

# The Big Update



Big Brothers  
Big Sisters  
OF PRINCE EDWARD ISLAND

Supporter Edition  
September 2023

## SAYING GOODBYE TO HEATHER

GOODBYE & thank you

After 15 years dedicated to serving Big Brothers Big Sisters of PEI as the Communications and Development Manager, Heather Doran is moving on. We can't thank her enough for all she has given to the agency over the years. She has been the voice you hear in the radio interviews/ads and face of BBBS for a long time and has worked very hard on our behalf. Heather has poured her heart and soul into many Bowl for Kids Sake events and Dream Cottage campaigns. We will miss her and wish her every success and happiness in her new position!



## MINISTER'S VISIT



The Honourable Mark Holland, Minister of Health, and MP Sean Casey dropped by in mid August to chat about the Canada Dental Benefit and the health benefits of our programs. Our Littles got a chance to tell the Minister about their favourite activities with their Bigs.... fishing and reading were at the top of the list.



thank you

BBBS is humbled to have been nominated for the People's Choice Award from the Greater Charlottetown Chamber of Commerce. The winners will be announced in the spring of 2024. It is an honour just to be nominated. It means so much to be recognized and valued for the work we do.

## BIG GIVE BACK CAMPAIGN

For the last few years, we have done a Big Give Back Campaign for The Upper Room Hospitality Ministry Inc. Food Bank before the last Early Bird draw for the Dream Cottage. This year's campaign was a huge success with 84 backpacks, tons of water bottles & lunch bags, and a mountain of food being donated. We could not do this without such great partners. A special thanks goes to: Max 93.1, 95.1 FM CFCY, and Matt Rainnie for helping us spread the word. Sunly Energy and Buy Rite for sharing their ads with us. Famous Peppers Charlottetown for providing an amazing lunch. Family Vision Centre Harbourview Training Center Inc & Reach Foundation for providing awesome prizes and everyone who brought in donations including Sunly Energy, Provincial Credit Union, EXIT Realty PEI, Call2Recycle / Appel à Recycler Canada and individuals & families.



## DEVELOPMENTAL RELATIONSHIP:

One of the core beliefs Big Brothers Big Sisters promotes is the importance of a Developmental Relationship for children and youth. According to the Search Institute, "Developmental relationships are close connections which help young people discover who they are, cultivate abilities to shape their own lives, and learn how to engage and contribute to the world around them." There are 5 elements (with 20 specific actions) that make relationships powerful in young people's lives. The 5 elements are: **Express Care, Challenge Growth, Provide Support, Share Power and Expand Possibilities.** Each month in the Mentor and Parent/Guardian newsletters we focus on one of these elements and try to provide tips and activity suggestions to build that core element. See examples below.

This month we are focusing on the **Challenge Growth** key element of a Developmental Relationship. "PUSH ME TO KEEP GETTING BETTER." Some ways to do that:

- expect my best & **gently** push me to go farther
- hold me accountable
- Help me learn from my failures

Our Pinterest page has a whole section on growth mindset



## ACTIVITY SUGGESTIONS:

Doing things outside and **getting exercise** is another great way to **challenge growth**. How many times can you jump rope or how long can you bike? How about going for a run, playing catch or hitting a tennis ball without a miss? Try yoga, or go for a hike. There are so many options. The idea is to get a little better each time. Choose an appropriate goal and practice. **Remember to make it fun** and not ultra competitive. Littles love to see you struggling with things too.

**Learning a new skill** together is another great way to challenge growth. Our **Pinterest** page <https://www.pinterest.ca/bbbspei> has lots of great ideas. You could try a drawing tutorial, or some STEM activities, try a new sport, or learn how to cook a new dish. One skill that is very important for students in elementary school is having **quick recall of their basic adding/subtracting or multiplication facts**. The biggest reason times tables are really important is that they are used in EVERY topic within Math. Not knowing their facts slows down the processes and causes frustration.

Here are a couple of very kid friendly drawing activities. Give them a try.



<https://artprojectsforkids.org/how-to-draw-a-chameleon/>



<https://artprojectsforkids.org/how-to-draw-a-toucan/>

As we gear up for another school year, BBBS is working hard to expand our programs and our exposure especially in rural communities. We are looking for volunteers in rural areas to become Bigs or In-school Mentors, as well as volunteer with our Launch Your Life and Go Girls! Programs. Please help us accomplish this goal by spreading the word.