

MySchoolROCKS

CHARITY SNAPSHOT 2023/24



MySchoolROCKS is a registered CRA charity (#787689520) and recognized NGO Source that personifies the synergy between the Arts, physical fitness and youth wellness. Building on a dynamic seven years of growth, our team of educators and industry professionals have delivered enriched, evidence informed programming to over 13,000 students throughout the GTHA.

From our original "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 instruction, best practices in social/emotional learning and fundamentals of youth mental wellness.

What is MySchoolROCKS Youth programming all about?

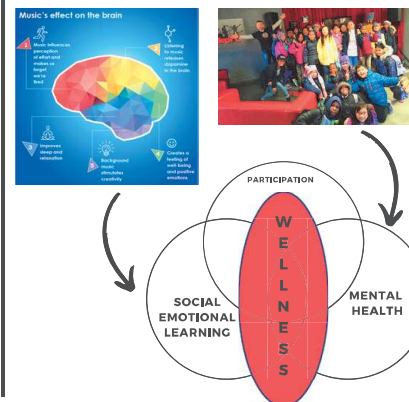
Youth Wellness R.O.C.K.S (The R.O.C.K.S Project) is a community based, extra-curricular program that purposefully leverages the meta-cognitive exercise of active learning to help participants embrace growth mindsets and gain transferable tools for success. Interactive, hands-on workshops use instrumental music, arts, technology and fitness fundamentals to guide participants through enriched, project-based learning.

MySchoolROCKS also believes that the philosophy of **Sports for Development**, the intentional use of sport, physical activity, and play to achieve specific development objectives, such as promoting health, education, and social inclusion can be used as an important catalyst that unlocks the untapped potential ALL young people possess (Source: Sports Canada)

Inviting our participants to **"ROCK and UNLOCK their Potential"**, the MySchoolROCKS team envisions all youth engaging with innovative, energizing and empowering activities that meet them where they are, amplify their strengths and help them activate strategies for life long success.

How is "R.O.C.K.S" programming innovative?

Why combine personal development with brain science, musical arts and fitness? MySchoolROCKS pedagogy is based on principles of Progressive 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**.



With the year 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 & United Way of Niagara, TELUS Friendly Futures Foundation, the Sandbox Impact Project, Healthy Communities Canada, Jumpstart**, and our donors at **Benevity/Canada Helps** whose timely support allowed us to maintain operations despite enormous challenges that persist across Canada's charity sector.

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 a healthy dose of cautious optimism and **NEW ROCKS '24** programs on the launching pad. Although it came with the usual logistical challenges, the MySchoolROCKS Team also navigated a successful move to our new headquarters and home in South Niagara. As our revamped programming gained momentum and word of mouth began to spread, the MySchoolROCKS Team was thrilled to be invited to The District School Board of Niagara's **FanCON** and enjoyed tremendous success facilitating R.O.C.K.S programming for over 500 students across the GTAA.

It is our ultimate goal to build on these wins, continue to network across our community and open a new chapter for youth programming throughout the Niagara Region. Making new friends and new connections, 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 year!

The MySchoolROCKS Team

Youth Wellness R.O.C.K.S workshops are much more than traditional after-school activities or traditional 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

- Participants explore ROCKS letter "R" as **RESPECT** and **Rudiments** of percussion in the style of QUEEN's "We Will R.O.C.K. You"
- 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.
- Closing activity: Participants discuss and role-play conflict resolution scenarios where respect is the key to healthy relationship

* 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 (Source: 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 (Source: CASEL Canada)

MySchoolROCKS Sample Fitness R.O.C.K.S Workshop:

Based on fitness, and low impact sports fundamentals (hit, run, throw and kick), Fitness ROCKS will engage key elements of the Ontario Curriculum and "account for the physical, cognitive, social, and emotional development of students, as well as their sense of self, or spirit...develop stability and locomotor skills as they learn to perform various combinations of movements and to associate movement skills with more specific manipulation skills (i.e., throwing, catching, and retaining, ready positioning, endurance, flexibility, body and spatial awareness)

In addition to the physical benefits of Fitness ROCKS, our program identifies and models life skills through our **pedagogical acronym R.O.C.K.S: Resilience/Open Mindedness, Confidence/Kindness and Strategies for Success**. During each module, youth are encouraged to set short, middle and stretch goals that can be "smartly" measured and monitored. Most importantly, youth participants are reminded to embrace positive self talk, mental reframing and problem solving at both the individual and team level. Structures sports provide a wealth of nuanced opportunities to unpack winning! (i.e. It is more than the number on a scoreboard) and shed light on those inner voices of self-doubt that can be an unwelcome barrier to a young person's success beyond sports.

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

Debrief/Student feedback and Extensions: Did you learn the song/skill 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? Did you improve? Can you share your success with the group/others?

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

Thanks to the generosity of our sponsors and benefactors, MySchoolROCKS was able to restructure expenses and maintain operations. The Team was able to celebrate these **WINS**:

- Relocate operations to South Niagara and respond to community concerns regarding the lack of youth programming across the Region
- Network across Niagara via The **Ridgeway Mental Health Conference** as well as **DSBN's FanCon 2024**
- Gain over 100 hours of professional development and mentorship from industry leaders at **The Jays Care Foundation** and **The Blue Jays Academy** to improve our programs

- Create and deliver in-person Youth Wellness ROCKS & Fitness ROCKS workshops to :

♥ 550 Elementary School Students

♥ 100 International, Indigenous and junior/senior youth athletes

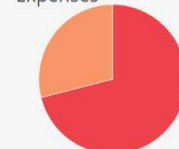
MySchoolROCKS is currently drafting a recalibrated strategic plan to engage community partners and to collaborate with trusted consultants, educators and members of the GTHA/Greater Niagara community to improve the impact and reach of ROCKS programming over the next five years.

Revenue



Received donations \$0.00 (0.00%)
Non-receipted donations \$22,580.00 (93.69%)
Gifts from other registered charities \$1,522.00 (6.31%)
Government funding \$0.00 (0.00%)
All other revenue \$0.00 (0.00%)
Total revenue: \$24,102.00

Expenses

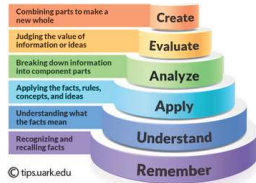


Charitable programs \$14,097.00 (71.04%)
Management and administration \$5,747.00 (28.96%)
Fundraising \$0.00 (0.00%)
Gifts to other registered charities and qualified donees \$0.00 (0.00%)
Other \$0.00 (0.00%)
Total expenses: \$19,844.00



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



NEW Programs 2023-2024

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 Baseball, Cricket, Hockey, Soccer, basketball 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::



Thank you to our generous donors at: CanadaHelps.org

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

Website powered by [GoDaddy](http://GoDaddy.com)



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?