



Above and Beyond

CANADIAN STUDENT LEADERSHIP NEWS AND VIEWS

A CANADIAN STUDENT LEADERSHIP ASSOCIATION PUBLICATION

VOL 20 NO 1

CSLC 2017

The Canadian Student Leadership Conference returns for its 33rd anniversary to Ontario. Join over 1,000 students and advisors in the tech hub and farmland of the Waterloo Region.

Dates: Sept. 26 to Sept. 30, 2017

Location: Sir John A. Macdonald Secondary School, Waterloo, Ontario

CSLA has once again applied to the Department of Canadian Heritage for travel grants to defray the cost of student travel to the conference. This information will be available when registration opens for the conference.

Students will be billeted for the conference with local families. Advisors should book accommodations early at the Delta Hotel in Waterloo.

Registration for the conference will open online at the end of March, 2017. You can register for the pre-conference tour to Toronto and Niagara Falls when registration opens.

Your co-chairs for CSLC 2017 are:
Sandy Millar
sandy_millar@wrdsb.on.ca
Stephen Gray
stephen_gray@wrdsb.on.ca

The website for the conference is:
cslc2017.studentleadership.ca



Let the Kids Drive!

I travel this vast country regularly, presenting and attending leadership conferences, and I always use Google Maps to get me safely to my engagements. My final destination is arrived at usually with a minimum of fuss, but if I had to return to the same school a couple of weeks later, I would still have to rely on Google Maps to get me there again. This reliance is not because I have a poor sense of direction, but I was not responsible for the initial task of getting me there—Google Maps was leading the journey, not me.

Most of us have had the experience of being a passenger in a vehicle, and then when asked to be the driver, are not able to remember how to get to a place that we have been to many times before. You would think that following Google Maps would allow you to better remember directions but the key words are “following directions.”

Take this reality into consideration as you work with your student leaders this year. They will happily take direction from you, but if you want them to truly learn the leadership it takes to run an event, the students have to be personally driving and navigating the activities they are in charge of. As advisors, we are all involved in student leadership—not just happy arrivals at the end of an activity or event.

This newsletter contains 3 articles written by leadership students who chose to drive their own routes to a successful destination. They relied on the advice and input of advisors along the way, but there was no doubt who was in charge. These are lessons that were learned from the personal leadership journey, and these students will remember their directions for the next time.

Enjoy the many journeys to leadership that are ahead this year, but don't be afraid to let your students take the wheel.

Dave Conlon

Scholarships Produce Citizens

*Remember that happiness
is a way of travel, not a
destination.*

Roy Goodman

I am writing this on Canada's birthday and I am living thousands of miles away from home in Nairobi, Kenya. Giving some thought to what led me here, I think back to the national CSLC conference in Bathurst, New Brunswick in 1996.

It was late September and a student council friend, Sean Lee-Popham, and I took the train from Toronto to Bathurst, New Brunswick for the CSLC National Conference. We rode along and at each stop, dozens of other student leaders jumped on board. It seemed as if the conference started on the train, before we all arrived.

I recall the incredibly proud bilingualism of the city of Bathurst: the conference alternated between the French and English high schools. There must have been 500 students from across the country from B.C. to Newfoundland. The conference program included some great motivational speakers and breakout session presenters who fired up the energy levels of already enthusiastic 17 year-old student leaders.



The CSLC took place just one month before the October 1996 Quebec sovereignty referendum, and for many of us the gravity of a possible breakup of the country only set in when we got to Bathurst. With such a bilingual and pan-Canadian student group, we started to feel very passionate about wanting to keep the country united. We

had to involve young people, the future voters, in protecting the country. Back home and fully charged from the conference, Sean and I travelled the country petitioning thousands of students to speak out on national unity in the weeks leading up to the referendum. It was a thrilling time and we felt empowered to make a real impact on the future.

TEAM LAUNDRY PROMO

Grade 8 and Parent Night at Grand River Collegiate in Kitchener promotes the athletic teams active at the school. A volleyball net is set up in the gym in front of the bleachers and every team jersey is then hung on a hanger from the net. The phys-ed head stands in front of the jerseys from all the teams that students could choose to join at GRCI and talks about the athletic tradition of being at the school.

This is a great way to promote involvement for the incoming students. You could go live and have Srs. wear the jerseys of the teams that they are on to complement the laundry line. Incoming students can then go up and talk to the students on the team that they are interested in.

A year later I was offered a Morehead Scholarship: a fully funded, four-year scholarship to the University of North Carolina, Chapel Hill. Being so engaged in youth politics in Canada had led me to a US scholarship. I wasn't sure if I wanted to leave home, but I decided to take the leap. I felt I could learn more about my country by seeing and studying it from the outside. Four years later I returned home and worked with the international charity CARE Canada for 5 years. With CARE I was able to travel the world – Africa, Asia, South America. Then once again I was drawn away from Canada; this time by a full scholarship to Oxford University in the UK for an MBA.

I stayed in the UK after graduating and worked in London, and a few years later in 2010 moved to Kenya to start M-Kopa Solar, a pay-as-you-go, off-grid energy company. The company has grown by leaps and bounds, now employing over 2000 and providing renewable energy to over 1 million people every day. Shortly after moving to Kenya I got married to my Canadian wife and we now have two Kenyan-born children.

I am not sure when we will move back home, but living abroad I remain proudly Canadian. And on the 1st of July, I always think back to the 1996 CSLC conference, and how at the closing ceremony hundreds of students in the room went arm in arm and we sang our national anthem at the top of our lungs.

Jesse Moore

CSLA Sails into Leadership

It sounds a bit corny when you say it out loud, “Ship of a Thousand Dreams”, but for anyone who has had the privilege to sail aboard HMCS Oriole with the Youth Adventure Challenge, there is no better way to describe it. After it’s all said and done, you realize you have only sailed on Oriole for a week but somehow it becomes more than just a ship to you, it becomes a pathway to all the incredible memories that were conceived throughout the week you spent sailing, meeting new and amazing people, and learning through hands-on experience what leadership is all about.

One of the things that I admire most about the program is its ability to take 14 strangers from across the country and bring them so close together. Before meeting my fellow crewmates I never would have imagined just how close we would all become and I can safely say now that it felt more like a family than a group of friends. The first day we were all together we quickly learned the names and stories of everyone we would soon be living in close quarters with for the following week.

On the boat our team perfected the art of hoisting sails, tacking, and speaking with the correct sailor terminology, while at the same time managing to find lots of down time to socialize, play a couple of games, and even break into song a couple of times, much to the delight of the crew members and Captain. It was not all work as we successfully explored some deserted islands, stunning towns, and various restaurants, along with having an energetic group dance session.

Frankly, our week could not have gone as well as it did without the help of our six, seasoned crew members. These members of the Navy took on the challenge of teaching 14 teenagers from across Canada how to sail aboard a tall ship on the Pacific Ocean. This was no small feat, and yet the crew managed to keep us organized all while producing some laughs at the same time. They made us appreciate sleep a little more, and I still do not understand how they got through those 4 hour night shifts. A special shout-out is also in order for our cook, who rose early every morning to whip us up some of the best food I have ever tasted on land or water. While eating the fantastic dishes that were prepared for us every day, we often got to sit down and just talk to the crew. We got to know each other pretty well and every crew member was able to inspire all of us in different ways, which fit perfectly into our idea of what great leaders should be able to do.

The YAC is an incredible experience that is like no other. You get to go aboard this amazing ship and meet these new people. Nothing to prove and no one to impress, you get to be yourself and make new friends along the way. Whether you’re cleaning the deck, polishing the brass, or out adventuring; the memories you make will be permanently etched in your mind, as they are in mine. To be given the opportunity to connect with so many amazing people from all over this great nation is something that I will be forever grateful for. HMCS Oriole is without a doubt, “The Ship of a Thousand Dreams”.

Parker Campbell

The only taste of success some people have is when they take a bite out of you.

Zig Ziglar



PAPER CLIP STRATEGY

We create habits through repetition, and we often want to start healthy habits but fail to move the behaviour to a habit even with great intentions. A visual cue is a great way to help turn an intention into a habit.

If you want to drink 8 full glasses of water every day, start with 8 paper clips on your desk and move one over each time you have a drink. If you want to do 100 pushups each day, start with 10 paper clips and move one over each time you do a set of 10.

The paper clip strategy gives you a measure of your progress. As the visual proof your progress increases, it is normal to become more motivated to continue the habit. This is why striking things off your “to do” list seems to accelerate the number of things that get done from that list. The Paper Clip Strategy is a tangible way to make new habits stick.

Community Leaders

The Canadian Student Leadership Conference has been running for over 30 years and it has created many opportunities for students to practice active leadership in their communities. The conference inspires students to action through speakers and breakout sessions. Here is another example of what student leaders can do in the community when given the right support, tools and inspiration:



Hey there, this is Jessica Enzenauer and Sara Paulgaard. We are in grade 11 in Provost Public School, and we hosted Alberta's first Youth *Relay for Life*! In September of 2015, we had the opportunity to participate in the Canadian Student Leadership Conference in Halifax. One of the many inspiring and informative workshops that we signed up for was the *Relay for Life* presentation. At CSLC, we were informed of the positive impacts that Relays have had on communities around the nation, and we were eager to start an event in our own community.

In December, we registered our school for our *Relay* and were assigned our Youth Coordinator, Laurie McKnight. After a few emails sent back and forth, we decided to have a conference call to discuss our planning process, and after Laurie shared the digital copies of all the forms we needed, we started taking action!

The first thing that we did was go to our school council to see who would be willing to be part of our committee. Four students were willing to take on the leadership roles for our *Relay*, and seven teachers also committed to help us. During lunch hours on Mondays, our *Relay for Life* committee would come together to give updates and touch base on what needed to be done, such as; organizing entertainment, games, volunteers and sponsors. Each student was in charge of being a captain and ensuring their outcomes and timelines were being met. Once a week, we would have a phone meeting with Laurie to ask questions and make sure everything was on track.

As our registration date approached, we personalized the template given to us and printed off registration forms to be given out on March 18. We placed them at different businesses and put a variety of posters around the town of Provost. By the time our registration deadline came on April 20, we hadn't reached our goal of teams, so we extended the deadline to April 25 and had 27 teams registered. Our team numbers ranged from 8-12 people on a team with a variety of ages, from toddlers to seniors! T-shirts and luminary bag orders were sent to Laurie shortly after registration closed. The next step involved asking for sponsorships from community businesses, whether it had been for money or food, which were all greatly appreciated.

Youth Relay Stats:

- **120 high schools**
- **28,000 participants**
- **Average raised \$30,000**

\$3.5 million raised in 2015/16



An important part of every Relay is the Survivor Lap. Jessica and Sara pose with the participants from their Survivor Lap.

With the *Relay* quickly approaching, we encouraged everyone to get donations from family and friends and get excited for our *Relay*. The day before our big event, we received our t-shirts and organized them into separate boxes, one for each team, which also included meal tickets, schedules and other materials the teams would need on *Relay* day. Up to this point, all had gone well, until we were faced with an unexpected challenge; we had not received our luminaries or batons! So, we improvised! We went down to our local pharmacy and they were generous to donate some white pharmacy bags that we could use for our luminaries. Laurie had bought all the glow sticks from the local craft store to light up the luminary bags.

Our *Relay for Life* day finally arrived on May 19, and everything was ready to go. All the participants were entertained with yoga, massages, sponge relays and an 80's theme lap. The day was overcast and rainy, but it didn't stop us from enjoying all of the laughs and memories made.

Although there were challenges in our journey, we adapted and always found a solution to our situation. We were able to hold Alberta's first *Youth Relay for Life* and raise \$42,078.53 for the Canadian Cancer Society! Through determination and perseverance, we were able to achieve our goal of having our own *Relay for Life*. We learned new leadership skills and an innovative way to connect with members of our community. It was such an amazing experience to work with the *Relay for Life* youth program and we are incredibly thankful for all of the support provided to help fight cancer! We encourage every school who has the opportunity to hold a *Relay* and take action!

Jessica Enzenauer and Sara Paulgaard



Contact information:
relayyouth@ontario.cancer.ca
Follow @youthrelay

CSLA Student Leader Awards

*You never know how strong
you are until being strong is
the only choice you have.*

Bob Marley

CSLA is pleased to present twelve \$500.00 annual student awards to exemplary student leaders from across Canada. The aim of these awards is to recognize outstanding achievement and contribution to student leadership in secondary schools and communities across Canada. These awards are the highest recognition CSLA gives to student leaders from member schools in Canada.

Here are the recipients:

Emily Mercer, Corner Brook Regional High School, Newfoundland and Labrador

As Student Council President in her grade twelve year, she was responsible for organizing a variety of events in her school and community, highlights of her initiatives include the organization of a Dance Marathon with proceeds going to the Children's Miracle Network. Emily travelled to Honduras this past summer where she was part of a team providing medical and humanitarian aid.

Grace Clow, Bluefield High School, PEI

Grace has been a member of Bluefield High School's student council for the entirety of her high school career. In her grade twelve year, Grace fulfilled the role of Student Council President. Outside of school, Grace has demonstrated a commitment to her community - running fundraisers for families in need during the holiday season and in support of local families coping with illnesses. She has completed her Bronze and Silver levels for the Duke of Edinburgh Award.

Samantha Morris, Charles P. Allen High School, Nova Scotia

Samantha is a member of the student council, peer tutor, and sailing coach, and is also the founder of the Charles P. Allen Jack Chapter – an organization dedicated to reducing the stigma around mental health by engaging young leaders in discussions, programs, and activities to increase understanding and awareness of mental health. Samantha co-chaired the Mental Health Awareness week held at Charles P. Allen High School for which she was responsible for organizing workshops for over 1,500 students.

Émélie Gagnon, Polyvalente Thomas-Albert, New Brunswick

As a member of the Polyvalente Thomas-Albert student council, Émélie has filled the role of secretary, treasurer and vice-president. She co-founded an LGBTQ support group at her school, which offered workshops and presentations, as well as raised awareness in support of the LGBTQ community. In her community, Émélie founding Grow Happiness – a community gardening initiative – where she now acts as facilitator.

Riley Cosman, Hampton High School, New Brunswick

As student council president, Riley has organized a wide-range of activities at her school, such as the Rockin' All Night Fundraiser in support of Atlantic Canada's Make a Wish Foundation. Under her leadership, the Hampton High School SRC took on the challenge of improving their school's climate and culture and began an initiative aimed at celebrating the students, faculty and school. Organized and led by Riley, the SRC began running monthly assemblies at the school, and these assemblies, though fun, also had to be structured and educational for the student body. The result of these assemblies was increased engagement and enthusiasm from the student body.

ACTIVITY IDEAS

Appreciation Station

Set up a table with Thank You cards, envelopes and writing materials. Invite students and staff to write a simple note of appreciation to a friend, peer, coach or teacher. Provide a mailbox that participants can drop their notes into. Promise that if a full address is put on the envelope, you will provide the stamp and mail it. Set this station up at the end of term or before exam sessions when a little "thank you" will go a long way.

Believe in your #Selfie

Print and post selfie pictures on a hallway bulletin board with positive hashtag affirmations by the participants. This is a great way to combine old-school and new social media ways of positive thoughts.

leader awards cont'd

Robyn Birch, Neepawa Area Collegiate, Manitoba

In her role on the student council Robyn has help organized spirit weeks, wake-a-thons, and many other fundraisers. Robyn has also organized Half-Day events for school, and, along with a peer, organized and ran an event called Humans vs. Zombies as an engagement activity for the student body. Robyn was also an active member of the organizing committee for the 2014 Manitoba Student Leadership Conference hosted by Neepawa Area Collegiate.

Duncan Willis, Sheldon Williams Collegiate, Saskatchewan

In his role on the student council, Duncan has organized a number of school events and organized special projects, such as the purchasing of water fountains for the school. During his time on student council, Duncan also spearheaded the development of a large fundraiser called "Welcome Home" in support of new immigrants arriving to Regina. The event raised over \$17,000.00 for the Open Door Society in Regina. In addition to this, Duncan is also an active volunteer in his community and is currently sitting as a junior Board member of the Friends of Wascana – an organization aimed at protecting the natural habitat of the Wascana Marsh.

Samantha Statchuck, Olds High School

Samantha has participated in, and led, a number of school wide events including Relay for Life, Pink T-shirt Day, quad competitions and staff appreciation banquets. She was co-chair of the 2015 Alberta Student Leadership Conference, at which Olds High School hosted over 950 delegates from across the province. As co-chair, she was responsible for helping manage the conference budget, seeking sponsorships and organizing billeting in the host community.

Melina Lee, M.E. LaZerte School, Alberta

Melina has been responsible for organizing a number of events in her school and community including, Halloween for Hunger, Helping Hampers, Adopt a Village, Welcome Syrian Newcomers, and many more. Also through the club, Melina helped organize a campaign to provide information on the Syrian Civil War and initiate discussions on human rights and equality. Further, through this campaign the club fundraised for school supplies for their English as a Second Language classrooms in support of new students from Syria coming to the school.

Megan Yakabuski, Langley School District, British Columbia

As vice-president of her school's student council, president of the grad council, and assistant editor for yearbook, Megan has been involved in the planning and execution of a range of activities and events at her school including pep rallies, Crazy Olympics, homecoming, pirate day, spirit weeks, and more. In addition to leadership in school, Megan is also a peer tutor and a mentor through Girls Group - a group dedicated to helping girls make healthy life choices - as well as through the Big Brothers, Big Sister Program. Megan is an active rugby, soccer, and basketball coach in her community, and has participated in the British Columbia Hydro Youth Conference and sat on a "birthday party" committee for the Township of Langley.

*Megan's award is sponsored by the Youth Leadership Society of British Columbia (YLSBC). Working with CSLA, YLSBC helps us recognize and support student leaders from across Canada.

CSLA may award additional discretionary awards as is deemed merited. For 2016, AB and NB each received one additional award due to the exceptional quality of the applications received.

Be careful how you are talking to yourself because you are listening.

Lisa M. Hayes

THE POWER OF "YET"

Negative frustration is evident in personal statements that stop forward motion. Here are some examples:

"I don't get it."

"I can't do this."

"This doesn't work."

Take a pause and then add a "yet" to the end of each sentence.

"I don't get it . . . yet."

"I can't do this. . . yet."

"This doesn't work. . . yet."

It may not be easy, but this change means that you're going to meet the challenge moving forward.

*The wealth of a community
is in its relationships,
not its possessions.*

Wade Davis

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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



**Canadian
Student
Leadership
Association**

Student Leadership is Learned

CSLA has been promoting the skills and acquisition of leadership skills for over 30 years. As an association of teacher/advisors, CSLA has produced resources, conferences and advisor training with the firm understanding that students can learn to be leaders.

James Kouzes and Barry Posner have written extensively on leadership in the business world and they state the following:

Leadership is not a talent but an observable, learnable set of skills. Leading is about the actions you take – how you use those skills – not the position you hold. So to be a better leader, you have to believe you can be a better leader, improving your skills.

You also have to challenge yourself. Lately, we've heard about focusing on our strengths and not fussing about weaknesses. But to become a better leader, you should address those weaknesses, developing new skills. And in doing that, you should engage the support of others, as an athlete seeks coaching. "No one ever made anything extraordinary happen alone," they write. "Leadership is a team sport and not a solo performance."

Finally, you must practise, deliberately. "What actually differentiates the expert performers from the good performers is their dedication to doing something every day to improve," they insist.

Kouzes and Posner's five fundamentals for learning leadership:

1. **Believe you can.** The best leaders believe they are capable of learning and developing throughout their lives. You are never done learning about leadership, so start now.
2. **Aspire to excel.** Your success as a leader is inextricably linked to how successful you can make others. Simon Sinek says, "The courage of leadership is giving others the chance to succeed even though you bear the responsibility for getting things done."
3. **Challenge yourself.** You will need to step outside your comfort zone. Leadership is a marathon and not a sprint, and you will learn through mistakes you make as you try new things.
4. **Seek support.** You need to be connected as you seek out the advice of others.
5. **Practise skills deliberately.** If you are already a good public speaker, you don't need to work on this skill. Pick areas in which you could be better and make small deliberate steps in a positive direction.

As you help your students work on the five fundamentals above, you will help them learn to become stronger student leaders.



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