



## The True Power of Compound Interest

There is an apocryphal story that Albert Einstein once said that the most powerful force in the universe was compound interest. In this era of low interest rates on your bank account or GIC investments, one really doesn't seem to think about the real power of compound interest. However, there will come a time again when the interest rates will climb and one look at your mortgage tables will shock you at how much interest you will pay on your house over a 25 year amortization.

### LEADERSHIP AWARDS

CSLA is pleased to offer 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 in Canada.

There will be a Canadian Student Leader Award offered to one deserving student from each province, the territories, and one discretionary award. In the event that there is no eligible applicant from a province or the territories, the CSLA Board of Directors will, at their discretion, award additional discretionary awards as is deemed merited.

The CSLA Board of Directors will approve award winners. Applicants will be evaluated on whether or not they meet the award criteria. All applications must be received by June 1st. Check the CSLA website to download information and an application: [www.studentleadership.ca](http://www.studentleadership.ca)

As educators, coaches and advisors, we invest in students. In the short time that we spend with them, we take a certain amount of personal interest in their success. The short term returns of this investment are not always visible to us or even appreciated by the students themselves. We know that these same students move on to the next grade, the next team or the next level and that another teacher or coach invests some personal interest in the student's success and progress.

Your financial advisor will tell you that the most powerful component of compound interest is time, as you embark upon an individual investment program because you don't see the compounded results of your savings and investments until much later in life. This is the very same power that you invest in your time with students. Your interest may be at a different rate than their parents, but this interest is compounded over time. You will see the final results of your own financial investment program after 25 years, but you often don't see or hear about what your personal investment in your students garnered.

Understand that your personal interest and time that you spend with students is something that even Albert Einstein would know is relative. There will be a time that you hear from students how powerful your investment was, but you can count on your interest being compounded by the efforts and interest of other teachers, coaches and advisors.

It is important that our students learn the academic facts that an education can provide, as these facts will be a solid deposit that they can draw upon later in life. Most importantly, understand that your interest in them through student leadership and activities is compounded over time and allows them to grow into contributing individuals in our society. *That* is the true power of compound interest.

*Dave Conlon*

## Quarter Squeeze Relay: Everyone Matters

*"Nobody rises to low expectations."*

Calvin Lloyd



Students must understand and respect the importance of every person in their group. This simple activity allows students to understand that everyone must work together and also that it is stressful being the person with the most responsibility.

### Supplies:

A quarter to flip, something to grab (i.e. Teddy Bear, plastic water bottle), a chair or table to set the grab item on.

### Instructions:

Have sixteen or less people on a team to do this activity. Arrange both teams in single file lines about a meter apart. Instruct them to turn their backs on the other team so they are now shoulder to shoulder with their teammates. Now, have them hold hands with their teammates standing next to them. Everyone closes their eyes and does not speak.

There are now two ends. At one end, put a chair or table with the grab item (teddy bear) on it and the facilitator stands at the other end with the quarter. The first person on each team closest to the facilitator should turn so they are now facing their opponent. They rejoin hands with their teammate. The first persons are the only ones on the team with their eyes open.

The facilitator flips the coin and allows it to land in their hand. If it lands on heads, the first person in each line will quickly squeeze the hand of their teammate. The teammate sends this squeeze down the line of their team to the person closest to the grab item who then opens their eyes and grabs the item as soon as they feel the squeeze. The first team to grab the item gets a point. The persons who were grabbing the item now move to the head of the line and everyone else moves down one spot.

If a team sends the squeeze current when the coin lands on tails, the other team scores a point for the default. The score is announced throughout the game which ends when everyone on the team has had the chance to stand in the grab position.

### Debrief:

- Who is the most important person in the line? Why?
- What positions do you feel the most stress?
- Who is the most important person in our group? What is the impact upon the group if everyone doesn't do their job?
- What happens in life when we look to a certain person too much?
- Do we ever get in a position when we think what we are doing doesn't matter? What does that do to our own effort?

*This simple activity is found in the book, "FOCUS: 37 ten minute lesson plans" which can be ordered online from the CSLA website.*

### FALLON POWER

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Use the energy of popular culture to power your contests and pep rally events. Jimmy Fallon's crazy ideas and stunts are watched on YouTube by students who don't watch his show. Adapt his ideas for your events, by watching them on YouTube.

#### Jimmy Fallon Ideas:

Russian Egg Roulette

#MyGeniusIdea

#MyDumbFight

Celebrity or Staff impressions by staff and students

Make sure you post the videos and postings to your school's Twitter or Instagram feeds. This keeps the idea fresh and current with your students.

# Making the Ask: Have a Strategy

Asking for donations is a difficult thing no matter how urgent, personal or important the cause is. One of the weakest things that people do, because it is the easiest, is to ask for “support.” However, if you practice your “ask” and have a strategy, you will be more successful in your fundraising efforts.

## The Strategy

**Know what you’re asking for:** Fully understand the mission of your cause. If you want strangers to believe in your cause, you must believe in it yourself.

**Establish some small talk:** You have to break the ice and the more at ease the person you are talking to, the better.

**Make the transition:** Signal the change from small talk to your subject by saying, “I want to talk about something important.”

**Create a connection:** Establish a bridge between yourself and the cause by saying something like, “As you know, I’ve been working with . . .”

**Get them emotionally involved:** Tell a personal story about why your cause is meaningful to you or to them.

**Make the ask tangible:** Never ask for “support”. Ask for something specific and concrete. Instead of just asking for \$50, it’s more effective to say, “Would you contribute \$50 to pay for one uniform for our soccer team?” or “I’m trying to raise \$500 for our school trip to Ecuador. Would you donate \$50 to help me reach that goal?”

**Say Thank You:** Always be polite no matter the response after your ask.

## The 3 types of Ask:

1. **Money:** If you are asking for money, you must have a figure in mind and know what it will be used for. This is the hardest thing for businesses and people to give.
2. **In-Kind Donations:** This is the easiest thing for a business to give, but make sure that the donation is moving you towards your goal. Donated water bottles are nice, but they don’t help cure cancer.
3. **Time and Services:** If you are asking for participation, make sure the person knows what role they will play. Volunteers drive any organization, but today’s volunteer wants to feel like they have helped to make a difference. They will return and support if they believe their time was worth while.



*This article is adapted from “The Student’s Guide to Successful Fundraising” by Cara Filler. Cara is a youth motivational speaker and a prevention specialist. You can learn more about her on her website: [www.carafiller.com](http://www.carafiller.com)*

*“Your life does not get better by chance, it gets better by change.”*

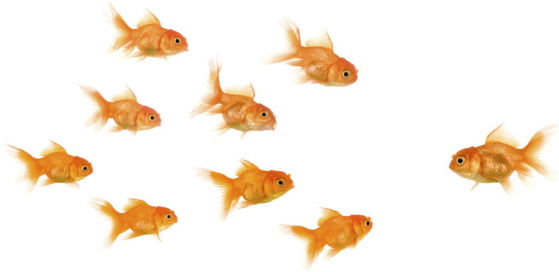
*Jim Rohn*

## EXPAND REVENUE STREAMS

No matter what event or dance you run as a fundraiser, it is important to have multiple streams of income. Many groups plan a successful event, but have no additional source of revenue happening at the event. Many years ago, circus owners discovered that people who came to their circus were a captive audience who were willing to buy more products. Pink popcorn was introduced at the circus to make it different from the homemade variety. Popcorn is 99% profit, and that’s where circuses and your local theatres make their money. Professional sporting events are almost more about the concessions and team-wear than they are about the game.

First-class seating is something that airlines and theatres use to generate extra revenue. Sell premium seating for school talent nights. Have a VIP couch or section set up for playoff games, music nights or drama presentations. After your audience has purchased their tickets, sell them a raffle ticket for a chance on having the best seats in the house. Parents will purchase the chance to avoid sitting another round in the bleachers. Hype this premium spot and give the winners free food and programs.

# How to be a follower



A lot has been written about what to do when you are a team leader. This article is devoted to what to do when you are the worker/follower, even if you do not aspire to be the leader or the responsible person in charge. How you play this part as a follower is a gift to the entire team, and it clearly lays the foundation for your future within this group. As a follower, your leadership goal is to add value to the experience for everyone and set a standard for working together.

## **Be a “Value-Adding” Teammate**

Seek to understand the leadership structure of your group and the desired outcome. Every team has a structure and mission. Make sure you know and understand both—and how you fit into the overall plan. Time permitting, ask questions until you are clear. The better you understand the desired outcome, the easier it is for you to help make good things happen.

## **“Own” the entire project**

You are a follower, but you must be a full part of the effort. The quality of the completed project or program will be determined by the sum of all the work done. You must feel responsible for one hundred percent of a “successful conclusion,” not just what you have been assigned. When you have completed your part, look for ways to help the team complete the rest of the job. The project is not complete until it is all completed!

## **Look! Listen! Learn!**

As the activity unfolds and the team members play their roles, look for what is expected, listen to all the instructions you can hear, and learn how everything fits together while you help make it happen. As you learn, you can add value by making suggestions that you see fit.

## **Adjust your attitude by asking, “How can I help?”**

Often your willingness to help at any phase of the project can make a difference. You might possibly know something—have a skill no one knew you had. You may have gained an understanding of the situation others may have missed that will help make a difference. Always be respectful of the leadership and teammates. Don’t be pushy. Just be ready to contribute.

**Seek to anticipate the next tool or action**

If you notice your teammate will soon need a tool and you can reach it, get it ready to hand to them. If they need encouragement, be there. You will not necessarily be correct every time but your willingness to help with the next move should be appreciated.

**Take the initiative**

When you understand what needs to happen, you can look for ways to help that your team leader may or may not have considered. Be resourceful and creative as you anticipate your next action. Your ingenuity and creativity, coupled with good judgment, will benefit the team's efforts.

**Be invaluable**

Your positive, pleasant attitude, coupled with your willingness to learn and to be helpful, is a winning combination. Again, don't be pushy—just ready.

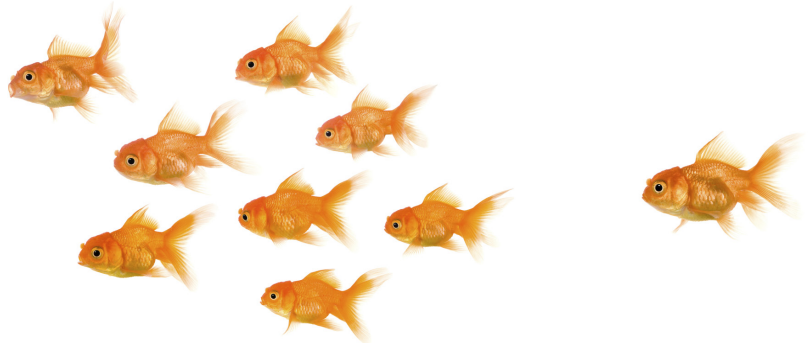
Practice the two “follows” of a successful teammate: *-up* and *-through*. Make sure you *follow-up* on what you have been assigned and *follow-through* on what you have promised.

Develop the most important ability, dependability. Without it, the other abilities cannot contribute.

A young man was applying for a laborer's job in a warehouse. Prior to his interview, he was asked by the boss to wait in the warehouse just outside the boss's office. There was a broom laying on the floor which seemed to be in the way of some of the warehouse workers as they passed by the office. After seeing one of the workers walk around the broom, the young man went over, picked up the broom and leaned it against the wall. The boss then came out of the office, smiled, and said to the young man that he had just passed his interview and had the job.

The young applicant was not aware of the qualifications for the job in the warehouse, but he demonstrated that he knew how to be a contributor to the safety of the warehouse without even working there. That is the key to being a good follower. Know how you can contribute to the success of your group in whatever way you can.

*From “The Original” Mike Smith's Be What You Want To See!  
Mike Smith presents at many leadership conferences in the US. For more ideas, lesson plans and resources, check out his website at [www.differencemakers.com](http://www.differencemakers.com)*



*"What day is it?" asked  
Winnie the Pooh.  
"It's today," squeaked Piglet.  
"My favourite day,"  
said Pooh.  
A. A. Milne*

## Eyes on the Ball: Goal Setting

Setting a goal is a very personal thing. If we are trying to accomplish a goal that someone else has set for us, our motivation is not as great as it would be if we set it ourselves. We also need to have our goals prioritized. All of us have more than one goal in life. We have daily goals, short-term goals and long-term goals. When one of these goals conflicts with another one, we need to know which one is the more important. Prioritizing will help us to make decisions that are consistent with our future success.

**Time needed:** 15 minutes and discussion time

**Materials:** 1 tennis ball per person

**Activity:** Give each person in the group a tennis ball. On the count of three have them all throw their ball in the air. The ball must go at least two meters over their heads. Have each person catch the ball that they threw. Count the number of balls that hit the ground. Try this about three times to see how they do.

For the next part of the activity, explain that each person is to catch a ball that they did not throw. Once again, when all the balls have come down, count the number of balls that hit the ground. The object is to catch as many of the thrown balls as possible. Repeat this activity three or four times and see if the group improves.

Stop the group and ask them if they can think of ways to improve the number of thrown balls caught. Let them attempt some of the strategies that are suggested.

### ACTIVITY IDEAS

#### Silhouette Staff

Make silhouettes of the heads of staff members. Post these life-sized (like the old iPod ads) in the main hallway and make it a contest in naming the staff members represented.

#### Positive Note to Parents

Ask staff to submit names of students who have improved their work habits, attitude or attendance. Send a hand-written note home to the parents letting them know that their son or daughter is doing well in school. This note has more impact coming from a student group in the school and recognizes students as being good academic citizens.

#### Master Chef

Run a school-themed Master Chef competition in the cafeteria at lunch time. Pick a theme of healthy food such as "Three Days of Cheese" and invite staff and student contestants to compete against each other.

#### Discussion:

- How hard was it to catch a ball you threw yourself?
- How did the group do when catching the balls thrown by themselves?
- How hard was it to catch a ball thrown by someone else? Why?
- How did the group do when catching a ball thrown by someone else?
- Did the group make any changes that made catching the balls easier?
- How can we relate this activity to goal setting?
- How easy is it to accomplish a goal that someone else sets for you?
- How easy is it to accomplish a goal that you set for yourself?
- How hard is it to have a large number of goals at one time?
- Should goals be really easy to accomplish or really hard? Explain.
- Should goals be something you can accomplish in a short period of time?

*This activity is from the book by Tom Jackson, "More Activities that Teach". It is available for purchase online from CSLA.*





# Connecting Your Seniors

The *Tim Horton's Opinion* is something that exists in every town and city in Canada, even if you don't have a Tim Horton's donut shop on your main street. It is the opinion that the weekly regulars at the corner coffee shop have about your school and what it does in the community. They may not attend your school, but the seniors in your community have an opinion about it and the students who attend. One way to market your school to the locals is to do what these schools did for their local Tim Horton's crowd. They took them out of the coffee shop and took them to school.

In March of this year, Spartan Council from Strathmore High decided to let the seniors in the local community know that they were loved and respected as a valuable part of the community. Strathmore High called it a Funapalooza with the slogan: "You bring your friends, and we'll bring ours". A school bus was donated, and it ran a schedule to pick the seniors up at various locations in town and met back at the high school for soup and sandwiches and card games.



The Spartans hosted 40 seniors from the local community and 25 students assisted in one of their favorite events of the year. The seniors loved riding a bus again, and they were so impressed with the students who jumped right in to serve and play. The evening was a good time for both age groups to get to know each other on a different level than the opinions expressed over a cup of coffee. It was an enjoyable evening for both the students and the seniors; both are asking when the Spartans can do it again!



Balfour Collegiate in Regina has run a senior citizen night for twenty-eight years and this past year they had to crowdfund for donations to run a Sr. Prom for their guests. The students dressed in their best and invited the older set to show them their moves on the dance floor. More than 150 students volunteer for this event and decorate and serve the meal. Some students who have graduated come back to help at this event.

*"Strive to become the best version of you instead of the best copy of someone else's life."*

Edmond Mbiaka

## COFFEE IQ

Giving a Tims or Starbucks gift card as a "Thank You" to secretaries or school staff is a good idea. It is also a good idea to purchase coffees and fixings for the Main Office. However, knowing what each person takes in their coffee and bringing it to them already made is better, as it is a solid recognition of the individual. It is the equivalent to a simple gift with a handwritten note that is personalized.

You know that things will go wrong and it is a good idea to have your custodial or support staff on your side before things go wrong. Buying a simple coffee for them on a semi-regular "just because" basis is better than buying a "thank you" coffee after they have rescued you from a mess. You are filling up the emotional bank account of your support staff before you have to draw on it.

*"We all live under the same sky, but we don't all have the same horizon."*

Konrad Adenauer

### Above and Beyond

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

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

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**Canadian Student  
Leadership Association**

## Resources

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



**Canadian  
Student  
Leadership  
Association**

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

# HORIZONS

## LEADERSHIP CONFERENCE

Horizons are one-day, regional conferences bringing excellent keynote presentations and providing PD for student council or leadership advisors. The full-day agenda is designed to provide participants with motivation, inspiration and information to make their school a better place to live and learn.

Horizons is also an opportunity to introduce some potential leadership students from your school to their first leadership conference. The demographic target for the conference is grade 7 through 10, but older grades are welcome. As well, it is an opportunity for an advisor to bring some core leadership students and give them a day to look to the horizon and plan what they can do to improve their school and community.

Breakout sessions are also provided for the advisors, and the keynote speakers work with the advisors to give them resources and ideas to expand their leadership horizons as well. An experienced advisor wrote, "I have been to lots of conferences, including three CSLC conferences, and I still took lots away from today."

The total cost for the conference is \$25 per delegate and each delegate gets a lanyard and lunch provided. The day starts at 9:00 am and ends at 2:00 pm, so there is lots of time to get you there and get your students back home in time. An advisor commented that he liked the day because "our athletic kids can get back to school in time for practice." Another advisor who hosted the conference for the first time commented on "how smoothly the day was run" by her own students.

### Host your own

This conference is designed to be run by your students because the best way to learn leadership is to run an activity. The host school is given a structure for the day and students act as MCs, registration personnel and presenters. The conference needs a facility that seats 200 students and the ability to use a gym for an hour during the middle of the day. The conference agenda is totally flexible to what the school timetable and facility provides, and the conference can run independently at your school during a normal school day.

Athletic teams run tournaments as a way to give their players more experience and as a way to raise money for the program. Use this conference as a way to let your student leaders gain experience and let us show you how you can make money for your program.

### Horizons Stats for 2015 – 2016

16 locations across Canada  
166 participating schools  
244 advisor delegates  
2,577 student delegates

If you are interested in hosting your own one-day Horizons conference, contact CSLA at [info@studentleadership.ca](mailto:info@studentleadership.ca). We will provide you with information and a complete conference package that will assist you in running the conference.