



Above and Beyond

CANADIAN STUDENT LEADERSHIP NEWS AND VIEWS

A CANADIAN STUDENT LEADERSHIP ASSOCIATION PUBLICATION

VOL 25 NO 1



CSLC 2021

Join us online in a virtual and interactive world October 21 – 23, 2021. You will experience all of our favourite parts of CSLC including four keynote speakers, multiple workshop sessions, cultural moments, group energizers, student idea sharing and spirit sessions, and the CSLC Advisor Academy. We have a jam-packed schedule and can't wait for you to experience this conference!

Conference Dates: Thursday, October 21 – Saturday, October 23, 2021

Registration: details can be found at studentleadership.ca/cslc

Cost: \$150/delegate

Demographic: student leaders in Grade 9-12 & Advisors

Keynotes: Drew Dudley, Carol Leaman, Harnaryan Singh, and others

Time: The conference will operate between 11 a.m. and 8 p.m. ET, daily

Be careful what you ask for.

If the calendar fairy granted CSLA a wish two years ago, we would have asked for more time to build leadership programs – well, last March we were granted a year and a half of a global pandemic – and at about the 3-month point of the COVID lockdown, CSLA was concerned for its very existence and future as an association. Luckily for us, the government stepped in and provided a wage subsidy for our employee, and the Department of Canadian Heritage provided grants for our virtual conferences and online leadership training. Without the timely support of the government, and a lot of hard work, we would not have survived the granted wish.

This government support and the time to create has now given us two comprehensive and vibrant online leadership training programs – the SLCP for students and the LACP for advisors. Over 950 students have participated in the 4-level certification program with more classes scheduled to begin in September. The advisor certification program is designed for teachers who cannot make the in-person CSLC and want to improve their leadership skills at their own pace. Both programs are full-year entry and designed to be a “work at your own pace” completion.

Advisors, we compliment you for all you have done to adapt and grow during the challenges of the last school year. It was a *Sisyphian* task in many ways, but your students have survived and are ready for the challenges of the year ahead.

We now ask you to take the time and purchase a CSLA membership. It will give your students discounted access to the best online leadership training available. Take the time to enrol in the Advisor Leadership Certification Program, and you will be better able to serve your students and school. CSLA is still here to support you, and we still provide the best leadership network in Canada.

Your CSLA membership is something definitely worth asking for.

Dave Conlon

Student Leadership Awards 2021

Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.

Howard Thurman

One of the most rewarding and yet difficult jobs at the close of the year is to select the CSLA Leadership Award winners. Despite this being a unique and challenging school year, we had over 60 excellent applications from student leaders across the country.

CSLA is pleased to offer twelve \$500.00 annual student awards to exemplary student leaders in Canada. The aim of these awards is to recognize outstanding achievement and contribution to student leadership in secondary schools and communities across Canada.

Our premier award is the Bill Conconi award. This \$1,000 award acknowledges an emerging student leader who demonstrates exemplary leadership, positive impact and influence on their peers and community, and a selfless contribution to improve the world around them. The Above and Beyond Award will help to secure the legacy of dedicated leadership that Bill Conconi has shown over his tenure with CSLA.

STAFF GALA

In December, on the Thursday of the week before Christmas break, Kennebecasis Valley High held a Staff Gala. Three weeks before the event, staff received invitations in their mailboxes inviting them to the gala, and they were encouraged to come to school dressed in their finest on this day. But – it was to be a surprise for the students, so we had to keep a secret until the day of. On the day of the gala, the staff came dressed in their finest. From gowns, to sequins, top hats and heels, the halls of KVHS were fancy! The students were pleasantly surprised!

This activity injected a positive energy into our building in the days before the break. It really helped carry the last week. Prizes were also given out for most elegant, flashiest and Mother/Father Christmas.

Melissa Wright



Julia Gonzales, Charles P. Allen School, Nova Scotia

Bill Conconi Award Winner

As a co-president of her student council, she started a series called “Media Minute” where students talked about important global issues on their video announcements, and created new art around the school promoting diversity and ableism. Her advisor stated that Julia radiates optimism and is genuinely devoted to servant leadership. Julia was co-premier for her region of the NSSSA and was the driving force leading a group of students to organize multiple COVID-friendly virtual conferences. She enticed students to participate online with her own “conference in a box” idea.

2020 – 2021 Canadian Student Leader Award Winners

Mira Buckle	<i>Corner Brook Regional High</i>	NL
Ella Boyer	<i>Beaconsfield High School</i>	QC
Brooklyn Ambis	<i>McKinnon Park Secondary School</i>	ON
Alissa Mete	<i>Notre Dame College School</i>	ON
Carmi Ampo	<i>Olds High School</i>	AB
Grace Anderson	<i>Kennebecasis Valley High</i>	NB
Teresa Siby	<i>St. Robert Catholic High</i>	ON
Kai LeBlanc	<i>Riverview High School</i>	NB
Kelly Lindsay	<i>Centennial High School</i>	AB
Jillian Torrens	<i>Kindersley Composite School</i>	SK
Annie Huang	<i>Clayton Heights Secondary</i>	BC
Megan Downe	<i>Bluefield High School</i>	PE

School Climate Graphing

One of the typical calendars of an activity program follows the usual year pattern of running events when morale in the building is normally high. For example: a lot of events are run in September when people are fresh and excited about returning to school. December is another time when many events are run, but school morale and excitement is naturally high at this point as well. This exercise allows leadership students to see when they might plan some events to put a positive boost to sagging morale that is normal in a school year flow.

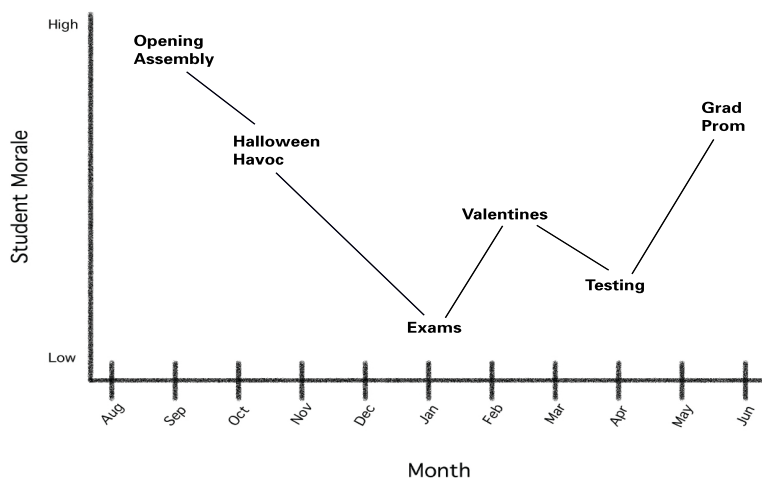
Process

1. Hand each student a Morale Graph.
2. Ask students to place all school events during a calendar year (ranging from opening assembly to prom, standardized testing to graduation) on the graph, deciding whether the event elicits high or low campus morale.
3. Ask your students to be specific, plotting specific rally days, spirit days, or testing periods on the graphs.
4. After 5-10 minutes, have students connect the dots on their graph.
5. As a class, work to create a master graph (either on a whiteboard, poster board, etc.) that is a representation of the class at large.
6. With the graph complete, draw attention to areas of low morale and proceed to the listed discussion questions.

Questions

- How can we begin to raise student morale at our school in the “low areas” identified on our graph?
- How does your personal morale throughout the school year differ from that of a nonstudent leader?
- What can we do as a group to not only raise school morale, but also raise student leadership morale?
- Are any of our activities detrimental to our school climate? Why?
- What area on this graph can we begin to fix today?

Scott Backovich



You've always had the power my dear, you just had to learn it for yourself.

The Wizard of Oz

FRUGAL CREATIVITY

You don't need to spend a lot of money to have unique activities and ideas. Here are some simple, frugal activity ideas:

Supply Room Challenge

Have students open the supply cupboard or gym locker and give them 10 minutes to create a game for the group.

\$10 Dollar Store Game

Create a game for the group with \$10 with items purchased from your local Dollar Store.

Self-Care Jar

Improving and maintaining mental health is a positive habit and this is a creative activity to build awareness in your every day routine.

Supplies

Jar

Pen

Blank pieces of paper cut into small strips

Journal/Blank Paper to write on

Activity

Dig deeper into the topic of Self-Care and facilitate a discussion of what Self-Care means to each individual. This can be led as a group discussion or as journal prompts that participants can do individually.

Example Prompt Questions:

What are things that make me happy?

What are positive things in my life?

Is Self-Care something I do every day?

What do I do for Self-Care?

*Facilitator tip: have your own answers ready to share to increase comfortability in the space you are facilitating.

Share the importance of Self-Care being an everyday thing to do and brainstorm self-care actions individuals can do. You can use the examples below and build your own!

- Going outside
- Journaling
- Meditation
- Saying “No” to things that don’t align with your values
- Listening to Music
- Exercise
- Meditation
- Make Bed
- Drinking Water

On the slips of paper, have each participant write Self-Care items that they want to try or are already doing and put it in their jar.

Decorate the jar and make it your own for it to look like true home decor.

Keep the habit going beyond the activity! Now is the time to use the jar every day! Each day pick out a new Self-Care item to complete. Once you complete the task think about if it is a reasonable habit to put into your every day. [For example, if making your bed was something you pulled from the jar, this can be a daily task.]

If the Self-Care item is something you can do every day, challenge yourself to see if you can do it for 21 days! After a couple days of pulling items out of the jar, you will have Self-Care habits you can intentionally make part of your every day!

If you are running this activity with a club or class you speak with regularly, check in with each other and see how everyone is doing. Be each other’s cheerleaders to reinforce positive mental health!



Online Leadership

The past year created a problem that CSLA solved by creating online opportunities for students to attend a leadership conference. We hosted 13 online Horizons Leadership conferences with one of them being fully en français. Over 2,350 students participated from 124 schools across Canada online.

HORIZONS LEADERSHIP CONFERENCE

Horizons Leadership Conferences are one-day events run by students, for students focused on community impact. This program brings youth together to learn, collaborate

and address current issues in their communities. To start the 21/22 school year, we will continue our online programs where your students still have the chance to be at the center of the planning.

Horizons Leadership Online Conferences bring Canadian keynote speakers to work with Canadian Youth Leaders to help students recognize and develop their leadership ability and possibly impact within their community. Each conference includes 3 keynote speakers, a student-led activity session, and opportunities to discuss areas of impact and need within the community.

This coming school year, we are pleased to be supported by the Government of Canada, Department of Canadian Heritage and the Youth Take Charge Program. This funding will enable us to provide schools a chance to earn a \$500 *Reach the Horizon Award* to put towards a student-led initiative in their school or community.

Some of the projects created and completed this past year include:

Courtyard Revamp (Dr. E.P. Scarlett High, Calgary)
Healing Pillows Project (Olds High, Olds)
Sanitation Stations (John Caldwell Secondary, Grand Falls)
School Mural (R. A. McMath Secondary, Richmond)
Indigenous Land Acknowledgement mural (Cameron Heights Colligate, Kitchener)
Grade 9 Welcome Week (Houston Secondary, Houston)

Get your year started by hosting your own Horizons and inviting your feeder schools and local district to attend. These also make for a great leadership retreat! Bookings are now available for this upcoming school year.

To learn more about the programs and offerings from CSLA for the upcoming school year, please email:

Maddie Campbell, Operations Coordinator – mcampbell@studentleadership.ca

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Financé par le gouvernement du Canada



A Virtual Exchange Connection

Don't ever make decisions based on fear. Make decisions based on hope and possibility. Make decisions based on what should happen, not what shouldn't.

Michelle Obama

At YMCA Youth Exchanges Canada (YEC) we have been busy working with leaders and young people from Coast to Coast to Coast to facilitate meaningful and engaging exchanges between groups of youth aged 12-17 from all across Canada. We are ready to offer our new Virtual Exchange Program so that you and your students can connect with others, learn about each other's community and explore the cultural diversity of another part of Canada.

A virtual exchange program includes many elements of our traditional in-person exchanges, providing participants an opportunity to learn more about Canada, connect with new people and develop new skills. Instead of travelling between communities, youth will develop and complete activities virtually, share their communities with each other, and build relationships via technology.

Once you have applied, we will connect you with a Regional Coordinator who will provide you and your group with training and support. We have been exploring best practices for operating virtual exchanges and are happy to share what we've learned.

Our Regional Coordinators will provide you with guidance and support from application to exchange completion. Our team will connect you with a 'twin group' from another community and will help you work together to develop a virtual program plan. Your group will also develop a host and communication plan to establish how best to connect and run activities together with your twin group. Activity scheduling is determined by the needs of youth from both groups, and can be spread over a short or longer time period as required.

As with our in-person exchanges, YEC has project cost funding to support groups with barriers to participation. This year these funds will be used to support the infrastructure of the virtual exchange program such as internet, cellular data, or a webcam, and funding activity related costs, such as food and supplies. We are committed to making both of our exchange options as accessible as possible for all Canadian youth.

This program is available for groups of 10-30 youth, from 12 to 17 years of age. Thanks to the Department of Canadian Heritage, we are able to support groups through providing guidance, training and project costs.

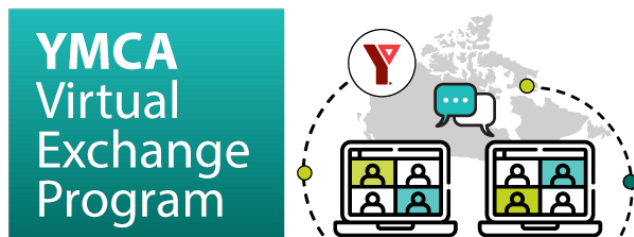
Check us out at <https://yec.ymcagta.org> or call 1-877-639-9987 for information!

JACK.ORG SPEAKERS

Jack.org is a charity that trains and empowers young leaders who are revolutionizing mental health in Canada. Jack Talks puts you at the centre of the mental health revolution, giving student leaders the chance to educate and inspire their peers in your local community and encourage positive change across the country.

Student leaders can apply to be a Jack Talks speaker. They will gain mental health knowledge, public speaking skills and the platform to spark the mental health movement and motivate an audience.

Students can apply online at:
www.jack.org/talks/become-a-speaker



Good Ideas: Where can I get some?

“If you have an apple and I have an apple, and we exchange these apples then you and I will still each have one apple. But if you have an idea and I have an idea and we exchange these ideas, then each of us will have two ideas.”

George Bernard Shaw

Good ideas are not something that you can schedule or order up on Amazon when you need them. They’ll come when they’re ready, on their terms, not yours. Your activity program needs fresh ideas each year as students want to do something that they haven’t done before.

The best generation of ideas comes from quiet time. We have this false assumption that new ideas come from an energetic and chaotic brainstorming session. It is better to ask for your students to think about ideas a couple days before coming to a meeting than demanding that they think about new approaches right at an energetic meeting.

The generation of good ideas is sporadic. They can’t be put to a calendar. That’s true whether we’re talking about good theme day ideas or good marketing ideas or good activity ideas. Remembering that you care about your deadline, but the rest of the world doesn’t even know about it, is an important part of setting expectations.

Good ideas have a lifespan. There is a reason that the Olympics are run every four years. Having them every year would make them regular and not as thrilling. Some ideas are fleeting and the latest Tik Tok viral meme is gone within a month to never surface again. It doesn’t hurt to put a great event on the shelf for a couple of years and bring it back to your calendar with fresh life.

Good ideas have an audience that is ready for them. There are some ideas that work well in a group of schools, but won’t work well in your school. That is why you should *adapt and not adopt* new ideas to suit your school, your admin and your community.

Good ideas are built on previous good ideas. During his job at Apple, Steve Jobs was a master at taking someone else’s good idea and making it better.

Good ideas gain strength when they are thematically tied to an existing marketing campaign, movie, or viral event. Someone else has done all of the heavy lifting for you to get the idea out into the world of popular culture.

The best source of new ideas is from someone else who has done it at their school. You know that they have already test-driven the event through their admin and the reality of running it. Attend conferences, such as Horizons and CSLC, with the purpose of gleaning new ideas.

The best online source of school activity ideas is from CLSA’s *Above and Beyond Blog*. This is the test kitchen for great ideas in Canada. Feel free to borrow, share and improve at: studentleadership.ca/blog



Why is pessimism more prevalent? Pessimism just sounds smarter and more plausible than optimism.

Morgan Housel

ART FOR ALL

In an attempt to build connections with their local feeder schools, Clayton Heights Secondary in Surrey built art and craft packages for the students. Each kit had three crafts in them with glue and glitter galore. Over 500 kits were built for every K–3 student in the feeder schools along with a colouring contest. The colouring contest was a huge hit.

The local United Way helped to purchase the cricut makers and laptop, and the students designed the crafts themselves.

Sarah Daintrey
Clayton Heights Secondary

A leader is the wave pushed
ahead by the ship.

Leo Tolstoy

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/

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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



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Put Some Pep in your Program

“Get Your Pep Talk” is a new platform/service created by veteran Canadian motivational speaker, Ian Tyson. Think of it as “Cameo” but with motivational speakers. Short (1-3 minute) videos, personalized to your specifications, from some of the most inspiring people in the world. Whether it is for you when you need a lift, or as a gift for someone you love, a Pep Talk could be just the remedy. We can all try to reach our friends and family when they are low, but sometimes we can’t break through; it can be the voice of a qualified stranger that can show them the light.

Get Your Pep Talk has assembled an incredible team of motivators, storytellers, advocates and specialists to have something for everyone. A short list of Pep Talk presenters includes: Alvin Law, Erica Ehm, Peter Katz and Sarah Wells.

As the service has rolled out, educational applications have presented themselves in orders being made. Not only are Pep Talks being presented as birthday, graduation and Mother’s/Father’s Day gifts – schools are ordering them for their students. Several leadership teachers ordered talks as personalized year-end videos for their classes. A principal ordered multiple Pep Talks to intersperse into their virtual graduation ceremony video. They have been utilized at schools as interstitials in morning video announcements, and as congratulations for teams and individuals. They can be used in conjunction with, or following a speaker presenting at your school, and as a way to advertise the upcoming presentation.

The possibilities are endless for these short, low-cost videos! They are a quick B12 shot for the spirit of those receiving them. The roster of the presenters continues to grow for *Get Your Pep Talk*, and they hope to be of service to you soon. Joy isn’t the Destination, It’s the Delivery System!

For more information visit: getyourpeptalk.com to check out the full roster of presenters and learn more about how to book your pep!



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