

BEAT THE STREETS

IMPACTING YOUTH

NEWSLETTER
FALL 2022

Beat
the
Streets



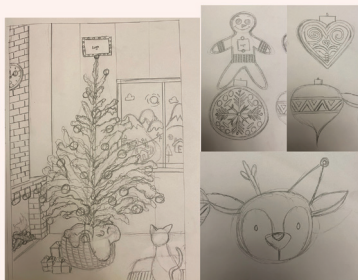
A VERY BIG THANK YOU TO OUR BTS COOP TEAM FOR PUTTING THIS NEWSLETTER TOGETHER!

Coordinator: **Norah Jaha**

Illustrators: **Hafsa Abbasi & Monilolaoluwa Aderibigbe**

A lot of time and work went into hand drawing and designing the front and back covers and all other illustrations inside, as well as coordinating with various staff to collect content. We are grateful for the dedication and commitment to making this holiday themed newsletter our best yet.

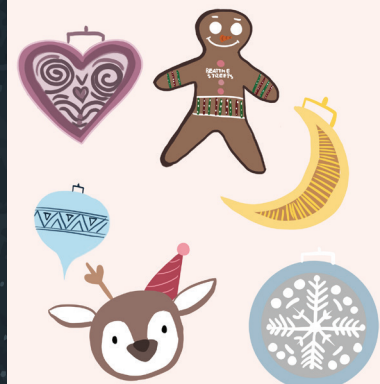
Rough Sketches - Cover page and ornaments



Rough Sketches - Hot Chocolate font



Ornaments



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SEASON'S GREETINGS FROM BTS

NEAL EWERS EXECUTIVE DIRECTOR

Once again, it was an excellent quarter for Beat the Streets, with lots of growth in our programs and board members. We are happy to say that we grew our board by adding six new members this quarter. A big welcome to:

- Chris Crooks
- Paula Czirank
- Donald Drummond
- Cindy Stater-Drummond
- Courtney Lewis
- Steve Westwood

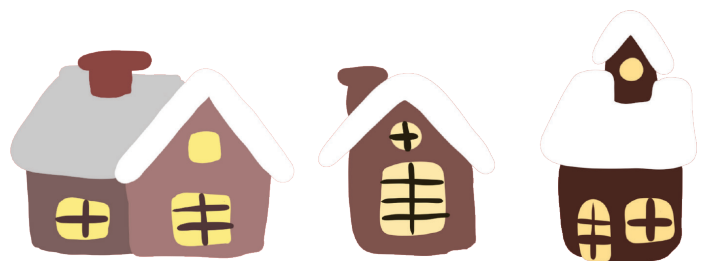
Our Volunteer program got off to a great start under the leadership of Kathy Khoa, a former Work It Program participant. She has not only done a great job running the program so far, she has also developed a partnership with Guelph University Humber, where kinesiology students can volunteer their time to assist BTS with our programming.

We want to thank Moni, Hafsa and Norah, our coop students, for this semester. They were instrumental in putting this newsletter together, among other things.

Our Level Up and You Grow Girl Programs are on the rise and are well-received by all who participate in them. These programs are being coordinated by Paul Raso, who is doing a fantastic job. He's gone above and beyond duty to ensure our programs are successful.

Our Wrestle 4 Fun program reached over 1,800 students in the Toronto District School Board this semester, and it was well received by all who attended. Thank you to Arely Torales and Jackson Glasgow for doing a great job!

Lastly, I would like to thank all of our Donors and Funders, especially John Park, our founder, for his guidance and generosity in making all of this possible.





150 YOUTH LEVEL UP THEIR HEALTHY HABITS

THANKS TO SUPPORT FROM **JUMPSTART CHARITIES**, BTS DELIVERED LEVEL UP PROGRAMS AT URBAN SQUASH, HARBORD C.I AND EMERY C.I.

Level Up has seen amazing success so far this year. With 3 programs running in central Toronto, one in Jane and Finch and one in Rexdale; Beat the Streets has already left an impact with the TDSB and Toronto charities that serve marginalized youth.

Both Harbord Collegiate and West Humber have already signed up for programs in their second semester and Urban Squash Toronto is hoping for some longer-term programming using the Level Up model. We have served almost 150 students so far with Level Up alone. Students from all programs have thanked us for both the physical component as well as the resiliency

training. They have demonstrated and expressed gratitude for the opportunity to try something different in their physical journeys with boxing as well as being able to communicate, share and even seek help with the areas of their social-emotional growth that have been impacted by COVID-19.

The program continues to grow and experience success as teachers and program facilitators welcome and look forward to ongoing partnerships with Beat The Streets Toronto.

Paul Rasso, Coordinator



Youth at Urban Squash in Toronto learn fundamentals of boxing from Coach Ryan.

75 GIRLS GROW THEIR RESILIENCE WITH BTS

THANKS TO SUPPORT FROM **JUMPSTART CHARITIES**, BTS IS DELIVERING YOU GROW GIRL PROGRAMS AT WEST HUMBER C.I.

You Grow Girl is off to a great start with two full programs having been completed at West Humber Collegiate Institute and three more already scheduled for second semester.

There are also two programs scheduled at the start of the new year at Emery Collegiate Institute. Both schools are in very marginalized communities and have welcomed all aspects of the program. Especially the empowerment of participating in a sport traditionally thought of as male only and the opportunity to have

a voice that is distinctly female to share some of the struggles that girls are facing post COVID-19.

The engagement, discussions, questions and even comments on how much they enjoy the program has not only been encouraging but very validating in the notion that Beat the Streets is having a very positive impact on girls in marginalized communities.

Paul Rasso, Coordinator

YOU GROW GIRL

FUN AND DYNAMIC RESILIENCY BUILDING PROGRAM FOR GIRLS

- Learn basic boxing techniques to level up physical skills and experiential learning activities to level up the social-emotional skills.
- You Grow Girl provides girls the tools and growth mindset they need to constructively navigate, adolescence, successfully transition to adulthood and realize their full potential in a fun and safe environment.
- For girls ages 13-18 across the GTA

- ✓ Free: 8 x 1 hour lessons for your class!
- ✓ No equipment needed
- ✓ Train your body and mind
- ✓ Learn from a professional coaches, athletes and educators
- ✓ Get takeaway strategies for goal-setting, coping with stress, decision-making and critical thinking

BEAT THE STREETS
IMPACTING YOUTH

beatthestreets.ca/YouGrowGirl info@beatthestreets.ca 416-893-4476

Poster for You Grow Girl illustrated by BTS Coop student Monilolaoluwa Aderibigbe

1,866 KIDS DISCOVER THE JOY OF WRESTLING

**THANKS TO SUPPORT FROM THE
ONTARIO TRILLIUM FOUNDATION,
FROM OCTOBER TO DECEMBER, BTS
DELIVERED WRESTLE 4 FUN TO SIX
SCHOOLS IN THE GTA.**

During this fall semester Wrestle4Fun has visited more than 5 different schools impacting students across the TDSB. The Wrestle 4 Fun team has had such a joyful experience teaching and interacting with the students in these schools. During this semester we have seen the contrast between online and in person learning.

The Wrestle4Fun team has learnt from this experience that online sessions are much less engaging for the students due to the lack of interaction with classmates/ instructors and the technique being taught. While in contrast the influence of the sport of wrestling and the teachings of social emotional learning skills is much stronger when taught in person.

At select schools, students may be hesitant or reluctant to participate in the games, techniques or skills introduced. Even with this initial lack of engagement, with time students learn to enjoy the sport of wrestling, and gain new found social emotional learning skills. Students learn that they are capable of more than they believe and we have helped the youth to realise their physical potential. Many students do not believe they can do a bear crawl in the first period but by the end they are able to do cart wheels and many other athletic moves. Students leave with confidence, resiliency and transferable skills learnt from the wrestling techniques and social emotional learning activities.

**Arely Torales & Jackson Glasgow,
Coaches**



[Click here](#) to see Wrestle 4 Fun in action.
Video by Arely Torales & Jackson Glasgow.

VOLUNTEER PROGRAM GROWS

THANKS TO SUPPORT FROM JUMPSTART CHARITIES, BTS HAS SEVEN STUDENTS WORKING IN OUR VOLUNTEER PROGRAM THIS FALL.

My name is Kathy, and I am the Volunteer Program Coordinator at Beat the Streets. I oversee, manage, and recruit high school, university/college students and young adults. I was given the opportunity to build this program from scratch with the support of my supervisors since it launched in September. Currently, Beat the Streets is working with high school students who contribute to social media postings, promotion, and fundraising. We aim to provide our high school students with valuable work experience and to encourage them to grow personally and professionally. Setting goals, holding them accountable, and holding mentorship meetings help us achieve this. Additionally, we work with four program coordinators to provide free programs that teach social-emotional learning, physical literacy, and/or job skills in a fun and engaging way. We are working on some amazing projects right now, and I am so excited about them.

The WorkIt program was my introduction to Beat the Streets a few years ago. Giving back to a program that helped me grow means the world to me. In order to funnel volunteers into our Beat the Streets program, I have been working with universities and schools in the Peel region and it is definitely been a trial and error process. It is always a pleasure for me to receive feedback and learn from others. Our program coordinator positions have attracted more than 20 applicants, and applications are still coming in. I am looking for volunteers who want to teach and create something that aligns with Beat the Streets' values. We are looking forward to launching our first four programs in a few months that the program coordinators have been hard at work planning.

Kathy Khoa, Volunteer Coordinator



Coop students Hafsa, Moni & Norah working in the BTS offices (also known as the bean bag lounge!).

REFLECTIONS: BTS COOP TEAM



MONILOLAOLUWA ADERIBIGBE

MARKETING & COMMUNICATION OFFICER

My experience working as a marketing and communications officer at Beat the Streets has been, so far, amazing. From its inclusive and welcoming environment, to the fun projects I receive and the many Friday game days that are played, Beat the Streets has been an astonishing experience for me.

Firstly, I have been able to gain so many new experiences, skills and advice from my supervisors that have helped improve my overall finished projects. For example, when I was working on promoting the Level Up program by creating a flyer for the social media account, one new thing I learnt from one of my supervisors, Jessica, was to always leave a border of space between the text and the outline of the flyer and to always align all the text on the same line because it gives the flyer an organized and dignified look. It will also avoid having any of the text being omitted if the flyer were to be printed.

Secondly, **working at Beat the Streets has enabled me to dive deeper into learning more about my future career path and improve on my artistic and creativity skills.**

My supervisors always encourage me to create goals that can challenge me but also help me develop my skills. For instance, one of my goals is to create a weekly project that focuses on research about a particular subject of interest or an artwork that represents an important matter I would want to address. So far, I have created works that focus on nature, the environment and art, my favorite being "the dream cylinder" - a 3D model art piece of two cylinders placed side by side. The inside contains a comfy chair, carpet, a lamp and a dead tree plant. It's supposed to be a small reading area

surrounded by trees. This project helped me improve on my 3D building skills by learning to use the app blender.

Thirdly, Beat the Streets provides mentorship meetings for its employees to talk about goals students would like to achieve. One of my goals was to work in an architectural studio before I graduated from highschool.

My supervisors, both Jessica and Neal, encouraged me to write an architectural recommendation letter to one of the architectural studios I wanted to work at and send the letter to the firm by email. Lastly, and the best part about my experience, the work I receive from Beat the Streets allows me to have lots of fun when creating promotional materials e.g. like creating comics with my own designs, drawing funny characters and letting me have my own artistic voice in the work I create. Overall, Beat the Streets has been an enjoyable experience since I began working here for my co-op. I really look forward to the many more projects that I am going to create here.



HAFSA ABBASI

MARKETING & COMMUNICATION OFFICER

I am a Marketing and communications officer at Beat the Streets, and my experience has been marvellous. I have experienced and learned so many new things in this CO-OP experience that I can use after high school. Not to mention the positive working environment with a supportive team that always ensures we're doing our best.

First, I want to talk about the importance of goal-setting to Beat the Streets. This is the first time I've actually focused on my goals (going to the gym, drawing every day and creating logos), the ability to stay consistent has, therefore, provided wonderful results. I've set multiple goals throughout the year that include improving my artistic ability, work goals, and staying active.

My first goal was to draw three sketches every day to improve my art, and after a month of doing I compared my first sketches to my most recent ones and the improvement in my drawing skills was incredible. For example, I drew a character when I first started, and then drew them again near the end, and there was a big difference in the techniques I used from the original.

My second goal was to go to the gym at least three times a week. The aim of this goal was to be more active throughout the week so I could stay away from sitting down all day. At first, it was hard, but the daily check-ins with our meetings with Kathy really helped me stay consistent, and I'm still going strong.

My third goal was graphic design based, as that's my future career goal. I challenged myself to create two logos a week with a random prompt generator. I came up with

this goal during my mentorship meetings with Jessica and Neal, they gave me two prompts (Step Up volunteer and GTA alliance). This goal was to help improve my design and creativity skills so my work is more tailored to me. I've only just begun this goal but so far I have enjoyed the challenges of creating the perfect logo.

Mentorship meetings really help me get a better grasp on what I currently need to do so I can achieve my greater goal. It's also easier to accomplish goals, since I'm not getting graded on it for an assignment, and have full control over what I want to do.

Second, the tasks we get assigned by supervisors help me learn about my future career. I get hands-on experience from the tasks I get as they involve a lot of graphic designing and marketing. I've been given tasks like posting on Instagram, designing posts, tracking metrics and insights, and creating characters, proposals, and covers. I am very grateful to have had this opportunity, and feel reassured about my future career. My favourite out of all these tasks would be characters. I love drawing, and characters are really fun to do as you can get creative with their designs and who they are.

Third, I have full creative freedom with everything I do. In each and every task I receive, I get to make it however I want without anyone else's instructions. Since this is the case, I am able to add all the work I've done for Beat The Streets to my portfolio for universities, and job opportunities. All in all, **my experience working for Beat the Streets has truly been a very positive and incredible experience. I am very excited about all the future projects I can be a part of during the rest of my CO-OP.**

NORAH JAHA

FUNDRAISING AND EVENTS OFFICER

Hi, I'm Norah, a grade 11 co-op student, assisting in fundraising and events coordination. I've been volunteering at BTS since September and I can honestly say that working here has been one of the most amazing experiences I've had, and it's only been about 3 months. I was introduced to this volunteer program through my school's co-op program and I couldn't be more grateful. Working alongside such a set of incredible mentors and minds like Kathy, Jessica, and Neal has not only fostered my growth as an employee/student but as an individual.

The work environment is inviting and comfortable, while also being motivational and focused. I am encouraged to practice important work and business skills through everyday tasks that include skills like literacy, business, and communication. This has taught me more about myself and taught me about who I want to become. For instance, as a fundraising coordinator, I've grown from a bit of an awkward or shy individual to a more professional, assertive, and open communicator when needed. Additionally, from a young age, I've become familiar with working in a professional environment and making professional connections.

Aside from direct hard skills, through BTS I've grown my professionalism by becoming accustomed to different soft skills. Responsibility, time management, and organization are everyday skills that I've strengthened. The perfect balance of guidance has aided me in learning the best ways for me to manage these myself so that I can be the best version of myself. One way that these habits are enforced is through setting goals. We are encouraged to set goals and keep ourselves driven.

I've learned that it's not just the goal itself that is so important, but the habits that it enforces that are just as important.

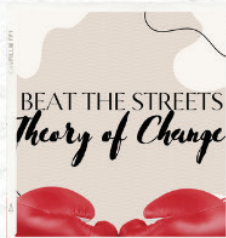
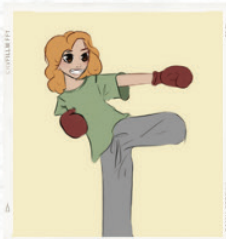
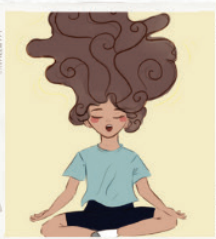
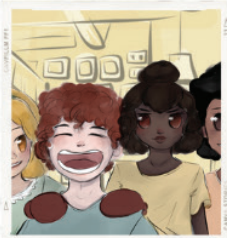
Accountability, responsibility, and discipline are prime examples. I've also learned to prioritize things that are important to me as an individual, apart from school and work. Priding ourselves with personal accomplishments, whether something small like reading a book and being active or something long-term like learning a new language or skill, is part of what gives us individuality and purpose. **Overall, this volunteer program is only 3-4 months but the skills and experiences that I've gained will last me a lifetime.**



Beat the Streets

2022

INSTAGRAM
MEMORIES





10 Reasons Why You Should Give To BTS This Holiday Season

We appreciate it!

Every donation we receive is one more step toward a better day for a new child. We appreciate Your donations for allowing us to continue making a difference!

You can strengthen the community

Giving to others and looking out for people is key to creating a sense of unity in your community, regardless of age, class, or race. You can help build your community!

You can change the world

There's no better way to achieve the change we want to see in the world than to be that change. Every donation is a step in the direction of change for the better!



It will make you feel good

Putting a smile on a child's face will bring a smile to yours! One small action could make your day as well as theirs!

It's quick and easy

You can donate to BTS quickly and easily with just a few clicks on our website homepage or our Instagram. You're just the click of a button away!

Every Donation Counts

To make a difference, you don't have to give a massive donation. Any amount that you are willing to give will count and make a difference in a child's life!

You can show your gratitude for the cause

Think about how these opportunities would have helped you when you were a kid. Access to educational, active and collaborative activities is what every child needs this new year!

You can set an example

When you donate, your children, friends, and other family notice you being generous. Your children will grow up with your amazing mindset and others might be encouraged to become more mindful, generous and involved!

You will be more informed

By being involved with Beat The Streets, you have the opportunity to become more familiar with the social and economical state of your community. You can inform yourself on our cause and just how important your donation is.

When you give to us you invest in the future

Our biggest priority is the children and our goal is to empower the youth, who are the future of the world. Together we can make a change and break those barriers between low-income children and their potential!

No matter what your reason for donating is, BTS wishes you happy holidays and happy donating!



2022 IN NUMBERS

of participants

You Grow Girl
135 participants



Level Up
300 participants



Wrestle 4 Fun
3,142 participants



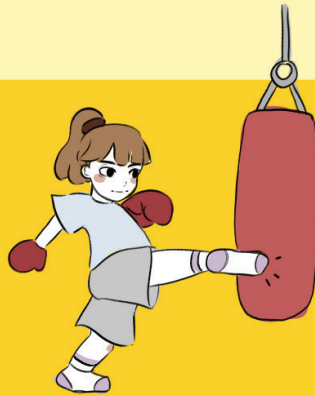
Work It
16 participants



Step Up Volunteer
11 participants



of hours physical activity



You Grow Girl
28 HRS



Level Up
48 HRS



Wrestle 4 Fun
378 HRS

of hours social-emotional learning



LEVEL UP
48 HRS



WORK IT
20 HRS



ST
1

Enjoy these colourful and hand drawn infographics highlighting our activities this year (designed by Hafsa & Moni).

We are grateful and super impressed with the amount of work they put into illustrating our work this year.

Hours of emotional support

YOU GROW GIRL
28 HRS



WRESTLE 4 FUN
42 HRS



STEP UP VOLUNTEER
10 HRS

of hours job training

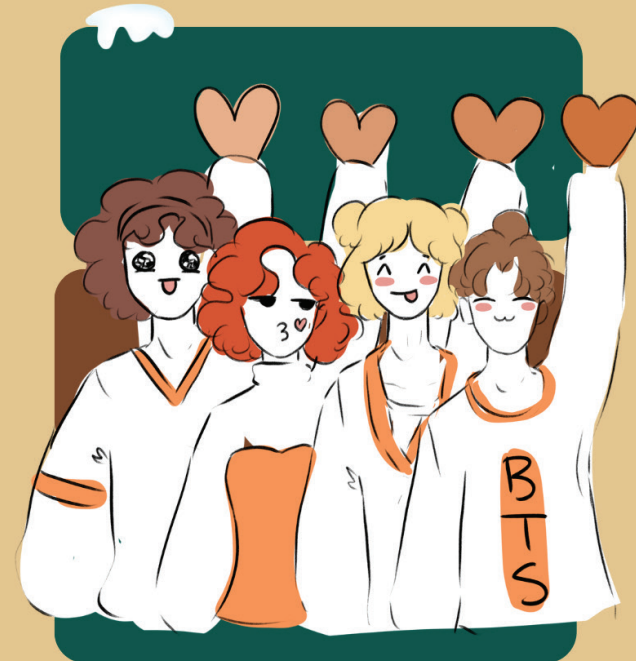


WORK IT
510 HRS



VOLUNTEER
450 HRS

of hours volunteering



VOLUNTEER
450 HRS



WHAT'S UP NEXT

In 2023, BTS be working with low-income children and youth in the GTA and continue encouraging resilient, confident and active youth. Starting January, we will deliver Wrestle 4 Fun, Level Up & You Grow Girl programs, aiming to serve another 1,800 students over the next three months.

Are you an educator who would like to bring a BTS program to your school? [Get in touch!](#)

We will also be welcoming more highschool and university students into our volunteer program and begin delivering new and unique sports and development programs from our community space. Check our [website](#) for more information in the new year.

BTS will also be working on building new partnerships with organisations and school boards to continue growing our program delivery and helping empower more children and youth.

GET INVOLVED

Beat the Streets is a charitable organization advancing the education of low-income youth through development programs that encourage confidence, resilience and active lifestyles.

If you would like to [volunteer](#), get involved in one of our [programs](#) or [donate](#) funds or services, together we can really make a difference in the lives of children and youth, help them to think critically, have a growth mindset, become more confident and self aware, adopt active lifestyles and reach their full potential.

For more information, please visit our [website](#) or contact info@beatthestreets.ca.

**EMPOWERING
YOUTH WOULD
NOT BE POSSIBLE
WITHOUT YOUR
SUPPORT,
THANK YOU!**

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