

THE ROUND TABLE

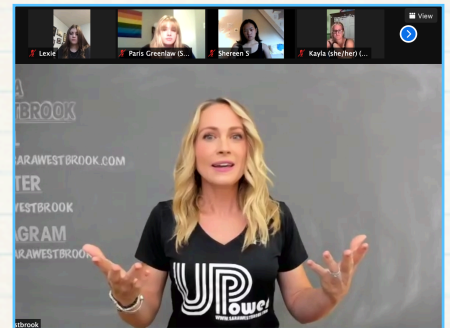
INSPIRING - INFORMING - CONNECTING

Welcome to our Class of 2021!! Our summer continued to be impacted by Covid-19 BUT we managed to pull off another exciting online leadership experience AND we travelled around the province to Port Hawkesbury, Truro, Halifax and New Minas to be live and in-person for a day ... our 2021 Catapult Roadshow!

Our new catapulters received welcome boxes full of goodies for the 3-day online segment. We enjoyed new icebreakers, staff skits, and of course everyone's favorite ... Family Shares. Tyler Hayden returned as our lead speaker to talk about leadership styles, life after high school, and goals. There were also new speakers: Phil Boyte from California who focused on developing the courage to be the leader you want to be, and, Toronto's Sara Westbrook who helped us dive into our emotions and choose our reactions regardless of circumstances. We also had offline fun with a new Scavenger Hunt and Tik Tok Challenge and finished off our time together with the Catapult Coffee House emceed by Always Abba and showcasing our incredibly talented Catapulters!

Our Roadshow featured two guest speakers - Tyler (who spoke about communicating with confidence and helped us find our "silly" during medieval games) and Elsie Morden (who talked about bullying and how to empower ourselves when it feels like everything is against us). Our amazing staff team facilitated an Out of the Box "create and pitch your product" challenge, a shipwreck challenge and closed the day with a powerful version of family boundary breaking. Friendships were made, lessons were learned and confidence was gained.

Stay tuned as we use both online and in-person resources in the year ahead to help us all stay connected to Catapult and to each other!



Congratulations to 2019'ers Breagh MacLeod, Paris Greenlaw-Gray & Shereen Sommerfeld (pictured) as well as Makayla Gallant & Emily Odo on receiving their Catapult Plus pins during our Roadshows. Kudos to you for sticking with the Plus program through 2 covid-virtual years.



DO YOU CONTROL YOUR EMOTIONS ... OR DO YOUR EMOTIONS CONTROL YOU??

Over the years, Catapult has held several sessions focused on resilience and mental wellness. Without a doubt, they are key to your success and overall happiness. During virtual camp, we introduced another new speaker on the topic ... who put her own spin on things.

Sara Westbrook joined us online from Toronto. She's a professional speaker, author, singer and an "Emotional Resilience Strategist". For 15 years, she's been researching and presenting on the subject of emotions and the impact they have on our choices, well-being and resilience.

Our emotions can affect our performance at school, our relationships and even our physical & mental well-being. Emotions can be hard to identify and navigate. And they can be really hard to talk about. But if you don't understand your own emotions and triggers, it's nearly impossible to empathize, collaborate, or communicate effectively. When we dismiss our emotions, we can actually strain relationships, create stress, burn out, lose motivation and create health challenges. There are no bad emotions so it's important to remember that it's okay to feel how we are feeling without judgment and without being dismissed.

Emotional well-being is the ability to produce positive emotions, moods, thoughts, and feelings, and adapt when confronted with adversity and stressful situations. One of its foundations is resilience. **Resilience is the ability to bounce back when faced with stress or pressure.**

Sara emphasized how important it is to connect with our emotions and provided us some tools on how to move through various emotions instead of ignoring them or lashing out because of them. She also reminded us how important it is not to allow others' negative opinions to change what you think about yourself. This is the same lesson Mr. Phil taught us with his \$100 bill. Today and every day - you matter!

"When Canadian Idol told me 'U can't sing - do something else' I had 2 choices - Believe them or me. I chose me!!! I choose to respect myself, others and my dreams." ... Sara

4 Steps To Managing Your Emotions

1. Identify What You're Feeling (name your emotion)
2. Push the Pause Button.
3. Think Through Your Options.
4. Respond (Don't React!)

We asked some Catapulters what they took from this session.



Shereen Sommerfeld '19 - *It has helped me be more at peace with myself internally because I remind myself that it's okay to feel, instead of trying to redirect or correct emotions immediately. I now try to take*

a deep breath, and understand where the other person is coming from (why they acted the way they did). Even if I feel anxious or nervous, I can still be brave. It really hit home when she said that if we just avoid the things we love in order to feel comfortable, we won't get anywhere and we'll just miss out on a lot. I really liked Sara's quotes. For example: "You have the final say in what you believe," "Life's not about perfection - it's about progress," and "Keep talking 'til someone listens."

Parker Stuckless '21 - *Sara's presentation has really stuck with me. It's OKAY to be different! It's okay to not be one of the popular kids. You're an awesome person and you should be accepted for who you are so BE YOU! After camp, I decided to take her advice and chose to no longer hang out with someone who wasn't treating me well. I'd put up with being put down for 7 months but now I'm choosing to surround myself with my real friends who really know me, support me and laugh with me! My greatest takeaway was, if people aren't being nice to you don't take it to heart and don't let them get you down.*



And since the staff also had a lot of AHA moments, we asked **Counselor Ashlyn** what she learned - *Providing this input was nice because I got to reflect on it and let everything sink in again. Since Sara's presentation, I've found myself having more moments where I can name my thoughts or emotions. This reminds me that, with practice, I can consciously choose how I react to them. I've tried reminding myself that adding anger or blame to a situation usually escalates things rather than communicating my needs or feelings clearly. This helps me pause before choosing an action. We make so many decisions every day, we ought to spend some time reflecting on how we want to be, and how to choose wisely.*



"Choose BRAVE. Emotions are waves that can crest really high but they will pass." ... Sara Westbrook

Hats off to Graci Fleet '15 for receiving one of the first scholarships from the Atlantic Scholarship Organization. ASO has partnered with Catapult to provide bursaries for students in later years of their studies. Graci is studying Human Nutrition at St. FX University.



Wise Words from Dr Phil:

Who wants my \$100 bill? If I crumpled it up, spat on it, even pitted it out, you'd still want it, right? That's because regardless of what I do to it, it never loses its value. The exact same goes for you. People might put you down, make fun of you and talk behind your back. But no matter what they do, you will never lose your value as a person.



How To Make A Big Decision (...without regret)

Every day brings decisions — what to wear, what to eat, what to do. Often they're no-brainers - even if you later wish you had decided differently, the consequences aren't worth a sweat. Then there are the hard decisions. Should I stay in this relationship? Should I take AP Physics? What should I do after high school?

The possible consequences of a hard decision can be so complicated your brain gets muddled and indecision grips you like a vice. The more you think on the decision, the more confused and stuck you feel. You just want someone to tell you what the right choice is.

For some people, the confusion is so uncomfortable they just avoid the decision. Of course, all this does is stoke anxiety. Avoidance has never been a great strategy for life success and happiness.

Over-thinking doesn't help much either. You simply can't predict the future. Ultimately, any decision involves a leap of faith.

Here are some tips on how to make a decision without regret.

* Create a Life Vision based on your Values

Values highlight what we stand for and guide our behaviour. What kind of person do you want to be? What really matters to you? Knowing our values fuels our sense of purpose and gives our life direction. So when a hard decision comes along, use your values and life vision as a guide. Evaluate your choices and consider which is in closest alignment with your vision?

* Evaluate the Pros and the Cons

List all the possible positive consequences on one side of a paper, and all the possible negative consequences on the other. Which list is longer? Circle the pros and cons that are most important to you. Can you live with the potential negative consequences? What can you do to mitigate the cons?

* Phone a Friend

Don't be afraid to ask for help. A person who is removed from the turmoil of the decision might help you see it in a new perspective. Choose your person wisely – a trusted someone who shares similar values as you. Adjust your list of pros and cons for any wise insights they have.

* Research and Experiment

If possible, experiment with your choices. If you are thinking of ending a relationship, test some time apart first. If you are trying to choose a career direction, ask Lori to connect you with someone already working in that job so you can ask questions. If you are considering a university in another city, try to go spend a weekend there or ask us to connect you to a catapult already there.

* Listen to your Gut

Go to a quiet place. Breathe deeply. Close your eyes. Imagine yourself deciding “yes” and then imagine yourself deciding “no” and pay attention to how you feel with each. Give it a few days. Trust your intuition. Your choice may suddenly appear when you calm the mental chaos of over-thinking your decision.

* Try the Coin Trick

Grab a quarter and assign one decision choice to heads and the other to tails. Flip the coin. What was your immediate reaction to the result ... relief or fear? Your immediate reaction is often what you truly want to do.

* Don't Look Back

If you have done the work, honoured your vision, examined the pros and cons, sought guidance, done your due diligence, and connected with your intuition, then make your choice, take the leap and don't look back. You can always change your mind if you discover your choice doesn't make you happy. And even then - there is something good to be learned.

* * * * * SNAPSHOTS * * * * *

PARIS GREENLAW-GRAY – 2019



School: JL Ilsley High

Cool Fact: I had a pet snake Chloe!

Fave Camp Memory: Rock Night.

What inspires me: People succeeding in difficult situations & people who finally get what they deserve after working hard. **Future**

Plans: Tattoo artist while working on an Arts degree. **Fave quote:** “I am not all that has been done unto me.”

RADWAIN GAETZ - 2020



School: Online learning with Bernice MacNaughton High

Cool Fact: I can solve a Rubik's cube.

Fave Camp Memory: The positive atmosphere. **What inspires me:** Robotics and my mom. **Future**

Plans: Creating a robotics business that can help the medical industry!

Fave quote: “Grief changes shape, but it never ends.” - Keanu Reeves

KAI BARKHOUSE - 2021



School: Northeast Kings

Cool fact: I'm double jointed!

Fave Camp Memory: Meeting my family group. **What inspires me:** The people around me. **Future Plans:** I want to be a pilot and a foster dad.

Fave Quote: "Fear has two meanings: forget everything and run or face everything and rise. The choice is ours."

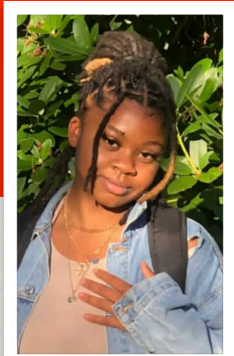


OCTOBER IS MI'KMAQ HISTORY MONTH!

For more than 13,000 years the Mi'kmaq have called Nova Scotia home. Did you know there are 13 Mi'kmaq First Nation communities in NS spread over 42 reserves from Acadia First Nation in the south to Membertou First Nation in northern Cape Breton? Catapult is proud to have Catapulters from each of these Mi'kmaq Nations.

Mi'kmaq people were very peaceful and so they initially welcomed Europeans who arrived to settle in their traditional Mi'kma'ki (pronounced meeg-ma-gee) land. In 1760, the British and the Mi'kmaq created 'the Chain of Peace and Friendship Treaties' to try to harmonize what had become an unstable relationship. The Mi'kmaq did not cede any of their land or their rights to hunt, fish and gather. They agreed the British could establish future settlements, but only when done 'lawfully.' Unfortunately, 'lawfully' was not defined. The British did not honour the treaty and eventually forcibly pressured the Mi'kmaq to give up their way of life and settle on farms, even forcibly separating children from their parents, language and culture to receive a British "education" in residential boarding schools. Today's 'Path to Truth and Reconciliation' is so important as we continue to uncover the truth, build respectful relationships, and help the healing from the wrongs of the generations before us.

See our March 2013 roundtable issue (catapultcamp.com/newsletter) where some of our Mi'kmaq alumni share their favourite cultural traditions. *Wela'lin* (thank you) to all our Mi'kmaq alumni for helping make Catapult a rich tapestry of diverse friendship.



Here's another Mi'kmaq word for you ... *Wli'nuelewi* (wooly-new-all-a-we). (Merry Christmas .. its only 3 months away!)

This summer, NS began formally recognizing Emancipation Day, the anniversary of the abolishment of slavery across the British Empire. Asiah Sparks '19 performed a spoken word during celebrations in North Preston to great reviews!

Looking for a job??

Go to www.seedns.ca/job-board for an up to date list of jobs available. All jobs listed are entry level with no experience required!

A LETTER FROM TYLER HAYDEN

Welcome back to what will be an amazing school year - assuming YOU decide to make it that way. Life is like a warehouse full of inventoried boxes. Each day you receive one box from that warehouse. You don't know how many boxes there are and you don't know what they contain.

Open your box first thing every morning and take as much out as you can. Share its great contents so you and others get to experience amazing days (many people don't even know they get a box and sadly spend their day feeling overwhelmed by all their unopened boxes).

Livin' life large is about grasping hold of every single moment of every single day. You have the privilege of being able to join clubs, learn, nourish your body, support each other, build communities, and so much more. Your fulsome exploration of your box and its contents is what makes amazing days - and the choice to explore it rests wholly in your hands.

Enjoy the discovery of all those gifted boxes you receive... because if you don't open them up ... then they will be lost forever. Experience and build the amazing depth and beauty of "livin' life large."

~ Tyler

UP coming EVENTS

(Our 2021-22 plans are still under construction!!)

Nov 6/21 - Alumni Conference (for Grades 12 & up) - details are still in the works. Stay tuned.

Zoom Sessions - we plan to host online sessions throughout the year again. If there's any topic you'd like to see covered, please let us know!

*Need to talk?
kidshelpphone.ca

Go on our website and check out the June 2018 Roundtable Issue for an article on RESILIENCE!

Peace is not when everyone agrees. It is when we can respect our disagreements and still play in the sandbox together.

BE HAPPY ENJOY LIFE

Thanks Zack, Meghan Nikki, Sandrico & Samrana for donating to the Catapult Alumni Award Fund (created by and for Catapulters!) If you're a post-high alumni & would like to contribute, go to the donation page on our website!

Discussions are always better than arguments, because an argument is to find out who is right, and a discussion is to find what is right.



THE ROUND TABLE was named with Catapult's medieval theme in mind. King Arthur insisted on having his faithful knights seated at a round table where everyone was treated equally and had an equal voice. Use your voice and send us your submissions for the next newsletter!



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