

E-Newsletter March 2021

# BUILDING THRIVING COMMUNITIES

Community Schools in B.C.

Powered by



**United Way**  
Lower Mainland

## Contact

This is our 6th Community Schools in BC e-newsletter and our goal remains to both inform and build networks in the field of community education and schools in B.C. In this edition the **threads of community schools** are described in detail. Please email Sukh Shergill at [SukhS@uwlm.ca](mailto:SukhS@uwlm.ca) to contribute updates or join the mailing list.

## Professional Development



**Reminder: Community Schools in BC**, powered by the UWLM is hosting a professional learning event for those interested in and connected to the work of community education.

**Friday May 7, 2021  
9:00 AM – 12:00 PM**

The planning committee is reviewing options for exploring the topics of family engagement, funding, youth & mentorship, virtual programming and mental wellness.

## Provincial Advisory

Interested in strategic planning with BC Community Schools Advisory Committee (BCCSAC)? Email [SukhS@uwlm.ca](mailto:SukhS@uwlm.ca) to RSVP for the next meeting.

**Friday May 28th, 2021  
1:00 – 2:30 PM**

Last meeting we had a compelling presentation from Morgan Kyle, Associate Superintendent of Campbell River SD #72. The advisory committee provided consultation and articulated significant ways that a Community Schools approach could support challenges being experienced. The group was also joined by Kap Manhas, Assistant Superintendent of Prince George SD #57. He shared that Community Schools Coordinators support 8 schools in their city. Sam Ingham of Breakfast Clubs of Canada (BCC) updated the group on their approach and adaptations made due to COVID. For more details of BCC please watch this video.

<https://www.youtube.com/watch?reload=9&v=SAsbgRORP24&feature-youtu.be>



# Community School Threads

The 4 Community Schools threads are woven through each of its nine elements.

**Social & Emotional Learning** is the process through which individuals develop the skills, attitudes and values necessary to manage one's own emotions and recognize them in others. It includes forming positive relationships, identifying and solving problems, feeling empathy and sympathy, and help-giving and -seeking behaviours. Community Schools nurture social and emotional capacity in their students, families and community members.

**Health & Wellness** is a state of physical, emotional, mental and social well-being. Wellness is a conscious, lifelong process of making decisions towards a balanced, healthy and fulfilling life. Community Schools empower students, families and community members to pursue both their own personal health and collective well-being.

**Community Development** is a process where community members come together to understand, engage and develop strategies for issues impacting their community. Capacity is built and community resources are strategically mobilized, through a collaborative method of planning and decision-making. Community Schools help communities obtain, strengthen and maintain the ability to set and achieve their own collective objectives.

**Lifelong Learning** is all learning that is pursued throughout life with the aim of improving knowledge, skills and competencies. It is flexible, diverse and available at different times and places. Community Schools create opportunities and remove barriers to learning, moving beyond the boundaries of traditional schooling.

Please refer to our February Newsletter for a detailed description of the Elements of Community Schools.

Community Schools extend hours, services and relationships



— A Community School is people. It is a place and set of partnerships between the school and other community resources.

Its integrated focus on school success, child and youth development, family support and community development leads to improved student learning, stronger families and vibrant, healthy communities.



Pitt Meadows Shotokan Karate rented space at local schools prior to connecting with Drea Owen, Manager of Community Schools for SD#42. Now they offer the community even more, through an integrated approach that is characterized by creativity, collaboration, and resourcefulness.

Sensei Amy-Lyn Shaw feels a growing sense of ownership in the schools and community where she conducts her work. She comfortably liaises with school staff, parents and other community organizations to problem solve and ensure children have opportunities to learn and thrive.

## *Out of School Time Impact*

Amy-Lyn says, "through this partnership, I get to work with kids that need the program. We create a place of belonging during after-school time. It is great to be part of a team that eliminates barriers for families. We would have never met these children through our regular operations only."

Each semester the Karate team now organizes a community service project. For example, they noticed that the wood art on the school fence was rotten and orchestrated with multiple community partners to revive this. The wood and paint was donated, a former graduate and current apprenticeship student volunteered to cut all the wood templates, and they worked with classes to brighten the school entrance.

Shotokan Karate also hosts fundraising events to ensure each participant has a uniform and that there are complementary spaces in their program. Recently, they were recognized by CFOX as Random Acts of Kindness Winners.



## *Learn More*

Contact Amy-Lyn Shaw at [theninjalady@gmail.com](mailto:theninjalady@gmail.com) or visit [www.pittmeadowskarate.com](http://www.pittmeadowskarate.com)