

Catapult PLUS 2015

year in review

Catapult PLUS
LAUNCHING
TOMORROW'S
LEADERS

2015 was considered a Catapult success on all fronts. 50 new students attended Catapult's summer camp to rave reviews. 85 students opted into Catapult Plus and 58 students attended our summer conference. Every student went home with greater confidence and renewed inspiration to work towards their goals.

Catapult Plus participation grew, symbolizing the need for continued support as well as our Catapulters' dedication to the program. Unfortunately, not all are able to participate fully due to home obligations amid challenging life circumstances. Our doors are always open to them and they are welcome to participate in any of our programs to the extent they can.

This report tries to summarize 2015 in terms of our students' accomplishments and community contributions, as well as our own development growth. The highlights are many!

Without the support of our donors, Catapult could not exist. We are exclusively Nova Scotian and stepping up in a big way for our common agenda of the oneNS Coalition. By carefully selecting students with natural leadership skills but who are vulnerable because of limited opportunities, Catapult is filling a gap and opening doors. We are creating positive attitudes and inspiring a collective force of young minds who then pay it forward. Our Catapulters are building stronger futures for themselves and the communities they live in. Nova Scotia needs them!

It's a privilege to have a job filled with so much gratitude, inspiration and joy - one that allows me to be part of a program that is making a real difference!

Lori Barker, Executive Director

the year in numbers

- **50** Catapult campers
- **85** Catapult Plus participants
- **58** alumni at conference
- camp evaluation of **9.86/10**
- conference evaluation of **9.8/10**
- **1,541** hours volunteered by catapulters
- **85** charities helped by catapulters
- **\$11,023** charity dollars raised by catapulters
- **3.4** extracurriculars per catapulter (on avg)
- **28%** involved in student government
- **73%** of graduating catapulters went into post-secondary education
- **68** schools nominated students (**94% YTD!**)
- **89%** of high schools represented
- **7** years, **350** students catapulted from **165** communities across NS!



Catapult Plus was introduced in 2013 as an add-on to the wildly successful Catapult camp, when we realized our students wanted, needed and deserved more leadership training and support. Focused on community service and post secondary planning, the program is highly interactive.

Students are required to:

- Lead a community service project (grade 10's may opt to volunteer)
- Participate in extra-curricular activities
- Set personal goals
- Submit a book report (teen self help book) (grade 10's)
- Commit to life-long learning

In return, Catapult provides:

- Summer Conference for Grade 10's and 11's
- Career Coaching/Mentoring Program
- Employment Support (resume reviews, interview advice)
- University information and guidance
- Access to high school and university peer groups
- Interactive website
- General support as needed

Catapult Plus is a recognized partner organization of NS's Department of Education. Participation qualifies for a grade 10 personal development credit.

highlights

I just got an email telling me I received the \$5,000 Horatio Alger scholarship!!! I want to thank you so, so much for continuing to help us Catapulters even after camp is over. It honestly means the world to me and it affects me in the most positive way every day. This scholarship is a clear example! Thank you from the bottom of my heart! ~ Ali, Lunenburg

- Catapult Plus was recognized by Nova Scotia's **Department of Education** as a partner organization, qualifying our students with their grade 10 Personal Development Credit on their high school transcript.
- **Career Coaching** - Our 2015 pilot was a success with 10 students working one-on-one with a coach (via messaging, skype and/or phone). The program was rolled out to all students in October.
- Numerous students took advantage of our **employment program**, getting their resumes reviewed (and improved) and requesting a reference from us.
- Ava received the Leta Hill \$40,000 **scholarship** (and credited Catapult as the foundation for winning this award). Jessica won the \$16,000 Harrison McCain **scholarship** at Dalhousie. And Ali received the national \$5,000 Horatio Alger **scholarship** (see his quote above).
- Many other students received scholarships too. Catapult helped by providing reference letters. St Mary's scholarship office now recognizes Catapulters for special consideration.
- Kylie was awarded Family SOS's **Inspiring Youth Award**. Kayla was awarded both an HRM and NS **Youth Volunteer Award**.
- Catapult joined the **HRM Youth Committee** – a group of youth organizations in HRM sharing information and youth opportunities.
- We created a **Youth Council**. Led by and made up of Catapult alumni, the forum provides our Board with feedback to help shape and guide our programming.
- Tyler went **full circle** from 2010 camper to counselor! He was also our **first summer employee** (under NS youth grant). 2015 staff also included 2010 catapulter Martha and 4 junior counselor alumni from the class of 2013.
- We became active on **social media**. Facebook has always been our primary means of communication facilitating private groups, but our reach grew wider through Twitter and a new public Facebook page. Alumni and parents can also enjoy seeing us in action via Instagram.
- Lauren, Liam and Vanessa were appointed to a **Youth Advisory Committee** to NS's Minister of Education!
- Lauren became NS's rep for the **National Council** of Boys and Girls Club and facilitated a workshop on 'Youth Volunteerism' at their national conference!
- Breton, Desiree and Dan were awarded the **Lieutenant Governor Awards** for leadership and citizenship (bringing our catapult tally to 15!).
- Sarah created a **SMILE Club** at her school, providing fun lunch-time activity for disabled students. She is Catapult's 7th student to do so!
- Catapult awarded the annual **Catapult Plus \$1000 bursary** to Samantha who was involved in student council, band, drama, Me to We, NSSSA and prom committee all while earning gold standing academics! Catapult Director Stefanie's '**Fear is a Liar**' Bursary recognized Aliah's leadership initiatives with \$1000 towards her 'Geodesy & Geomatic Engineering' program at UNB.
- Over 40 Catapulters re-connected at **We Day Atlantic** including our own little group of 8 (thanks to our print sponsor Advocate!). Several were volunteering there. Lauren and Liam are trying to organize an all-Catapult Me-to-We mission trip to the Dominican Republic.
- Robyn was awarded a full scholarship for a 3-week **Irish Language Immersion** program in Ireland!
- At conference, all students shared their '**pay forward projects**' (and practiced their public speaking skills at the same time). Their projects were inspiring and ranged from shoveling driveways for elderly neighbours, to organizing a dinner to raise money/awareness for military personnel with PTSD, to coaching or tutoring at junior schools. All projects were meaningful and all provided practical leadership experience.

Catapult Plus has sincerely changed my life. I don't know where I'd be, or who I'd be without the lessons I've learned and the people I've met and grew with. I am so so thankful that I've had this opportunity for 3 years and I will continue to pay it forward. ~ Brooke, Guysborough

Catapult has made me realize what a difference that one person can make. ~ Thalía, Truro

I learned that even when all the odds are against you and nothing seems to be going your way, as long as you never give up you can do basically anything! ~ Drew, Barrington

Catapult Leadership Society



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