

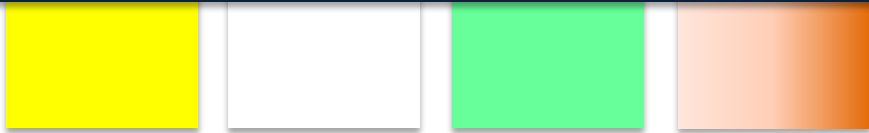


AFTER HOURS

HOURS

Jr. High Skills Program

Food • Friends • Fun



Boys & Girls Clubs



Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters
of Edmonton & Area

A good place to be | start something



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Description of Program

After Hours is a pilot program created by Vegreville and District Family and Community Support Services (FCSS) and Big Brothers Big Sisters of Vegreville (BBBS) and is intended as an after school program to introduce youth to activities that will build their self-esteem and social competence as well as show them that adults in the community value them.

Program Committee

Community engagement is important to the Vegreville & District FCSS and BBBS of Vegreville. To ensure that a variety of perspectives and knowledge were applied to this program the following organizations and agencies have been involved with the brainstorming, planning, and/or delivery of the program.

- Mental Health Capacity Building Project Vegreville (MHCB)
- Vegreville RCMP, School Resource Officer (SRO)
- Diversion Program, WJS Canada
- Elk Island Public School
- Elk Island Catholic School

Youth Input

Listening to youth and implementing their ideas is an integral part of the program. We held focus groups during lunchtime at both High School for Jr. High students. We received feedback on what types of activities they would be interested in, how often they would like a program like this to run as well as many other ideas they had for the details of the program.

Resources and Frameworks Applied to the Program

40 Developmental Assets for Adolescents: Search Institute has identified the following building blocks of healthy development—known as Developmental Assets—that help young children grow up to be healthy, caring, and responsible. These assets will be also be applied to the After Hours program. Developmental Assets® are positive factors within young people, families, communities, schools, and other settings that research has found to be important in promoting the healthy development of young people. <http://www.search-institute.org> Copyright © 2007 by Search Institute®, 877-240-7251; www.search-institute.org. This message may be reproduced for educational, non-commercial uses only (with this copyright line). All rights reserved.

Developmental Relationships Framework: The Search Institute has identified five elements expressed in 20 specific actions that make relationships powerful in young people’s lives. This is referred to this as the developmental relationships framework.

<file:///V:/FCSS/Youth%20Programming/Dev%20Relationship%20Framework-1-Page-04-26-2017.pdf>

1. Express Care
2. Challenge Growth
3. Provide Support
4. Share Power
5. Expand Possibilities

Food and creating an environment that lends to conversation and relationship building:

A recipe for friendship: Similar food consumption promotes trust and cooperation. This research examines the consequences of incidental food consumption for trust and cooperation.

<https://onlinelibrary.wiley.com/doi/pdf/10.1016/j.icps.2016.06.003>

Mentorship:

Mentoring influences a number of factors, including strong social supports, problem solving skills and community engagement. Additionally, mentors can act as a shepherd, connecting youth with other positive relationships, while expanding youths' horizons and strengthening relationships within the youth's own community. In so doing mentors increases a mentee's social capacity.

Different Learning Styles:

After Hours will be incorporating the different learning styles (visual, auditory, and kinesthetic) throughout the program to ensure a responsive program that offers a variety of strategies, activities, and different materials used to strengthen the success of the program.

ALIS <https://alis.alberta.ca/explore-education-and-training/whats-your-learning-style/> and Learn Alberta http://www.learnalberta.ca/content/kes/pdf/or_ws_tea_elem_03_learnstyl.pdf

The After Hours Program Schedule:

Activity	Timeframe
1. Ice Breakers	3:15-3:30pm
2. Skill Options	3:30-4:15pm
3. Connect and Eat	4:15-4:45pm
4. Clean up & End of Program	4:45-5:00pm

- 1. Ice Breakers:** Each session will start with an activity to unwind from the day at school and get to know the others in the group. This portion will be led by a Mental Health Capacity Building Project Vegreville (MHCB) Staff.
- 2. Skill Options:** There will be two options for the youth to choose from every week for the skill time. These options will change each week. Members of the community, that are passionate and knowledgeable about their skill, will teach the skill options.
- 3. Food:** At every session, there will be a meal prepared while the youth are in their skill options. Food is a big draw for youth to come to a program, but it also creates an environment that lends to conversation and relationship building with the youth. We will therefore end each session by bringing the two groups back together to enjoy food and conversation together.
- 4. Mentorship and Relationship Building:** Every week the youth will have a chance to meet new adults and build on their relationship with the volunteers and staff that are there every week.

This gives a consistent opportunity for the youth to have adults speak positively into their lives and show them inspiring examples of men and women in the community.

Description of Program Participants

Grades: The After Hours Program is open for youth in Grades 7-9.

The After Hours program will be:

- Made up of participants from all Jr. High Schools in the community.
- Reach out to home-school participants.
- Represent the community and include a cross-section of ethnicity, age, and gender.
- Will be held at both the Vegreville Composite High School and St. Mary's Catholic High School

Marketing and Advertising

Interested individuals can contact Vegreville & District FCSS or their school office for a registration form. Registration forms are due by Monday April 9, 2018.

Promotion: Vegreville & District FCSS & Big Brothers Big Sisters of Vegreville will promote the After Hours Program using the following:

Online promotion

- Posters and information will be shared online to the FCSS Facebook, Big Brothers Big Sisters Facebook, 106.5 Radio Community Calendar and on the Town of Vegreville Website.

Offline promotion

- FCSS and BBBS will promote After Hours by distributing posters in all the Vegreville High Schools
- A representative will do a short presentation to the high schools in the community about the After Hours Program.
- FCSS and BBBS will promote the program on County 106.5 FM.
- FCSS and BBBS will promote After Hours by having information at the Vegreville Spring and Fall Registration Nights.

Program Dates and Times

Session	Date	Time	Location
1.	April 11, 2018	3:15-5:00PM	Vegreville Composite High School
2.	April 18, 2018	3:15-5:00PM	St. Mary's High School
3.	April 25, 2018	3:15-5:00PM	Vegreville Composite High School
4.	May 2, 2018	*2:15-4:00PM	St. Mary's High School * Early Dismissal Day
5.	May 9, 2018	3:15-5:00PM	Vegreville Composite High School

6.	May 16, 2018	3:15-5:00PM	St. Mary's High School
7.	May 23, 2018	3:15-5:00PM	Vegreville Composite High School
8.	May 30, 2018	3:15-5:00PM	St. Mary's High School

Evaluation Plan

In order to evaluate the success and effectiveness of After Hours, Vegreville & District FCSS will administer a comprehensive pre and post participant evaluation based on Provincial FCSS Outcome Measurements. In addition, after every session we will hand out a feedback card to assess each participant's response.