

BGCBIGS Virtual Programming

Winter 2021



Boys & Girls Clubs



Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters
of Edmonton & Area

To register, please visit: <https://bgcbigs.ca/virtual-registration/>
For questions and concerns, contact: Yuuki.ito@bgcbigs.ca / (587) 926 5213

*all programs will take place in Google Meets

Virtual Programming + Outcomes

Programs will be run online on Google Meets and will require a Gmail account.

Program Name:	Outcomes:	Success Will Look Like:
Power UP (ages 6-12)	To empower students in academics. Students are invited to a positive environment supported by mentors and volunteer tutors in areas of academics, developing good habits and setting goals.	<ul style="list-style-type: none"> - Develop a life-long interest in learning - Positive study habits - Increased confidence to succeed academically
Cool Moves (ages 6-12)	To exercise and eat healthfully. An activity and healthy eating awareness program designed to create a life-long appreciation for a healthy, active lifestyle by encouraging healthier eating choices, and engaging in more physical activity.	<ul style="list-style-type: none"> - Develop a life-long appreciation for a healthy, active lifestyle. - Understanding of healthy eating choices - Willingness to engage in physical activity.
UPS Road Code (ages 13+)	To become a safe driver. Program content focuses on safe driving principles and provides opportunities for youth to discuss ways to avoid risky behaviours such as distracted or impaired driving.	<ul style="list-style-type: none"> - Develop safe driving skills - Develop an understanding of current road rules - Strengthen chances at passing driving tests
Raise the Grade (ages 14+)	Raise the Grade, supported by RBC Future Launch, is a multi-faceted education program that increases academic skills, high school graduation rates, and access to post-secondary education for youth. It is an interactive after-school program that allows young people to explore their personal interests, receive homework support, connect with mentors and/or tutors, interact with peers, increase their digital literacy, and plan for post-secondary education.	<ul style="list-style-type: none"> - Develop valuable academic skills - Learn more about the process of applying for post-secondary education
Kid Food Nation (Ages 7-12)	To help kids and families develop food skills through hands-on experiences related to planning, preparing, and cooking. The program also features an online hub with resources for healthy eating and meal preparation, and a national recipe competition that encourages kids to put their food literacy skills into practice and submit original, healthy, and nutritious recipes.	<ul style="list-style-type: none"> - Learn basic kitchen safety - Learn to plan for and prepare simple and nutritious snacks and meals
Youth Employment (ages 13+)	To support youth in Employment. This employment readiness program focuses on developing soft skills such as resume writing, job searching, exploring career pathways, and an opportunity to gain employment.	<ul style="list-style-type: none"> - Job skill development and readiness - Job searching skills - Employment after programming
Dungeons and Dragons/E-Sports	Dungeons and Dragons and E-sports will alternate between each week. For DnD, youth are invited to join an evening of table top, role-playing games. Staff will lead a campaign of DnD, guiding youth as they conjure an adventure of problem-solving, teamwork and creative thinking. During e-sports weeks, youth will play e-sports video games to learn various strategies and develop skills like hand-eye-coordination. Youth will also	<ul style="list-style-type: none"> - Increased self-confidence and teamwork ability - Increase sense of belonging - Expression of enjoyment

engage in discussion of popular e-sports games and develop an understanding of the industry behind professional/competitive gaming.



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Virtual Programming Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
1:30 – 2:00					
2:00 – 2:30				Cool Moves (ages 6-12)	
2:30 – 3:00					
3:00 – 3:30					
3:30 – 4:00					
4:00 – 4:30	Power UP! (Ages 6-12)	Raise the Grade (ages 14+)	Power UP! (ages 6-12)	Kid Food Nation (ages 7-12)	Raise the Grade (ages 14+)
4:30 – 5:00					
5:00 – 5:30					
5:30 – 6:00					
6:00 – 6:30	Cool Moves (ages 6-12)	Youth Employment (age 14+)	UPS Road Code (ages 14+)	UPS Road Code (ages 14+)	Dungeons & Dragons/Esports*
6:30 – 7:00					
7:00 – 7:30					
7:30 – 8:00					

Things to Note:

*Please note that Dungeons and Dragons and E-sports will run on alternate Fridays. Please see below for schedule.

Day	Program Running
January 15 th	E-sports (Clash Royale)
January 22 th	Dungeons and Dragons
January 29 th	E-sports
February 5 th	Dungeons and Dragons
February 12 th	E-sports
February 19 th	Dungeons and Dragons
February 26 th	E-sports
March 5 th	Dungeons and Dragons
March 12 th	E-sports
March 19 th	Dungeons and Dragons
March 26 th	E-sports

Outcomes of Online Programming:

Immediate outcomes: Through positive engagement with groups, children and youth experience emotional safety as well as a sense of belonging. They learn about healthy living and develop positive healthy relationships.

Over time, this helps children and youth develop self- and social-awareness, improves their self-management and relationship skills, and helps them make responsible decisions.

Long term outcomes: In the long term, children and youth will have increased resiliency, be healthy and active participants in society, and transition successfully to adulthood.