Canadian Student Leadership Association

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Coping with Calendar vs. Curriculum Conflicts

A healthy school is a busy school, where co-curricular events and the classroom co-exist in a working relationship. The academic curriculum is the reason that school exists and the most important event outside of the classroom is the celebration of the graduation ceremony. However, there are often many opportunities for the calendar of events to become unwieldy and classroom teachers feel that they have to protect the precious time that they have in the classroom to cover the necessary material.

Here are some ways to avoid the turf conflicts that happen when the active co-curricular program seems to intrude on the curricular progress:

1. Your leadership students must recognize that their academic classroom responsibilities come first. One of the most important skills of leadership is time management, and they must fulfill their academic obligations first. It may be more fun to clean up after an assembly than it is to do that math test or history presentation, but they must clear all their time out of the classroom first with the teacher in charge. Teachers must know that your program respects their efforts in the classroom.
2. Establish an “Assembly Day Timetable” that allows for time during the day to be used for full school assemblies. This gives equal time to each period during the day and teachers are aware of what this admin approved timetable looks like.
3. Run an all-school calendar meeting in June for the upcoming school year. Administration must make this a command performance. Create the upcoming year calendar on blackboards so every event, contest, fundraiser, major testing period and trip is posted at this meeting for all to see. All departments who run trips and activities must attend including phys-ed, music and drama. This meeting allows teachers to see that the grade 12 Geography trip to New York will conflict with the intended Sr. Grad fundraiser. The rule must be established that anything not posted on this calendar in June must go through admin approval before being allowed to go (and the first answer from admin will be “no”).
4. Post your school calendar of events on Google calendar on your school website. Post school athletic games and tournaments with locations that parents can find through Google Maps. The more people that use the calendar, the more official it becomes.
5. Have your top two leadership students speak at the beginning of staff meetings giving a brief outline of the upcoming events on the month’s calendar. Staff don’t pay attention to memos or emails, so the personal touch is a reminder of what was outlined last June. In fact, staff will probably listen to student presentation more intently than one from you.

2015 2016

