

# The Big Update

Supporter Edition  
December 2023



Big Brothers Big Sisters would like to take this opportunity to wish you a Merry Christmas and a Happy New Year. We are very thankful for your on-going support of our agency and the important work that we do to provide meaningful mentorship, positive role models and guidance to Island children and youth. It would not be possible to enrich the lives of as many children as we do, without your support. Thank you.

## 2024 BOWL FOR KIDS SAKE AND DREAM COTTAGE SUPPORTERS

BBBS has combined the sponsorship packages for our two major fundraising campaigns (Bowl for Kids Sake and the Dream Cottage) into one package for 2024. The response from businesses has been very positive and will offer added value to our supporters. One donation will now be acknowledged/promoted throughout the six months both campaigns run. We have had many businesses return for 2024 and have added some new businesses. BBBS is very excited to announce that we have four partners so far, at our Diamond (\$5000+) level:

**Township Chevrolet Buick GMC, Greenfoot Energy Solutions, Prince Edward Aqua Farms and Furniture Gallery! We can't thank them enough.**

If you are interested in becoming a sponsor for the upcoming year we would love to have you join us. Please contact Kieran at 902-368-7759 for more information.



*thank you*

BBBS recently received a grant for \$10 000 worth of books from First Book Canada Marketplace for our Literacy for Littles initiative. Research shows having books in the home has a significant impact on a child's education. Big Brothers Big Sisters takes that to heart and wants to foster the love of reading. Littles were able to take home 10 books each at our recent Christmas party and we are planning 2 big book events in the winter of 2024 - one in Summerside and one in Souris. Look for more information on this coming soon. We can't wait.

We have been busy with getting programming back up and running in schools. Many of our In-school mentors have returned and Teen Mentoring is on the go at 7 High Schools partnered with 8 Elementary Schools. Gina has been doing a Go Girls program at a local Intermediate School. Plans are being made for 3 more Tech N Talk sessions as well.



# DEVELOPMENTAL RELATIONSHIP:

This month we are focusing on the **EXPRESS CARE** key element of a Developmental Relationship. "SHOW ME THAT I MATTER TO YOU."

Some ways to do that:

- Be dependable
- Listen
- Believe in me
- Encourage me



## ACTIVITY SUGGESTIONS:

The month of December and the holidays can be stressful on everyone. Have a conversation with your Little about self-care and the importance of looking after and caring for themselves. Engaging in a self-care routine has been proven to have many health benefits for people of all ages including:

- **reduce or eliminate anxiety and depression**
- **reduce stress**
- **improve concentration**
- **minimize frustration and anger**
- **increase happiness**
- **improve energy**



### Kindness or Caring Jar



Create a caring or kindness jar with your Little. Both you and your Little design a jar for each other or a friend, neighbour, or loved one. Fill the jar with little notes about all the great things you value about that person, great memories, and why they are important to you. Once the jar is full, you give it to each other. The best part of this activity is the supplies can be found around your home. Decorate your jar anyway that you want.

Supplies: jar with lid, paper for notes, craft supplies if you want to decorate your jar.

## Self-care for Kids



Get kids involved in community work. They will feel a sense of belonging.



Help your Little focus on the current moment.

Talk about your feelings and help them acknowledge theirs.



Dedicate some alone time for your Little.

**Self-care**  
IS EMPOWERMENT