

## **Youth Settlement Program REVIEW**

### **June 2012**

In June, Newcomer Youth Program ran successfully with the services provided to youth clients through assistance & referrals on settlement issues including the weekly programs on language and tutoring. The highlights of the month were youth community leadership recognition at our AGM and also the award ceremony for youth team members for successfully completing two projects, GA4H and STOM-R.

#### **Youth English Language Skills Development (YELSD) for Newcomer Youth**

Due to exams at schools, we did not hold any language sessions in June.

#### **HIGHLIGHTS of the Month**

##### **Youth Community Leadership Recognition**

Since 2011, our youth program recognizes youth leadership group members at the annual general meeting with a Youth Community Leadership Certificate for their contributions as active participants and support for the program's members and activities. 18 youth were honored this year on June 13<sup>th</sup> at the AGM.

##### **Girls Active for Health project (GA4H)**

In June, the project hosted two major physical activity sessions, each attended by over 15 girls (12 to 18 years old) on average. Girls learn about various physical activities related health benefits through interactive sessions using creative worksheets co-prepared by the two girl team leaders. The group learnt interesting facts about badminton, basket ball, swimming, and running. They also shared various stretching tips each session by cumulatively learning more stretching tips at the end of each session. Some of the sports they played in groups included leisure swimming, basket ball, volley ball, Frisbee and badminton. Everyone walked to our activity destinations (e.g. Lakeshore, Trinity Park and McCormick) to help them appreciate the benefits of physical activity, the major goal of the project. All activities also included delicious snacks and food time where they all had both healthy and not-so healthy snacks such as fruits, pizza, ice cream, candies, chips and other snacks.

The first session in June was on Sun Safety and Bollywood Dance. Sun Safety was facilitated by TPH representatives where the girls learnt about the importance of protecting your skin when going out in the sun. The dance was facilitated by a youth who taught some basic dance skills followed by all the participants learning the steps for a bollywood song.

The second session of June which was the last physical activity session of the project girls was held outdoors at Trinity Bellwoods Park. Some of the girls went for a leisure swim at Trinity Community Centre. The girl team members played other sports such as volleyball and badminton. We also had a peer youth facilitator to present some badminton tips. The final session was also when all team members did their full evaluation of their experience in the 3 month pilot project.

Few testimonials from the girls;

“Had a blast, learned about sun safety and also dancing with my friends”

“use sun glasses that have uva and uvb protection”

“I enjoyed going for swimming even though the water was a bit cold. I also liked the evaluation session exercise”

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More Testimonials from sessions and evaluations by the girls will be shared online at the project site latest by mid July.

Website: <https://sites.google.com/site/girlsactive4health/>

Facebook Page: <http://www.facebook.com/GirlsActive4Health>

### **Peer Tutoring Club - Fridays**

Four sessions were held in May. The peer tutoring club provided peer support in helping with solving homework and school assignments. Some of the subjects they helped each other were on Math, English, Geography, keyboarding skills, Chemistry. Since March we have started recording a log on the subjects youth are working on in Tutoring Club which helps identify how the peer learning system is effective.

The last session, on June 22<sup>nd</sup> was held for Summer Program Registration since all the youth have completed their exams and were preparing for holidays, jobs, summer school or looking for fun activities/programs to join in the summer.

### **Parkdale Newcomer Youth Committee (PNYC) – a youth leadership group initiated by the Youth Program of PIA and PCIC**

PNYC monthly meeting was held on June 29<sup>th</sup> along with the youth projects award ceremony.

STOM-R project had several meetings in June to complete project evaluation and to prepare for the final award ceremony. The project prepared a youth review book which compiled the monthly reviews from 9 team leaders and more contest reviews from over 18 youth volunteers. The pdf version of the book will be made available via youth newsletter (SPARK) and also via project's dedicated site so that anyone can have an open access and read the real thoughts and reactions of youth on smoking in children rated movies. The five judges of the youth review activity were sent a greeting card, review book and DVD of youth movies for their contribution and support.

### **AWARD CEREMONY – Friday June 29<sup>th</sup>**

The much awaited ceremony to celebrate the conclusion of our two youth projects, STOM-R and GA4H was held on Friday, June 29<sup>th</sup> attended by 34 youth members. Youth team leaders and members received various gifts, certificates and honorariums for their dedication in learning and serving their peers and the community through health advocacy and related projects. Below is an evaluation paragraph from a STOM-R project youth member (all evaluation notes will be updated also on the STOM-R project site by Mid July);

**“Being a core team member in this project helped me gain skills that I will use in my future. Not only have I learned the harms of smoking in films but I have also gained courage in speaking in public. Being a team leader gave me a chance to lead a group and increase my responsibility. This program gave me a chance to engage and co-operate with other people. The experiences I have gained in the project, I will cherish for the rest of my life.”**