

# CLUB HUB Newsletter



Boys & Girls Club  
of Kamloops

SPRING EDITION

APRIL TO JUNE 2018

## Let's PLAY: A Focus on Physical Literacy

Physical literacy helps improve health, body awareness, and competence so that children have the confidence and motivation to participate in lifelong, active living. Physical literacy focuses on building a variety of fundamental movement skills such as lifting, leaping, throwing, swimming, balancing, walking, stretching, crawling, and more.

Boys and Girls Club of Kamloops has partnered with PLAY Kamloops to support physical literacy initiatives in Kamloops. This summer, all our summer camp staff have completed *Fundamental Movement Training*, learning the importance of physical literacy on healthy growth and development of children and how to teach fundamental movement skills.

Learn more and get involved by visiting  
[www.playkamloops.com](http://www.playkamloops.com)



## FEATURE STAFF: CHELSEA BROOKE



Chelsea has been with the Club for over 3 and a half years and in that short time, has made a significant impact on our Club and community. Chelsea started with the Club as our Lower Sahali Neighbourhood Program Leader and Summer Camp Leader, and later took on the roles of John Tod Program Leader, Club Shopper, and Circle of Friends Facilitator. However, Chelsea's contributions go above and beyond her roles here. She has a strong work ethic and a sound moral compass. We will always be grateful to her for stepping up to support the Club when we needed her most.

Chelsea is described by her team as someone who is positive, kind, and gets stuff done. She is incredibly efficient and helpful in all areas of our Club. She is gifted at building trusting and caring relationships with everyone she meets including children, parents, co-workers and community partners.

As Chelsea leaves the Club to pursue travel and other career paths, we have no doubt she will continue to make a positive impact in our community. We will miss you, Chels! Thank you for being you and for all you do! Love from your BGC family.

## WHAT'S BEEN HAPPENING?

### BGC National Conference

Prince Edward Island was full of great food, great friends, and great workshops.



### Daybreak Rotary Donates

\$40,000 from CrabFest for a new Club bus to support multiple programs!



### Connect at the Club 2018

Thank you, Kamloops for all you do!



### Adina Celebrates 7th Birthday

Donates \$820 to Power Start program instead of asking for birthday gifts.



& so much more!



## FEATURE PROGRAM: YOUTH LIFE SKILLS

We're excited to announce that our NEW Youth Life Skills program is a huge success! In early 2018, we received initial funding from the Ministry of Children and Family Development to test out a program idea that would better meet the needs of our youth.

Every weekday from 5 to 7 PM, youth between 11 and 18 are welcome to learn how to cook and enjoy a nutritious meal together and participate in a life skills activity or community presentation. Each week tackles a different theme such as mental health and wellness, employment readiness, budgeting, home care maintenance, navigating government forms and systems, sexuality and diversity, healthy relationships, and more. We've also opened up life skills programming to youth between 19 and 24 to schedule one-on-one appointments with our Youth Life Skills Leader for hands-on help to meet personal and professional goals.

The youth have enjoyed Life Skills so much that they've come up with creative ways to promote the program to other youth in our community. By popular demand, we've also extended our Youth Summer Drop-In hours to include Life Skills programming from 4-6PM throughout July and August. We're ecstatic about the level of youth engagement and initiative this program has fostered and we're actively seeking funding to make Life Skills a permanent program at our Club.



## IMPORTANT DATES & EVENTS

### July 3rd-August 24th

Summer Camps, Youth Summer Drop-in, and the Bright Red Book Bus hits the road!

### July 9-27th and August 7-24th

Summer Brain Gain Camps

### July 11th

Community Cooking Class  
*Fruit and Canning*

### August 8th

Community Cooking Class  
*Jams and Quickbreads*

### September 5th

Club Re-Opens for Regular Programming

### September 12th

Community Cooking Class  
*Salsa and Tomato Sauce*

## A BIG THANK YOU!

We couldn't do the important work we do without all of you.  
Thank you for strengthening our Club and community.

### DONORS

Rebecca Cain  
Steven Johnson  
Craig Johnson  
Westland Insurance  
CKNW Kids' Fund  
Thompson Rivers University  
Gwyn and Linda Hughes  
Mark Willms and Group  
Great Canadian Railtour  
Kappa Beta Gamma  
Telus Community Ambassadors  
Anonymous  
Don's Auto Towing  
CML Properties  
St. Paul's Cathedral

Rotary Club of Kamloops Daybreak  
River City Gymnastics  
Adina Kang  
Terri Axani  
Peter's Pasta  
Lo-Boy Market  
Best Buy (Benevity Fund)  
Desert Sounds Harmony Chorus  
Earls Restaurant + Bar  
WestJet  
Safeway Northshore  
BDC  
Carly Rowsome  
Anonymous  
Katherine Gulley

### GRANTS

United Way Operations Grant  
President's Choice *Basic Needs, Brighter Futures*  
SD73 - Falcon Program

BGCC Career Launch  
BGCC Summer Brain Gain  
Canada Summer Jobs Grant