

Catapult 2016

year in review



The more time I spend with Catapult, the more I realize how life changing it is – for our students, our staff and even myself. Our board, staff and volunteers create an environment where every person is accepted for who they are – and loved for being a dynamic and unique individual. This “safe zone” allows profound self-exploration, development and even transformation. Our students become confident in themselves with a drive to reach the potential they discover in themselves.

2016 was a banner year for Catapult. It was the first year with Catapult students and alumni graduating from high school, college and university. We can boast that our graduation rates and post-secondary entrance rates significantly exceed the provincial average (despite a life that lacks privilege and opportunity). We also saw increased interaction among years. University students reached out to the new “crew” welcoming them to their next chapter; they rallied together with our banner in Halifax’s Pride Parade, and each day we see online encouragement across all Catapult years.

With your support, we have provided a solid foundation for 400 students across Nova Scotia. They are paying it forward through acts of volunteerism. They are making a difference in the communities in which they live. Imagine if all of Nova Scotia’s potential was harnessed in such an encouraging and supportive way! Thanks to the community leaders who generously fund us, Catapult is developing effective community builders. Youth who are willing to stand up to bullying, offer kindness to strangers, and give back by assisting individuals and organizations in their communities.

It continues to be my privilege to witness unparalleled growth and true transformation in the youth we serve. I look forward to highlighting more student success stories on our social media channels throughout the year.

Lori Barker, Executive Director

the year in numbers

- **50** Catapult campers
- **80** Catapult Plus participants
- **47** alumni at conference
- **1,836** hours volunteered by Plus catapulters
- **87** charities helped by Plus catapulters
- **\$23,005** raised by Plus catapulters for charity
- **3.4** extracurriculars per catapulter (on avg)
- **30%** involved in student government
- **98%** graduated from high school
- **73%** pursuing post-secondary education (46% University, 27% NSCC or other college)
- **95%** of schools have nominated students
- **8** years, **400** students catapulted from **170** 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.

Catapult Leadership Society

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www.catapultcamp.com

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follow us!



highlights

MY LIFE IS CHANGED. In just a week I have met people that I will talk to and love for a lifetime, learned essential skills that I will truly apply to my everyday life, and most importantly, I have found myself.

~ Kayley, Dartmouth

- NS's Deputy Minister of Education invited us to present the Catapult model to the **Transition Task Force** whose mandate was to recommend more effective ways to transition students into university or the work force.
- Lauren, Liam and Vanessa were appointed to the **Youth Advisory Committee** to NS's Minister of Education.
- Megan was awarded the \$20,000 Clifford & Helena Oliver Bursary by Acadia University. Rachel received a full scholarship from Metro Care & Share. Ali was awarded a \$5,000 Horatio Alger Scholarship. And many others earned **scholarships** towards their post secondary education.
- Our annual **Catapult Plus \$1000 Bursary** went to Brooke. She was on 4 sports teams, the events and social awareness committees, and organized a youth health summit.
- Haley and Desiree were awarded the **Lieutenant Governor Awards** for leadership and citizenship (bringing our Catapult tally to 16!). Raianne received the **Queen Elizabeth II Medal**!
- Megan, Kiara and Kayan were each awarded an HRM **Youth Volunteer Award**. Brandon was recognized as River Hebert's 'Student Volunteer of the Year'.
- Vanessa, Kiara, Shea and Kristoff became their **Student Council Presidents** (bringing our tally up to 13!).
- Catapult's 2016 Counselor team was star studded with **100% returnees** with an average experience of 4.4 years!
- 2016 conference staff included 2 **catapulter counselors** and 1 catapulter admin support. And we recruited our 4 junior counselors from Catapult's class of 2014.
- Lauren was re-elected NS's rep for the **National Council** of Boys and Girls Club and facilitated a workshop on 'Youth Volunteerism' at their national conference!
- 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!
- 2010 Catapulter Liam shared the impact of his camp experience to a crowd of 900 business people at the **Halifax Chamber's** annual spring dinner.
- Catapulters from various years carried our banner at Halifax's **Pride Parade**. Others united in the Walk for MS.
- Over 40 Catapulters from numerous schools re-connected at **We Day Atlantic** including our own Catapult group of 8 (thanks Advocate!).
- Robyn was awarded a full scholarship for a 3-wk Irish **Language Immersion** program in Ireland!
- Cameron created a **public speaking** club at Central Kings. He then competed at the NS Skills Competition where fellow catapulter Emily won!
- Taylor was one of 200 Canadian youth selected to attend **Adventures in Citizenship** in Ottawa. She was also accepted to Me to We's Leadership camp at St FX.
- Skye & Joel made top 10 in CEED's **Student Superpower Challenge**. Skye won \$5,000 of non-cash support to help develop her app called LOVE which connects willing volunteers to local charities.
- We began inviting a Catapult alum to our **Board meetings**. It's not only a great opportunity for them, but they also add energy and effective feedback to our meetings.
- Relations were strengthened and new connections made with **other youth organizations** including Pathways, MacPhee Centre, HRM Connections, Heartwood and Halifax North Youth.
- 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 volunteering at a nursing home, 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 lessons.

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.

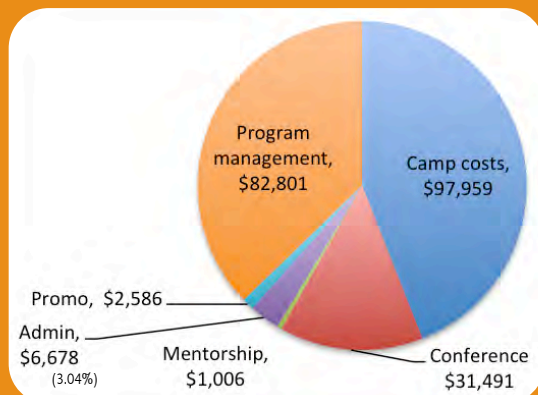
PLUS Conference

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



What has this camp meant to me? Life changing comes to mind but life saving is more accurate. People like to focus on the money aspect, but it's so much more. I felt and feel alone the majority of the time, experiences like Catapult are one of the exceptions. Meeting like minded people, have helped me to open up and to enjoy this life I've been given. When you handed over money so I could be here, you not only paid for things like rooms and halls but you helped to save me! For that I'm forever grateful! Because of you my world is a little brighter and a lot longer. Thank you!

What were your top 3 meaningful things of the week?

- Positivity and Love
- Acceptance & encouragement
- Confidence
- Finding myself
- See everybody for themselves
- Making life long friends
- You define yourself.
- Anything is possible
- The hole shebang (-:

In what way do you think this week changed you?

- "I have more confidence in myself and it showed me how to smile and I think smiling brightens the world so I will teach that to people."
- "It changed the way I look at the world. It gave me a positive attitude, like I can do anything."
- "It taught me to love myself. I can't thank you guys enough."
- "It made me a better person. I will help other people and volunteer a lot."
- "I will be more open-minded."
- "It's taught me how to deal with problems in a good way."
- "Too much to write ... words can't explain. This has CHANGED my life and I've finally found myself."

Thank you for giving me this opportunity to learn how to be a leader. During the week I spent at Catapult I learned to be more confident and to be myself instead of being what other people want me to be. I stepped out of my comfort zone and had a lot of fun. I met a lot of people and did a lot of stuff that normally I wouldn't even dream of doing. Again I would like to say thank you for this opportunity.

Dear Sponsors,

I cannot tell you how much Catapult has changed me. Before this week, I could never see myself as a leader, I was terrified of public speaking and I would never really share my opinions. Catapult made me see that anything is possible if you just work for it, and anyone/everyone has the potential to do amazing things in their lives. It made me see changes in everyone including myself, everyone came out of their shell and stepped out of their comfort zones, we became confident and I can guarantee you that every single person grew as a leader. I met people I never thought I'd meet, some became my idols, some became good friends. This week was memorable and I want to thank you for that. :)

"I aspire to be successful in life and show youth in my community that it doesn't matter where you come from. All that matters is who you are. That if you put the effort in, then you can do anything." ~ Kiara

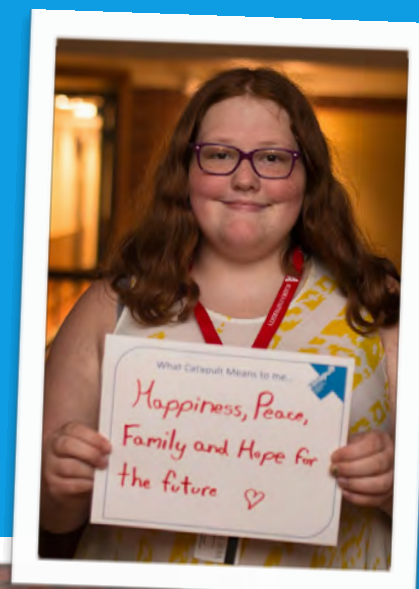
"Catapult changed my world. You all have made me want to be a better person. You see my potential before I see it. You believe in me before I do and you have given me so much knowledge that I will use forever." ~ Taylor

"Plus was a 100% boost up in every way. It's made me reach above and beyond my goals. I'm more passionate about volunteering. And I'm actually excited about university now instead of scared. Thank you!" ~ Evan

My name is Khal, and I would like to graciously thank you for paying for my Catapult experience. This was the best week of my life so far. I've learned so much and made a lot of friends.

I've learned about the values of teamwork, communication, confidence, perseverance, and goal setting. I've gone mud sliding, sung on stage, and traversed rope courses.

I'm so glad I came here, and I couldn't have done it without you. So thank you.



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

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Every dollar is appreciated!