

Catapult 2017

year in review

Catapult
LAUNCHING
TOMORROW'S
LEADERS

2017 was another development year for Catapult. Our focus was on expanding programming to include our older alumni who are living on their own or transitioning from post-secondary into the workplace. The goal is to inspire, inform and empower all of our alumni, wherever they are.

In November, we launched our first full day Alumni Conference. Our participants said the sessions were relevant topics that they had not been exposed to elsewhere. In March, we offered an income tax prep session from which they'll benefit for years to come. And in June, we offered a banking session for those who are starting to invest and apply for loans. Of course, our signature Camp and Plus Conference, held in August at Acadia University, continue to rate extremely well with 100% of campers reporting a boost of confidence and 95% of Plus students stating they felt more confident in their post-secondary plans. Through relevant programming, we've propelled our students toward heights they may not have otherwise achieved. We are incredibly proud of their accomplishments, big and small, and especially impressed by how they are paying it forward and making positive impacts in their own community.

In January, our first fundraising event, "Illumination" was presented by Bloom Wealth. It was a sell-out and not only raised funds, but also provided some of our youth with volunteer and public speaking experiences. With several Catapult students sharing their stories, our stakeholders saw firsthand the impact their gifts have given to Nova Scotian youth.

We look toward 2018 with excitement as our program rolls into its 10th year. It's truly an honour to manage the programs your support makes possible. You've given us the opportunity to witness tremendous growth of now 450 young leaders across Nova Scotia. Over the coming year, we look forward to sharing how our students are learning more, doing more and giving back to their communities.

With gratitude,

Lori
Lori Barker, Executive Director

Jane
Jane Roy, Chair

the year in numbers

- 52 Catapult campers
- 80% commit to Catapult Plus
- 38 alumni at conference
- 2,070 hours volunteered by Plus catapulters
- 77 charities helped by Plus catapulters
- \$39,000 raised by Plus catapulters for charity
- 3 extracurriculars per catapulter (on avg)
- 27% were involved in student government
- 100% graduated from high school
- 75% pursued post-secondary education (58% university, 34% college, 8% military)
- 97% of schools have nominated students
- 9 years, 450 students catapulted from 188 communities across NS!



Our Mission: to cultivate new leaders who will make a positive difference in schools and communities across Nova Scotia. We focus on students with natural leadership qualities but limited opportunities.

Our Vision: to inspire, inform and empower Nova Scotian students so they have the confidence to reach their full potential.

Our 3-year program is designed to:

1. inspire and empower our students to become student leaders in high school while also shaping a community conscience, and
2. inspire and support their transition into post secondary education.

highlights

I've learned that sometimes the people who go through the toughest times in life are the most amazing people you will ever meet. To be able to laugh, cry and face fears together without the worry of judgment is the true test of family and friendship. Thank you Catapult, for everything! Bailey

- We held our first full-day skills **Workshop for Alumni**. Hosted by Stantec at their state-of-the-art facility, our college aged alumni learned the important skills of networking, communication styles, interviewing, and money management.
- Grant Thornton hosted our very first **income tax clinic** where alumni received a tax tutorial and completed their income tax returns together using free online CRA software.
- Scotiabank hosted an alumni session on **investing and loans**.
- Kristof was named **NS Youth Volunteer of the Year!** Other youth volunteer awards were presented to Bailey (HRM), Cameron (Kings Co.) and Tyrell (Guysborough Co.)
- Taylor and Lauren were 2 of 30 students selected from across Canada as an EF **Canadian Youth Ambassador** (from 1300 applicants). They took part in the 100th anniversary commemorations of the Battle of Vimy Ridge, and were mentored by MPs and Senators during an Ottawa conference.
- Our very **first fundraising event** raised more than \$35,000! Planned and hosted by Bloom Wealth & Legacy Planning, 'Illumination' featured East Coast singer-songwriters at the Halifax Central Library. Stealing the show, four Catapult alumni bravely took the stage to share their experience and impact.
- Kayla and Kayley were selected for **RBC's #Make150Count** program and attended RBC's Youth Summit.
- Gracie was elected **President** of her **student council** bringing our impressive tally to 15!
- Riley was awarded the **Lieutenant Governor Award** for Leadership bringing our total tally to 19!
- We created a 1-year term position for a university aged **alumni** to sit on our **Board of Directors** to represent our students. This year, Tyler will also help plan the 2018 Alumni Workshop. We're continuing to invite a Catapult alum to each of our Board meetings. It's not only a great opportunity for them, but they add energy and effective feedback to our meetings.
- Kristof was awarded the Queen Elizabeth medal, the medal of the Governor General of Canada, and more than \$21,000 in **scholarships**.
- Mekayla '15 led our **Catapult team** in the Santa Shuffle, bringing together 7 catapulters from 5 different communities to raise money for the Salvation Army.
- Robyn and Zach, 2009 alumni were **Counselors** at Camp this year, while our Plus Conference included 4 alumni on staff.
- 2011 alum Kayla trained with Canadian Roots Exchange to lead **reconciliation workshops** with NS youth. The goal is to bridge the gap between indigenous and non-indigenous youth.
- Relations were strengthened and new connections made with **other youth organizations** including Hope Blooms, Schools Plus, Pathways, the MacPhee Centre, Junior Achievement, HRM Connections, and others.
- At conference, all students shared their '**pay forward projects**' some of which are shared on the back page. Not only are their presentations inspiring, but we are so impressed to see the growth in confidence with public speaking.
- 62 schools sent 89 nominations despite the **work-to-contract mandate**. This demonstrates their support and belief in our program.

our programs

Our Signature Camp

7 days at Acadia, the focus is on accelerating leadership potential by boosting confidence and preparing them to start high school as active leaders. Students must be nominated by a Grade 9 teacher. Average age is 15.

Career Coaching

Guided by our videos and handbook, our students are matched with a mentor to help choose a career direction and plan post secondary education.

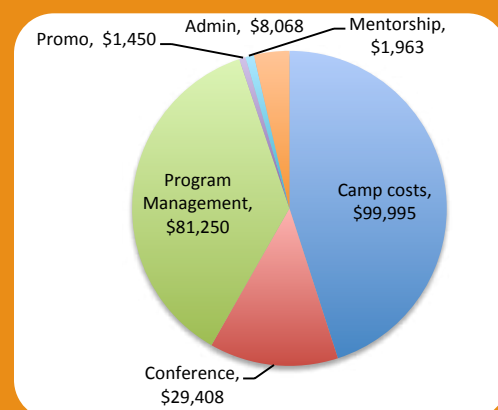
PLUS Conference

4 days at Acadia for high school alumni, the focus is post secondary planning and life skills. Students must earn their way to conference through extra-curricular involvement, creating a personal mission statement, setting goals, and paying it forward with community service.

Student Support

We critique resumes and provide references to help get jobs and scholarships. We post scholarship opportunities, post secondary information, volunteer opportunities and much more through our news feeds.

the year in dollars



How did Catapult Plus impact you?

- "Catapult has helped me know what I want and how I want to be treated and who I want to be."
- "I learned so much. It's made me extremely motivated and passionate to do all the things I love and that make me happy."
- "Made me feel powerful. I open up with more people and am more confident while speaking."
- "I feel right in my own skin. I learned it's okay to ask for help."
- "Talk less, listen more, be authentic, don't jump to conclusions, keep trying."
- "I'm not afraid to stand out now."
- "I feel more ready for life."



In what way do you think Catapult Camp changed you?

- "I've never felt this confident before."
- "This week made me realize I can stop hiding behind a mask and just be myself."
- "Catapult has taught me to go for it and not be afraid to fail."
- "Catapult is the best experience I've ever had. It made me more confident and understanding of other people."
- "This camp has changed me in so many ways. My parents probably won't recognize me getting off the bus."
- "All of the speakers and staff encouraged me and the challenges made me become more confident. I have a lot of new leadership skills!"
- "I feel alive!"

Dear Sponsor,

I would like to thank you for giving me this wonderful, once in a lifetime experience. I don't know how much you know about this camp or how it affects the people involved but I would like to tell you based on my first week here.

This camp is a place where families are made, people grow, adults and youth alike learn from each other. This camp doesn't teach us what to think, it teaches us how to think, how to problem solve, how to lead.

Before camp I had a very small group of friends, low self worth and little to no confidence. Now that's all changed and I am all the better for it. I love myself a little more, I love the people around me a little more and I've come to love the world a little more.

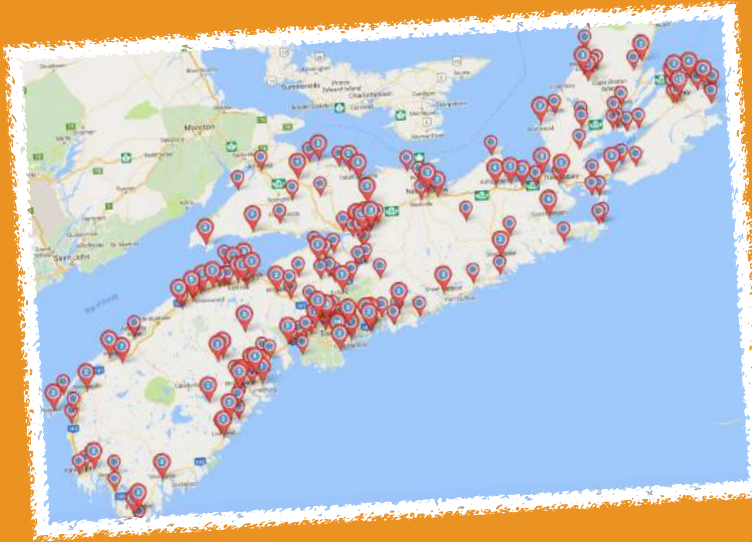
I came here just a girl with a dream of going to law school and becoming an amazing lawyer, but I'll leave with the tools, the confidence and the mindset to make it happen.

Thank you for that.

Sincerely,
Anika

"Catapult has meant the world to me. And when I say that, I mean it - it changed my entire world. I saw a kind of potential in me that I'd never seen before. Catapult Plus took it further. I've become the type to see what's happening around me - in school and outside of it - get angry and then be inspired to change it." Kayan

Catapult is **inspirational** to build hope, **motivational** to build confidence, and **experiential** to build skills.



These are just **SOME** of the ways our Catapulters paid our Donors' generosity forward during 2017:

Bailey supported Adsum House by collecting toiletries and clothes and selling her handmade jewellery. With a \$350 grant he applied for, **DJ** created a community kitchen at his school to provide lunch for those who can't bring one. **Brianna** sold raffle tickets to help a local family with the cost of a funeral. **Christine** volunteered at a cancer center, an elder home, and an after school program for at risk youth. **Riley** shoveled snow for elderly neighbours and volunteered at the Christmas Island Fire Dpt., Highland Village Museum and Branch 124 Royal Canadian Legion. **Erika** offered free tutoring before exams to students during the schools' Work to Rule mandate. **Jessica** made Christmas cards for patients in hospital. **Jillian** organized a social appreciation brunch for her church volunteers. **Brandon**

collected pledges and ran in the Salvation Army 5km run and collected food for Feed Nova Scotia. **DonMiguel** volunteered at the Slate Youth Group and worked with kids 10-12, leading games and cooking classes. **Eli** sold smoothies at school every Monday at lunch. **Emily** cleaned up the park in her community. **Eriana** created a club to empower African Nova Scotian girls in her school featuring a regular guest speaker. She also volunteered with Sobeys Christmas food drive. **Maranda** volunteered with S.H.A.I.D cleaning cat cages, and sweeping/mopping floors, and helped with their annual year sale. **Megan** volunteered at the hospital on the long term care ward and with the fire department as a volunteer firefighter.

As they say, "IT TAKES A VILLAGE". We gratefully **THANK** all our community partners who form our village!

Founding sponsor:



Our Investors

Acadia University
 Advocate Printing
 Alfred Smithers Charitable Fdn
 Elizabeth Apold
 The Armour Group
 Bell Aliant
 Bloom Wealth & Legacy Planning
 Brookfield Financial
 Clearwater
 Howard & Karen Conter
 Mrs. Deborah Conter

Crombie REIT
 Don & Shelley Clow
 Joan Craig
 James Gogan
 Latner Foundation
 Mills Heavy Hauling
 Palooka's Charitable Foundation
 Scotiabank
 Scotia Investments
 Sobey Foundation
 Josef Spatz & Val MacDonald
 Stewart McKelvey

The Stevens Family Foundation
 Westwood Developments
 Zeller Family Foundation

Our Supporters

ABCO Group
 CIBC Children's Foundation
 Erdene Resource Development
 Farnell Packaging
 Grant Thornton
 Bill Greenwood
 Guildfords Group
 Killam/Compass Properties

KPMG
 Labatt Breweries
 McInnes Cooper
 Nancy Regan
 Office Interiors
 RBC Foundation
 Shannex
 St. Paul's Homes
 Philip & Judith Webster
 R. Howard Webster Foundation
 John & Nicola Young



... and everyone else who donated. Every dollar is appreciated!

Catapult Leadership Society

CRA#81385 7893 RR0001

www.catapultcamp.com

(902) 830-5704

