

MySchoolROCKS



CHARITY SNAPSHOT 2022



MySchoolROCKS
Youth Charity
Mississauga, ON

For more information about
R.O.C.K.S. workshops,
arts-based learning and
educational resources,
please visit us at:

www.myschoolrocks.org

Registration No.
787689520

With 2022 drawing to a close, MySchoolROCKS would like to send all of our supporters a very warm THANK YOU. Thank you to our generous benefactors: **The Community Foundation of Mississauga, TELUS Friendly Futures Foundation, the Sandbox Impact Project, Healthy Communities Canada, Jumpstart**, and our donors at **Canada Helps** whose timely support allowed us to maintain operations despite enormous challenges navigating the global pandemic.

Thank you to those who visit our website, follow us on social media and a special tip of the hat to those who light up when we describe the exciting things that R.O.C.K.S Programming can offer.

January began with the hope that restrictions would gradually ease. Unfortunately, 2022 saw continued shutdowns and wide spread disruption well into March. Although some progress was made, the greater educational community still has a long road ahead in both the near and long term. Without a doubt, many challenges persist---BUT THEN SO DOES the MySchoolROCKS Team!

With a healthy dose of cautious optimism and NEW ROCKS '23 programs on the launching pad, we are looking forward to once again inviting aspiring young creatives to "ROCK & UNLOCK" their full potential.

Please Stay tuned...

Wishing everyone a happy, healthy and prosperous 2023!

The MySchoolROCKS Team

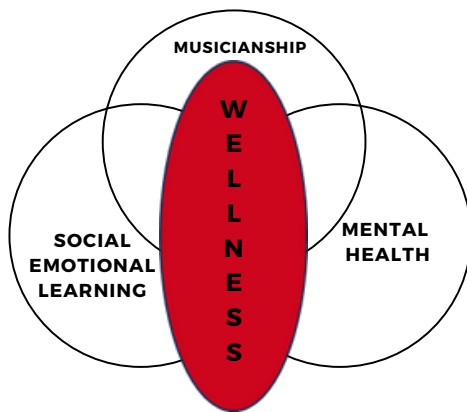


MySchoolROCKS is a registered CRA charity (# 787689520) and recognized NGO Source that personifies the synergy between the Arts, youth wellness and technology. Building on a dynamic six years of growth, our team of educators and professional musicians have delivered enriched, music based programming to over 13,000 students throughout Greater Toronto.



From “Rock Out Bullying” concerts, workshops, after school clubs and summer camps, to 2019’s highly successful pilot project “Music & Mental Wellness R.O.C.K.S”, MySchoolROCKS methodology is anchored by progressive music instruction, best practices in social/emotional learning and fundamentals of youth mental wellness.

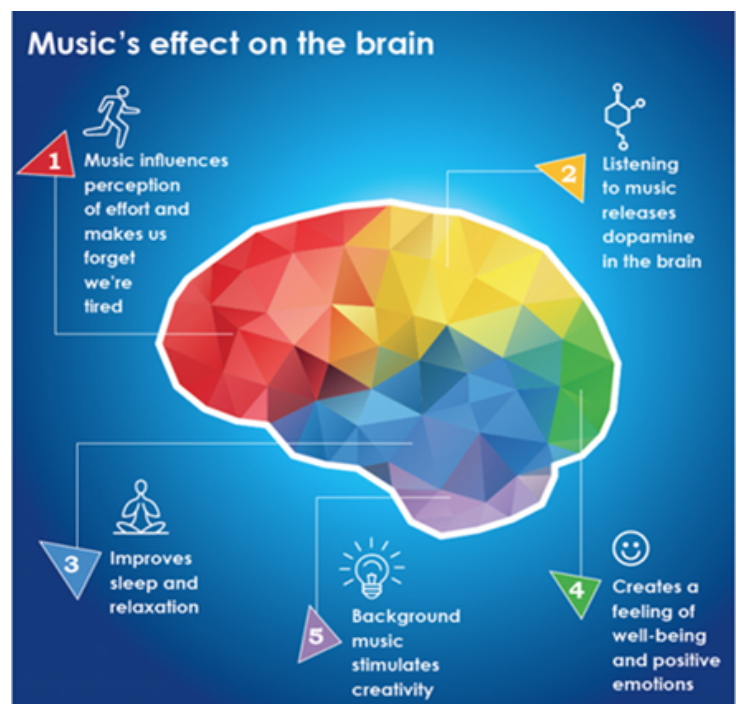
What is MySchoolROCKS Youth programming all about?



Youth Wellness R.O.C.K.S (The R.O.C.K.S Project) is a community based, extra-curricular program that purposefully leverages the meta-cognitive exercise of learning music to help participants embrace growth mindsets and gain transferable tools for success. Interactive, hands-on workshops use instrumental music, the applied arts and technology to guide participants through enriched, project-based learning. Building on the key fundamentals of musicianship, evidence informed wellness strategies, design based thinking and digital literacy, we invite participants to “ROCK and UNLOCK” their full potential!

How is “R.O.C.K.S” programming innovative?

Why combine personal development with brain science and the musical arts? MySchoolROCKS pedagogy is based on principles of Progressive Music Instruction (*Musical Futures; Western University*) and leveraging the term “R-O-C-K-S” through intentional five word acronyms. Each letter represents a skill or strategy that highlights fundamental tenants of *Social Emotional Learning (SEL)* and can be used to strengthen a participant’s **GROWTH MINDSET**.



Music and Youth Wellness R.O.C.K.S workshops are much more than traditional after-school music “lessons”. **Value is added** to learning by doing through the infusion of R.O.C.K.S

DUAL MESSAGING:

MUSICIANSHIP SKILLS
Examples

Rhythm
Orchestration
Cadenza
Keys
Sound

MENTAL WELLNESS
Themes

Resilience
Open Minded
Care
Knowledge
Success
Strategies

Musicianship

PLUS

Mindfulness!

* R.O.C.K.S music workshops are anchored by participants learning to play user friendly instruments such as **The Bucket Drums**. What makes R.O.C.K.S unique however, is that participants are prompted during the lesson to **focus on BOTH rudiments** (rhythm, notes, sound) **as well as elements of mindfulness** (being present in the musical moment, positive self-talk/re-framing negativity and breathing exercises that counteract anxiety while playing).

As added enrichment, R.O.C.K.S explores multi-genre and cross cultural themes by investigating instruments from around the world and songwriting through diverse cultural lenses. Participants will also have opportunities to share their music with broader audiences via the MySchoolROCKS website or embrace leadership opportunities by creating public service announcements that deliver positive messages to their school or community!

MySchoolROCKS Sample Bucket DRUMS Workshop:

Objective: Participants will engage in an authentic, hands-on music experience as a bucket drumming musician

- i) Participants will explore the R unit RESPECT and rudiments of percussion in the style of QUEEN’s “We will R.O.C.K. You!”
- ii) Part two of the lesson is a follow up wellness and reflection session where participants analyze their focus/concentration and sensations during the drumming instruction.
- iii) Closing activity: participants discuss and role-play conflict resolution scenarios where respect is the key to healthy relationships

* **Participants will explore musical notation and demonstrate their knowledge through performing, creating, and listening. Participants will apply critical analysis in response to a variety of musical experiences (Ontario Arts Curriculum; pp.23-28)**

* **Wellness Literacy: students apply their knowledge of how music impacts personal emotions, reflect on their strengths, and determine next steps when creating/interpreting music (CASEL)**

* **SEL/collaboration/character: students use logical arguments to support analyses and judgments of their own and others’ musical efforts, while showing respect for the opinions and efforts of others. (Ontario Arts Curriculum p. 120-125)**

Key Vocabulary/Terminology: Respect, Rhythm, Reverb, Re-try, Relax, Repeat, Rebound, Resilient

Materials: One bucket drum kit per student (*PPE protocol required)

Lesson Summary: The instructor will lead an inclusive beginner’s guide to bucket drums working through rudiments and focusing on the lyrics to the song of the day (see <https://myschoolrocks.org/our-program>). Participants will have time to practice with instructor guidance. The second phase of the lesson involves participants role playing scenarios (and reflecting in real time) where someone is struggling with musical composition, or is struggling with critique.

The scenario includes curating positive/negative feedback and most importantly—**how can ROCKS strategies be used to diffuse negative comments and thinking?** In follow up, participants can form groups to share their learning and practice positive strategies for success (future lessons may include the creation of Public Service Announcements promoting respectful behaviour, how to be a “ROCK” for a friend, how to be a resilient person etc...)

R.O.C.K.S Keys to Success is Student VOICE:

Debrief/Student feedback and Extensions: Did you learn the song on the first go (why or why not)? How many attempts did you make before you were frustrated? What strategies did you use when you became frustrated? What was something positive to build on? Can you improve? Can you share your composition? How will you share: live or via social media?

Key Take-Aways: How many of today’s KEY Vocabulary did you actively use in your interactions? Describe your problem solving process in our exit ticket--What are some real world applications?



MySchoolROCKS Financials at a glance

MySchoolROCKS has navigated massive disruptions that have directly impacted the full delivery of ROCKS programming. In the late Fall of 2021 and particularly at the start of 2022, we were unable to avoid a system wide return to mandated shutdowns stemming from the Omicron wave. Despite assurance from Provincial officials that schools and community centres would remain open, widespread closure was mandated.

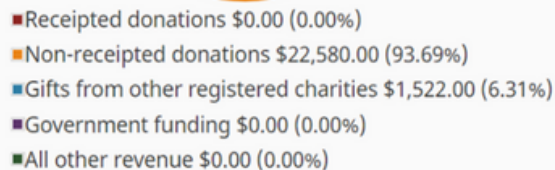
With our educational and community partners effectively closed (and teachers uncertain with moving forward, we were forced to scramble and re-create entire projects. Understandably, this had a profoundly negative impact on both our 2022 programming and year-end finances:

Thanks to the generosity of our sponsors and benefactors, MySchoolROCKS was able to restructure expenses and maintain operations at a reduced capacity. The Team was able to:

- Deliver revamped programming to long time partners in the Toronto District School Board (*The Brave Project - Rob Aguiar*)
- Create new in-person programming to deliver Fitness ROCKS workshops to young people through our collaboration with the *YMCA of Oakville, Peter Gilgen Centre in Halton-Peel*

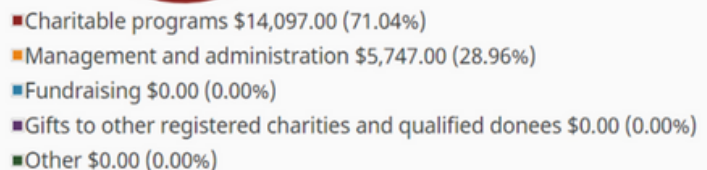
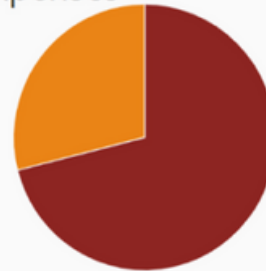
MySchoolROCKS is building on the success of these rejuvenated youth workshops. We are drafting a strategic plan to re-engage these community partners and to collaborate with trusted consultants, educators and members of the GTHA business community to refocus the reach of ROCKS programming.

Revenue



Total revenue: \$24,102.00

Expenses

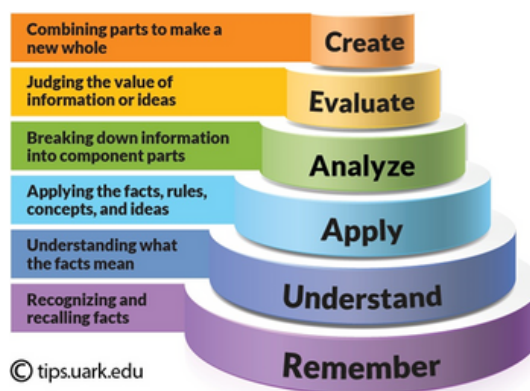


Total expenses: \$19,844.00



Keys to MySchoolROCKS Programming:

- Experiential Learning
- Positive Self-Awareness
- Problem Solving & Resilience



MySchoolROCKS Methodology

- R**- Respect Others
- O**-Open Up
(Be Open minded to new things)
- C**- Confidence (Own & Embrace it)
- K**- Kindness (Show it every day)
- S**- **Strategies for Success**

“Resiliency is still an important part of the (wellness literacy) puzzle and participants benefited from the skills to adapt to the (life) stresses. But to meet our joint responsibility for (overall) well-being, we need to foster a more collective form of resiliency grounded in trust, information, and youth empowerment.”

Resource adapted from:
<http://mediasmarts.ca/research-policy>



Strategies for Success (MAP IT OUT)

- Mindfulness & Self-care
- Anxiety & Stress Management
- Positive Self-talk
- Intentional Acts
- Time to Breathe
- Open to honest reflection
- Under React---Reframe
- Tools for Resilience



Exit Ticket

Name: _____

- What is something you did today that modelled RESPECT?
- What did you perform well today?
- What was a tough activity that challenged you today?
- What skills did you use to NOT give up? How? Why?



NEW Programs 2022-2023

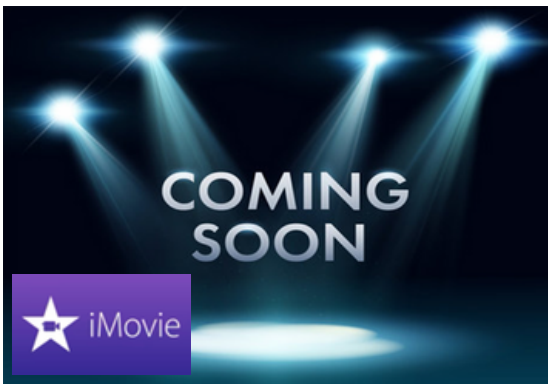
Fitness and Wellness ROCKS!

Building on the generous support of JumpStart Canada, MySchoolROCKS invites youth ages 8-13 to join us in our sports programming with a twist. Developing their physical fitness, throwing, striking, strategy and team building skills, participants in Fitness and Wellness ROCKS are challenged to invest mindfulness in every movement for maximum impact!



The program features elements of Basketball, Baseball, Hockey, Soccer and a grand finale Team Building Jamboree!!

Movie Maker ROCKS!



ATTENTION ALL ASPIRING MOVING MAKERS!!

MySchoolROCKS invites you to join us in this NEW creative Arts workshop. Using our library of props from some of science fiction's most famous movies, participants will use iMovie to create authentic movie trailers

MySchoolROCKS gratefully acknowledges the generous support of:



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Be sure to visit us at: www.myschoolrocks.org