



Embracing Life Project Final Report Template

Congratulations on completing your Embracing Life Project: ***Go Girls Mentoring Project!*** We hope that you enjoyed every success possible in planning and carrying out your event(s). Please use of this document as a guiding template for submitting your final report.

EMBRACING LIFE PROJECT FINAL REPORT TEMPLATE

Feel free to attach additional materials to the final report
The final report is due within 30 days of project completion

Project Title: **“Go Girls Mentoring Project”**

Organization Name: **Northern Settlement of Uranium City**

PART I – PROJECT EVALUTION

Project Goals & Objectives (as stated on the project application):

- **To have consistent programming addressing the issues of healthy living, physical activity, health relationships, cultural balance and self image**
- **Participants and mentors will complete a personal journal at the end of each session**

Did you meet your project goals and objectives? (Please describe why, or why not?)

Go Girls Mentoring Project was a complete success. Students from Grade 5-9 spent the school year 2014 & 2015 focusing and learning about issues of healthy living, community volunteerism, adolescent self-image and building healthy relationships with family, peers and community members. Groups consisted of self-care activities, - Meditation, Yoga, healthy cooking activities, social justice topics; (the importance of educating girls, self-awareness/care, communication techniques to help to build healthy relationships, anti-bullying & internet safety.) This young group set a goal to attend WE Day in Saskatoon, Saskatchewan. Through hard work, developing positive social justice activities the Go Girls Mentoring Group was able to raise enough funds to attend this amazing day. Many of the students had never stayed in a big city or had the opportunity to hear about the impact one person can have on the world. In combination to attending WE Day – the students were able to volunteer at the Saskatoon Friendship Inn (Soup Kitchen) and interact with inner city clients that utilize the soup kitchen to help feed themselves and their families. This group has also made a huge impact in the community of Uranium City, Saskatchewan. All students took what they had learned – both from the group and from their experience at We Day and educated the community about positive social justice changes and applied themselves to be positive role models. The students were interviewed by the Northern Aboriginal Radio Station (MBC) about their successes. This outstanding group of students also want to present their experience/motivate positive change and encourage other students living in the Athabasca Basin at the up- coming youth conference in Black Lake, Saskatchewan

The following metrics were identified on your initial project application that was submitted:

- **The completion of a daily journal as well as attendance to group discussions will be the indicators used to measure knowledge development and success**

Please describe or provide the outcomes of your project (this may include the results from the metrics outlined above). You may attach additional documents or pages if required.

All participating students continue to be strong role models in the community. At present, The Ben McIntyre School has a total of 9 students attending school. In the 2014 school year there were a total of 13 students attending school. 7 students participated in the Go Girls Mentoring Project – We Day initiative.

Once/ month 7 students attended workshops/meetings/social activities – as well as 2 parent volunteers. All of these students have developed a new confidence and are able to stand in front of a group and express their opinions and enjoy public speaking. All students are encouraged to attend this group and suggest topics that would be beneficial for themselves and their fellow students. This group continues to meet once per month in the 2015 school year. The younger students in the Ben McIntyre School are excited to learn from the older students – what topics were discussed at the group meetings. The circle of education and leadership completes an entire circle – from the Group Leader, to the Go Girls Mentoring Group Participants to the younger students – in turn impacting the entire community and making a difference in the lives of many – while having fun and improving the students' self-esteem.

Another goal for this group is to prepare students – completing Grade 9 to have the confidence in themselves to abstain for drug and alcohol use and focus on choosing a healthy peer group and the importance of completing school. Often times the students entering Grade 10 relocates and lives away from their parents/family and this is a very difficult transition. Students complete Grades 10-12 in Southern Saskatchewan.

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PART II – BUDGET

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PART III – SUCCESS STORY

The Embracing Life Committee (ELC) would like to highlight the accomplishment you've achieved with your project and share your success story with other communities across the north. To do this, please describe your project as a story that can be shared with other communities, including quotes and pictures from the event(s), as well as the development of positive partnerships. The story may be a personal reflection of the event(s), how the event(s) have contributed to health promotion, suicide prevention, intervention, or after-care, or may be a collection of stories, personal accounts or testimonies from your community. Your story may be used to encourage northern communities to work together and learn from each other. Please be advised that permission will need to be granted for any names used, and for those individuals appearing in any photos submitted (a sample photo-use permission slip is attached).

We Day

By Hannah.

On Friday we went to Saskatoon. We left at four in the morning, which was kind of early. The take-off and landing were pretty bumpy, but we finally got to Saskatoon at about 9:00 a.m.

In Saskatoon we met up with Chay, Dana, Dana's sister Tammy, and Dana's son Tyse. We went to McDonald's for breakfast. Then we all drove to We Day.

We Day was held in a huge building that had over 15000 seats. There were a lot of speakers that were really interesting to listen to, and some really good music. At lunch there was a break, and we nearly got smushed in a huge crowd. That was half-scary and half-fun. There were two more hours of We Day, and the last part was a light show that looked really cool. We also all got these little bags full of stuff like hats and notebooks.

We day was an experience that I'll never forget. It was really inspiring hearing stories from people my age say how they helped to change the world, and even better was hearing about what I could do. I was interviewed by a person at We Day, and they asked if I thought that I'd continue to do good works in the world. I said yes, and I meant it.

After We Day, we went back to our hotel, The Radisson. We put all of our stuff in our rooms, and then went to a restaurant called The Samurai for dinner.

The Samurai was a really cool Chinese restaurant where they cooked right in front of you! We were all given chopsticks to eat with and the food was amazing. There was rice, meat, cooked tofu, and more.

When we got back to the hotel we swam for a bit. We also slid on the waterslide. It was three stories tall! After we were done swimming and sliding, we went to bed.

The next morning we went to the Friendship Inn, which is a soup kitchen. We wiped down the walls, tables, and chairs. Then we got a tour of the Friendship Inn. It was big! After the tour, all of us had lunch. Then we served lunch for everyone else. It was really awesome. I got to meet people from all walks of life, and I learned that poverty comes in all shapes and sizes. Also, before this trip I thought that soup kitchens were just these empty metal buildings, but they're not. The Friendship Inn had a TV and waiting area, as well as an upstairs that was painted green!

After working at the soup kitchen, we went to a hockey game. It was Saskatoon vs. Seattle. Me and Amayah, Dana's daughter, talked A LOT. And, we all got signatures from the hockey players at the end of the game.

On Sunday we went to the mall. I bought some books and stuff. Then Amy came to see us, which was fun. We all visited and she came with us to dinner.

Dinner was at an amazing Brazilian steakhouse. There was a lot of meat, and most of it was super-spicy. There was also really tasty cooked pineapple.

Monday was the last day of our trip. We went to the mall again, and then we went swimming for two hours. After swimming we all went to a Chinese buffet for supper.

After supper, we went to another hockey game. This one was Canada vs. Russia. All of us got noisemakers and official WHL hockey pucks. At the end of the game, we said goodbye to Amayah and Tyse. Then we went back to the hotel and went to bed.

The next morning we got up at five. Then we flew back home. It was a fun trip, and I also learned a lot from it.

After talking to the students they have decided to give a \$4000.00 donation to the Saskatoon Friendship center to help them with operating costs.