

Catapult 2018: year in review



Catapult
LAUNCHING
FUTURE LEADERS

Catapult is 10 years old! With your help, we have catapulted 500 students. And in turn, they have paid it forward with their volunteerism and community service in over 200 towns across Nova Scotia.

Our catapulters make us proud every day – by becoming student council presidents, by creating clubs or planning conferences, for being recognized as outstanding volunteers and student leaders, for earning scholarships, and for simply pushing themselves to be their best.

They have taught us a great deal – about resilience, courage, and hope. They defy the iGen concept of entitlement (they even survive a week without phones!) and they care deeply about social justice and our environment. Despite the fact that we come from different towns, backgrounds and cultures, including immigrants and refugees, we've learned how easy it is to cross barriers – only to discover how much we have in common.

Our catapulters have come full circle. They are returning to Camp and Plus as counselors, they've taken ownership of our annual Alumni Conference (they plan it, organize it and run it) they chaperone our buses, they even contribute at the Board level. What a reward – to see our students find their own success, continue to build on lifelong friendships, and return to gratefully give back to us and to those coming behind them.

Catapult's unique program has been noticed outside of NS. We have now hosted students from both Ireland and Mongolia, with chaperones who came to learn from us as they create their own youth programs. Last winter, Queen Elizabeth recognized Catapult's impact on the community with a Commonwealth Points of Light award.

Yes, we have accomplished a lot in 10 years. And the ripple effects will continue to bloom for years to come. But, as long as we have talented students falling through the gaps simply because of where they live or due to socio-economic barriers, our work is not done.

At the last Alumni Conference, one of the students wrote "What Catapult means to me? Watching stars learn how to shine." Those few words sum it up. Along with our Board and our camp staff – we LOVE watching our stars learn how to shine.

Thank you so much for your support during these 10 years. We sincerely hope you feel a part of our extended Catapult family and share in our pride and excitement.

Happy Birthday Catapult!


Jane Roy, Chair


Lori Barker, Executive Director

the year in numbers

- 52 Catapult campers
- 86% commit to Catapult Plus
- 30 alumni at Plus conference
- 35 alumni at Alumni conference
- 11 alumni counselors
- 1,282 hours volunteered by Plus catapulters
- 70 charities helped by Plus catapulters
- \$33,115 raised by Plus catapulters for charity
- 3 extracurriculars per catapulter (avg)
- 23% involved in student government
- 100% graduated from high school
- 75% pursued post-secondary education
- 99% of schools have nominated students
- 10 years, 500 students catapulted from 202 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

Catapult PLUS is absolutely the refresher I need before another year of school to remember that I am strong, I am resilient, and I control my own life. Catapult reminds me who I am, the supports behind me, and the difference I can make. *Kayley*

- Our 2nd annual **Alumni Conference** was held at Saint Mary's University. Planned and organized by the Catapulters themselves, 35 alumni attended representing every year. For the first time, vacant seats were offered to friends. Guest speakers talked on stress management, healthy eating, personal finance, networking, & civic engagement.
- Dr. Dayna Lee Bagley gave our alumni an exclusive full day workshop on **resiliency**, a very important topic and a highly impactful day.
- Grant Thornton hosted another **income tax clinic** where alumni received a tax tutorial and completed their income tax returns together using free online CRA software.
- Erika and Christene were elected **President** of their **student councils** bringing our impressive tally to 17! Gracie was valedictorian of Saint Mary's Academy grad class.
- Mekayla and Erika were named **Youth Volunteer of the Year for NS!** HRM Youth Volunteer went to Bailey while Brianna received it from Antigonish. Ally received the Teresa Marshall Award for academic excellence plus dedication to community. Tori received the region of Queens 'Ripple Effect' award. Christene received the Outstanding Youth award from Mental Health Fdn NS.
- Cassidy was elected **President of the Student Union** at NSCAD, the first indigenous student in that role.
- Trinity helped plan and co-emceed a **Youth Activism Conference** for high school students at St FX.
- Kayla was named a delegate of NS at the Commission on the Status of Women at the **United Nations** in NYC. She then testified to Canada's **Senate** on the relationship of Canada and our first nations people. And then she participated in an international conference on mental health in Sweden!
- Jacob, Maggie and Tori were each awarded the **Lieutenant Governor Award** for Leadership bringing our total tally to 22!
- A generous benefactor of **Dalhousie** created a **scholarship fund** to provide \$25,000 each year to five Catapulters in their first year at the University.
- Catapult and **St John Ambulance** created a **partnership**. SJA leads 2 sessions at PLUS and our students earn their Youth Leadership Certificate. The arrangement will continue in 2019 with a 2nd level certificate.
- Catapult also **partnered with Sacred Heart School**, with 2018 camper David receiving a full 3-year scholarship. Headmistress Wachter said, "By partnering with Catapult to bring young people here who are such a great fit for our School and mission, we are enriching not just that student's life, but that of our entire student body."
- **Tom Brophy**, Senior Director of Student Services at Saint Mary's University became a welcome addition to our Board.
- The **counselor team** at Plus was entirely Catapult alumni this summer! Camp staff included 2 alumni as counselors and 2 as junior counselors.
- 2 **Mongolian students** attended camp, care of founding sponsor, Erdene. The students were accompanied by an advisor to their parliament who hopes to create a similar program back home.
- Lori was named **National Progression of the Year** for her volunteerism to the Progress Club. She's walking the talk!
- Jane was named Canada's **Commonwealth Point of Light** by HRH Queen Elizabeth, for Catapult's impact on the community. Several catapulters joined her at Province House to receive the award from the British High Commissioner to Canada and the Lieutenant Governor.

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. Average age is 15 (grade 9 grads).

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. Optional program.

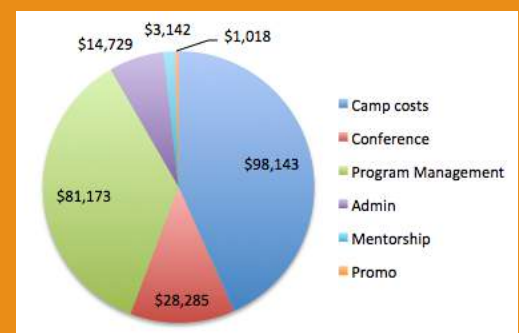
PLUS Conference

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





I know, and what you should know, is that you changed my life. You made it possible for me to attend Catapult Leadership Camp and it has made a massive impact. While I was here no one was here to judge me, to call me out, or to degrade me. I was in a place where people appreciate my intelligence, but I was still learning more every day. I have broadened my skills as a leader, worked to my maximum physical capacity, and met and heard some of the most amazing, smart, and aweing speakers on this planet, from being told I can do anything by Terry Kelly to getting shooting tips from Will Njoku. I've had the time of my life, and every little thing is lined up so I can do it two more times, but none of it would have been possible without you. The sponsor. So while you may not know me from the major of Turo, you made a difference. Thank you

To whomever it may concern, I would personally love to thank you from the bottom of my heart for yet another amazing opportunity to grow, to learn, to build friendships, and to help me be proud of who I am as ~~an~~ an individual who people recognize as a leader.

Catapult means everything to me now and I never would have thought that it would have inspired me so much that I'm counting down for more years to come. I have learned that who I am is exactly who I want to be, so with that I thank you for allowing me to have the memories to look back on, the smiles I've shared, and the tears I've cried. Thank you.



Thank you so much. Catapult is a program that gets me through the year. I had a really bad year a lot happened and the one thing that got me through is the members at catapult. This is such a safe place, it teaches us all so much. It gives us shoes so that when we hit the ground running we have support so it don't hurt as bad. They taught me about how to budget, how student loans work, how something as small as controlling your breathing helps reduce stress. There are so many great people that come and we all make each other feel safe so thank you so much.

Thank you 1 million times for this experience! It has certainly changed my life, I've learned so much and now have a catapult family to support me which I've never had before. Catapult for me went above and beyond camp and they are helping me in my life back home. I've learned so much and how to reach my goals without backing out. I feel like things that were once "too great" for me is now something I plan to accomplish. But without you I never would have gotten the support I needed. Catapult is now my new family and you changed my life in the best way possible.

Thank you
- Abigail

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 2018:

Vessa started 'The Coat Project', collecting winter coats for the needy and volunteered 70 hours with Interact and Schools Plus. **Don Miguel** gave his time to the homeless, stopping to chat and make them feel noticed and respected. **Megan** built planters for the food bank and volunteered at the Fire Dept and hospital. **Jacob** sorted food at FeedNS. **Dylan** volunteered with the Lion's Club, helping run their BINGO nights. **Maggie** organized a fundraiser for the local shelter, collecting food as well as hygiene items that youth need. **Tori** made care cards for all the teachers at her school. **Haley** hosted a coffee house and volunteered with Salvation Army. **Elyssa** made cards and cookies for the elderly at a nursing home. **Livi** organized a Mental Health Wellness day at school and helped run a yard sale to

fundraise for cancer patients. **Sarah-Jeanne** created a group called Le Conseil de la promotion de la diversite, to educate about differences and promote acceptance. **DJ** organized his 2nd community kitchen at school to provide lunch for those who can't bring one. **Emily** built a ramp for her grandfather. **Nat** volunteered at school, helping set-up and clean-up for tournaments, concerts and other events. **Kaley** organized an Elder & Teen night. **Tyrell** volunteered as a student tutor. **Trinity** volunteered at a Youth Arithmetic Conference. **Kristen** brought food to the homeless, listened to their stories and helped coordinate support groups among them. Catapult did several **Acts of Kindness as a group** too: making holiday cards for patients of the IWK to give to their family/friends, as well as valentines for Veterans at Camp Hill Hospital. Our alumni chose to support Feed NS by making the Alumni Conference registration fee a food donation!

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

Founding sponsor:



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... and everyone else who donated.
 Every dollar makes a difference!

Catapult Leadership Society

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