



Above and Beyond

CANADIAN STUDENT LEADERSHIP NEWS AND VIEWS

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Halifax is pleased to be the host of the 31st annual Canadian Student Leadership Conference (CSLC), which will take place at Halifax West High School from September 22 – 26, 2015. This national event will bring over 1100 student leaders and teacher advisors from across Canada to Halifax this fall. This inspiring, unique conference will encourage students and teachers to further develop their leadership skills to help them make a difference in their schools and communities.

CSLC is the longest running national leadership conference in Canada and has been presented by the Canadian Student Leadership Association (CSLA) since 1983 when the first conference was held in Yorkton, Saskatchewan.

PRIMARY ENCOURAGEMENT

Test taking for seniors and those writing the many standardized tests at other grade levels can be intimidating to say the least. A leadership class decided that they would enlist the support of a grade 3 class to give their prospective graduates some unanticipated words of encouragement.

The grade 3's were approached and asked to write an encouraging message and draw a happy picture on their card for the students writing their provincial exams. The notes were then given to the senior students just prior to the exam. There were no metrics available on the increased success rate of the exam-takers, but the smiles were huge!

Ideas like this and more are available on the CSLA website for members. Visit studentleadership.ca for many more great ideas.

The theme for CSLC 2015 is *Leadership 360: When giving is receiving*. It is our belief that when leading, the experience comes full circle, like the compass, guiding us on a round trip to making a difference in the lives of others in our communities while making a difference in our own lives.

It is our pleasure to host at Halifax West High School this year. The steering committee has been hard at work for the past two years planning this amazing event. The committee is made up of a group of teacher volunteers from Halifax West High School, Lockview High School, Auburn Drive High School, Citadel High School, Charles P. Allen High School, Dartmouth High School and JL Ilsley High School. The Conference Co-Chairs are Sandra Starratt (Halifax West) and Phil Goora (Lockview).

The pre-conference will begin on Saturday, September 19th when 225 students and teachers will arrive to tour the area including visits to the Annapolis Valley and the South Shore. The conference will commence on Tuesday, September 22nd with the arrival of another 875 students and teachers from every province and territory in Canada. The conference has many facets including keynote addresses, workshops for students and teachers, cultural performances, a trade show and a volunteer experience. We are excited to welcome Kathy Buckley as our first Keynote speaker.

For the duration of the conference, teacher advisors will stay at the Future Inns Halifax or the Quality Inn. Student delegates will be billeted in the community.

Please feel free to visit our website at <http://cslc2015.studentleadership.ca> and our pages on Twitter (@cslc2015) and Facebook (CSLC2015) and stay tuned for more details on this exciting event!

Your Digital Tattoo

“Most people do not listen with the intent to understand; they listen with the intent to reply.”

Stephen Covey



Students are living and posting in a digital world that doesn't forget. They have been told to be careful about what they post on social media because all of their actions and postings leave a digital "foot-print" but this analogy seems to be a little less permanent than what is actually happening. Students are literally creating a digital tattoo for themselves that is extremely hard to erase.

This digital world is constantly changing and it is a world that is completely foreign for today's adults. Parents and teachers used to be able to give advice to teenagers based on their world experience because the adults had lived through that world and the rules of behaviour that it expected.

Digital World Differences:

It's no longer local: doing something stupid used to stay among friends and became a story of "do you remember when?" Now, it is available and viral to a global audience.

It's immediate: it used to take a concentrated effort and time to ruin your reputation. Now, it is immediate and there is no retrieve/delete button. (eg. 13 dentistry students from Dalhousie were suspended and possibly expelled for misogynistic Facebook posts.)

Everybody is looking online: scholarship givers, universities and employers now use online more than paper. They want to know what you really look like and the paper picture better be what you say it is. Teachers know that parents look them up on Google when they are new or mad at them.

It is searchable: a very brief Google name search will bring up the basics about you, but there are much more powerful ways to find out more about you and the person doesn't have to be from the NSA. Privacy settings are getting more complicated and constantly changing. What you once thought was private may have changed.

It is permanent: even though you have taken the page or post down, it probably resides in an archive somewhere. It is a digital tattoo that you have given yourself.

Exercise:

Select 10 tweets or Facebook posts of varying degrees of cringe-worthiness. Have students rate the postings on the following levels:

Post/Image	NBD	OMG	DOA
	No Big Deal	Oh My Gosh	Dead On Arrival
1. Red Solo cup picture			
2.			

Now have your students look at their own most recent 10 postings on Facebook, Instagram, Twitter, etc. and rate them.

The easiest solution is to have students view their online profile as a bank account. The more positive postings they put in their account, the more positive their whole online image is. This will put them in charge of the design of their digital tattoo.

EFFECTIVE FACEBOOK HINT

Students no longer use Facebook as their prime social media hangout, but it is still effective as an opinion monitor.

Picking a prom theme is one way to use Facebook effectively. Create a Facebook group and have members post possible themes to the group. There is no discussion allowed at this point and group members are asked to "like" the themes only. Post a time-limit to this brainstorming portion.

Discussion is then allowed on the themes after the time limit is reached. A final deadline is reached, and the theme is then voted on by personal email to the sponsor.

Twice as Bright

“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.”

Harriet Tubman

Born into slavery in the US around 1825, Harriet Tubman was an incredible woman, and she changed the world by passionately helping to change others along her way. She made a significant difference by committing to her cause. Harriet was an activist, abolitionist and humanitarian. Where did that passion come from?



You can't buy passion, but you can invest in it, nurture it, water it and then watch it grow. It's like a glowing ember that can be worked into a much bigger, all encompassing flame. We all have personal candles and some of us have chosen to light them and others have not. According to Stats Canada, in 2011 Canadians spent 2.8 billion dollars on spectator sports alone. You can be passionate about your team winning to be sure, but that's not necessarily the kind of lively engagement that gets things done.

We miss a whole lot of life going on around us because we're occupied elsewhere. What's going on in the moment is a question we need to ask ourselves often.

The best questions often lead to more questions. Don't ask them to find the answers necessarily, ask them to acquire or come to a better understanding of what it is you're struggling with and trying to work through. Unpacking complex and difficult ideas takes time, effort, conversation and patience.

12 Things To Do To Nurture A More Passionate Life

1. Listen.
2. Write it all down – take notes about everything.
3. Hang out with passionate, like-minded people.
4. Notice and believe that the little things matter.
5. Read biographies of people you admire.
6. Listen some more.
7. Stay wide open to the opinions and ideas of others.
8. Ask questions always.
9. Don't settle for second best — mediocrity abounds.
10. Root yourself in a system of beliefs that is worth fighting for.
11. Travel when you can, cross cultures and listen to others.
12. Then listen a little more.

Passion is in all of us. You won't find it anywhere else, but deep down inside. The fire in your belly is burning even if it's hard to see or feel. Look for ways to ignite it. Find the right size and style of match to get that fire of passion, commitment and action burning.

David Peck

David is a social change consultant who is the president and founder of SoChange. David also created the Mosquitoes Sucks Tour - a fun, student engagement initiative that advocates on behalf of global citizenship in partnership with Plan Canada.

Mosquitoes Suck: www.dontbite.me.ca

SoChange: www.sochange.ca

*“Be kind whenever possible.
It is always possible.”*

Dalai Lama

VIP SECTION AT DANCES

There is something extra special about being allowed behind the velvet rope. Create this exclusive feeling by setting up a VIP room at your dances. This room will have comfy couches, extra snacks and table service.

Students can gain access to this room either by a random draw or by purchasing a ticket in advance from a limited number of available tickets. Have a photographer post pictures of the members from the VIP lounge on your Instagram account. Post physical pictures of the VIP action outside your activity office to hype the next dance.

SWAG

School Spirit Wear can help connect all the pieces of the school culture puzzle!

As Student Leadership Advisors, we are always looking to find ways to connect students to our schools. Guest speakers and presentations are great, but they can be expensive. Assemblies and pep rallies are effective, but these appeal largely to the extroverted students. One of the best tools in our toolbox is the creation of amazing school spirit wear. Here are 11 simple thoughts about school SWAG.

1. Connection! School culture is built when everyone “buys in”. When many people in the school wear cool SWAG, other people want to get in on the action! The more people that are sporting spirit wear, the more connections we have to our school.
2. The quiet ones matter! Student leaders tend to be the extroverted kids, and it’s easy to connect them to our schools, but how can we relate to the introverts in our schools? Just because they’re not cheering doesn’t mean they’re disengaged. School SWAG allows our quiet kids to proudly show their school spirit without all the yelling and carrying on.
3. Don’t forget the staff! Do all staff members have some form of school spirit clothing? Think about ordering a bunch of simple design t-shirts in school colours, which can be done for about \$5.00 per shirt. Maybe you can have your leadership students present these at a staff meeting. In following years, they can do the same to new staff members. Athletic coaches and those of us in leadership have a ton of school clothing, but in many schools, the days of the principals having a budget to outfit their staff is gone. School staff need to feel connected too! Remember also that there is more to a staff than just the teachers! Do your custodians, clerks and E.A’s have school clothing? Support staff will support you in school colours.
4. “Slap” your first-year students! At a California school, they have “slap a freshman” day, where senior students (Grade 12) go to each freshman homeroom and slap a new school t-shirt on the back of every student. Of course there is no physical slapping, but the metaphor is powerful. The grads are presenting the newbies with something special: their very first school SWAG! Other schools use their first-year students retreat to do the same process, and students keep these t-shirts for the years to come!
5. Use what’s cool. Or rad. Or wicked. Or Sick. Even though neon might be making a comeback, we all know style changes. When ordering your school SWAG, look to popular styles for inspiration. Have your leaders show you some cool shirts they like, then think about a similar design that reflects your school colours or logo. A great example was a school with a dragon as their mascot took the whole “Keep Calm and Carry On” craze and made a shirt that said “Keep Calm and Breathe Fire”. Quotes are also great, but as much as a Ghandi or Winston Churchill quote may inspire the adults, why not a quote from Harry Potter’s Albus Dumbledore? The students need to connect to what they’re wearing after all.



6. Wicked Shirt! Can I use that idea? One of the benefits of attending student leadership conferences such as CSLC is seeing all the great school spirit wear that other schools have. Compliment the advisor, and ask if you can take a picture of their shirt so you can adapt it to your school! Just make sure you ask before the picture to avoid awkward conversations.



7. Schools' initials: that's Classic! One of the best designs is the classic varsity look that never goes out of style. All you need to do is check the store at the local university, and their best sellers are school wear with the school's initials. Most of our schools have initials that we use to identify the school. Put the school letters on the front, and a subtitle like "Leadership" or "Student Council" below the letters. It's a crisp, classic design that will appeal to students and staff alike. Things don't always need to be flashy!



8. Make cents to me: Keep things affordable! It's important to keep your SWAG prices as low as possible. T-shirts with one colour designs can be had in the 5 to 10 dollar range, with prices going up when adding more colours. Hoodies are also popular, and most suppliers can produce a great pullover hoodie for under \$40. In a time where many families have troubles making ends meet, we have to be conscious of what students and their families can afford.

9. It's about the brand! One of the biggest problems with school clothing is that individual clubs, groups and teams want their own SWAG. This is great in a school climate that is thriving and established. In a newer school, or one where you are in the early stages of building a vibrant culture, why not create a brand? Have the primary design display your school name or initials, and on the sleeve or on the back identify the club, team or group. I always use the example of teachers going to a conference; we identify ourselves by our school first, and our position second. Challenge your leaders to think along the same lines. Be proud of your club, group or team, but create a identifiable brand that will foster a positive climate and culture for the whole school.



10. Listen to the kids! Even if it contradicts some of the things that have already been said, listen to what the students want. Let them have as much input into designs as possible. It gives them ownership and accountability. John Rennie High School in Montreal has a fantastic tradition of senior designed jerseys that are given to younger grades as "next year's SWAG". It's student driven and effectively builds culture in the school. A great example is sweatpants. Adults hate the idea of sweatpants, because we are professionals and can't wear them to work. Kids, however, love them! Especially the girls! They want comfort and school pride all wrapped in one, so why not order some with your school logo or name screened on it. They may just be your hottest seller!



11. Do your research! Every school, or department has "their guy" when it comes to getting school clothing. The reality is that there are many, many suppliers available. Don't be afraid to check on prices elsewhere. I used our school's "guy" for 4 years before I talked to someone else who did hoodies for 5 dollars less per unit! Loyalty is fine, but it's ok to browse around and check prices. Trust me, these companies want our business!



These are just some basic thoughts about school SWAG. School clothing and spirit go hand in hand. It makes kids and teachers feel connected to our schools, and gives them a sense of pride. It appeals to the extroverts and introverts alike, and goes a long way in developing a positive, thriving school climate and culture.

Marc England
Fleetwood Park Secondary

“The battles that count aren’t the ones for gold medals. The struggles within yourself – the invisible, inevitable battles inside all of us – that’s where it’s at.”

Jesse Owens

The Right Stuff for those with stars in their eyes

It is always difficult to reconcile what we teach and tell students about goal setting. There are those individuals who set absolutely unrealistic and unrealizable goals, and yet we tell them that they can do whatever they want. However, we know that this scrawny kid who is 5 feet and change is not going to make the NBA no matter how hard he practices and sets his heart on that basketball goal.

In his book, “An Astronaut’s Guide to Life on Earth”, Chris Hadfield talks about having the right attitude in *all* of his life. From his experience as an astronaut, attitude is the orientation of the orbiting space vehicle in relation to Earth. The space station or capsule must constantly maintain the right attitude or risk falling out of the proper orbit with the consequence being total failure of the mission and inevitable death. To Hadfield, this means that an astronaut must always maintain the proper *attitude* to survive what life throws at you whether on Earth or on a mission in space.

At nine years of age, Chris Hadfield decided that he was going to be an astronaut. Being a kid in a country with no space program at the time meant that his chances of achieving his dream were realistically on the negative side, but from that point on Hadfield did everything he could to make himself a better candidate for being an astronaut.

Many people who pursue these totally unrealistic dreams would be considered crazy, but Hadfield had the right attitude. He says something about his unrealistic goal of becoming an astronaut while going to school in Milton, Ontario.

SCHOOL CULTURE

If the relationships between administrators and teachers are trusting, generous, helpful, and cooperative; then the relationships between teachers and students, between students and students, and between teachers and parents are likely to be trusting, generous, helpful, and cooperative.

If on the other hand, relationships between administrators and teachers are fearful, competitive, suspicious, and corrosive; then these qualities will disseminate throughout the school community.

The nature of relationships between the adults within a school has a greater influence on the character and quality of that school and on student accomplishment than anything else.

Phil Boyte

“Throughout all of this I never felt that I’d be a failure in life if I didn’t get to space. Since the odds of becoming an astronaut were non-existent, I knew it would be pretty silly to hang my sense of self-worth on it. My attitude was more, “It’s probably not going to happen, but I should do things that keep me moving in the right direction, just in case—and I should be sure those things interest me, so that whatever happens, I’m happy.”

Chris Hadfield went on to spend three times in space with his final mission being the commander of the International Space Station in 2013. His book, “An Astronaut’s Guide to Life on Earth” is a very good read for all aspiring leadership students and teachers. Hadfield is a great role model for having the right attitude and following your dreams to the stars and beyond.



Your 5 Keys to Success in 2015

by award winning speaker/ Trey Anthony

I've delivered hundreds of keynotes and spoken all around the world. Speaking to CEO's, students, educators, leaders and dreamers! And the question I get asked the most is, "Trey, what is the key to your success?" If I was to choose five main keys to success, they would be:



Know who you are: Everyone and their mother will try to define you! You must be clear on who you truly are. Do not let others put you in a box, place limits on you, or make you question your dreams, ambitions and goals. The only limitations you may have are the ones you place on yourself. Do not place a higher value on other people's opinions of you, over your own opinion. Always continue to redefine yourself.

Start right now! You will never have the ideal situation, time, or circumstances to succeed at what you wish to achieve in your life. Countless times I didn't have everything in perfect order, and/or didn't have the right resources, yet I always just worked with what I had. You must do something instead of nothing! Stop making excuses to begin! While you are waiting for the perfect opportunity, opportunity will pass you by. Take action!

Never meet people's expectations, exceed them! Let the world know that it can count on you! Be consistent with your work ethic. Many opportunities have been "given" to me due to my reputation of being a hard worker. I've often state in my numerous talks, "I may not be the prettiest, the cutest, the slimmest, or the most wealthiest person in the room, but what I will always be, is the hardest worker and the person who gives it 200%." I always work hard at what I do. I'm always prepared to do just that "little extra" and people often remember that. Have an impeccable work ethic.

Be kind and respectful to all people: The janitor and the CEO of a company should be greeted in the same way. Treat people well, regardless of their title, or what you think they can do for you. Say please and thank you to everyone. Don't be dismissive of others. Try your best to follow up with people with a thank you note. A thank you note goes a long way. Let people know that you appreciate them. The world is watching, and it's just good Karma to treat others the way you wish to be treated!

Accept that you will fail, but you will not be defeated: I have failed more times than I have succeeded. I have heard No, more times than I have heard Yes. Yet, I always give myself the 24 hour rule. I have one day, just 24 hours, to feel sorry for myself, be mad, yell that the world is not fair and then I pick myself back up again and think about, what's next? There's always a lesson in failure, something that you need to learn, another way of looking at things, there is always another opportunity to do things differently and reinvent yourself. The only time you truly fail is when you give up on your dreams and yourself!

Trey is an award-winning playwright and published author and is a contributing writer for *The Toronto Star* and *Huffington Post*.

To book Trey Anthony, visit www.treyanthonySpeaks.com or call 647.771.7086

"The first responsibility of a leader is to define reality. The last is to say thank you."

Max DePree

STAFF SEMI-FORMAL SUPPER

Olds High School hosted a holiday semi-formal supper for the staff and their children. The leadership students brought pot luck and the roast beef was prepared by the local Co-Op.

A few simple awards were presented to staff and they appreciated the free babysitting that was provided. Some staff said it was like a date without the babysitting costs. The staff also got a chance to meet the entire family of the people whom they work with. It was a great replacement to the traditional staff Christmas party that has lost some of its appeal lately.

The staff brought gifts to donate to the Christmas Angel program that the leadership students were sponsoring. Olds staff look forward to making this an annual event.

“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing it is stupid.”
Albert Einstein

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To learn more about membership, go to www.studentleadership.ca/join/

You can contact us at:

CSLA Publications
268 West Acres Drive
Guelph, ON N1H 7P1
Tel: 1 519 222 6718
Fax: 1 519 821 0035

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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Custom Clothing Creation from your t-shirt guy's point of view

Here are a few things to keep in mind when deciding on spirit gear or swag for your leadership group or team. Custom clothing is “custom” and therefore it’s more expensive than clothing that isn’t custom. The more you customize it, the more it will cost. The key factors that will determine the costs are:

- a. Number of printed colours, (add about \$1 per colour)
- b. The number of print locations, ie front, back, sleeve etc.
- c. The quantity of items that you order.

Screen printed product will give you the best bang for the buck as far as appearance, quality and price. It is best to avoid thermal transfers. While they can be cheaper and do not require a minimum order to produce, the quality of what design style can be produced is marginal. The staying power of the thermal graphics will greatly depend on the expertise of who applied them and the quality of your washing machine. Screen printing, however, will last as long as you own the shirt.

1. Try to have as much information as possible decided before having your artist develop a design. What colour of shirt or hoodie do you want, what information is important to include in the design? What ink colour(s) do you want to print with? What type of style are you aiming for?
2. If you want to include a logo, try to find a vector file to supply to the company doing the clothing, as this will save you some art setup costs. If you don’t, they most likely will have to recreate or redraw your logo, which will increase your cost.
3. Be sure to compile your order with the correct sizes. It is a good idea to order a few extra items and average them into the costs, because the clothing is a custom order, you will not be able to get another one in a different size once they have been produced and delivered to you. The set-up process that is required to screen print make it completely cost prohibitive to print only a few pieces. Most shops will require a minimum of 12 or 24 pieces depending on the complexity of the job.
4. Anything with a date on it must be pre-paid. The grads of 2015 don’t want a 2014 shirt no matter how many of them you have in the cupboard.
5. Spelling is very important. Your screener or embroidery person will be following what is printed on their instructions to the letter. Make sure you have people’s names spelled correctly and that custom numbers are correct.



Spirit wear builds identity. Custom clothing that looks cool will create memories.

Jamie Almond
www.schoolspiritwear.ca