

BEAT THE STREETS

NEWSLETTER
SPRING 2022



IMPACTING
YOUTH



IN THIS ISSUE

MESSAGE FROM ED

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THANK YOU BTS SUPPORTERS

GETTING READY TO WORKIT

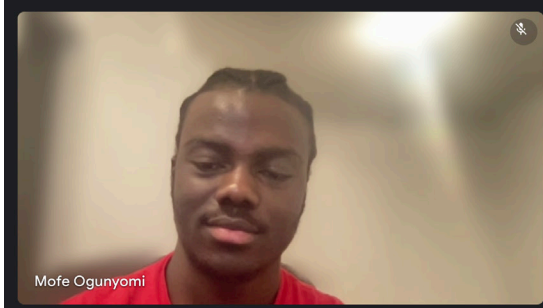
NEAL EWERS EXECUTIVE DIRECTOR

We are pleased to bring you our first newsletter of 2022. On behalf of all of our staff and volunteers we want to thank you for all of your support. I am happy to report that we are still growing following our amazing 2021 year. 2022 has also been an incredible and busy year so far. All of our programs are still running very well.

Our Wrestle4 Fun program has finally gone back into schools delivering in person classes of which we are very excited. So far we have seen four schools in the west end of the city of Toronto. Our You Grow Girl and Level Up programs have been incredible, thanks to support from Jumpstart Sports Relief Fund and the ivari Healthy Steps Program we have continued to grow these programs. We now have partnerships with schools in the Toronto District School Board, the Peel District School Board, and the Dufferin Peel Catholic School Board. In the past six months we delivered 8 programs. With summer coming we are now getting into our Work It program. Thanks to the

Canada Summer Jobs Grant, this year we have 16 staff members, four of which have already started. Along with those staff members we also have four co-op program volunteers from Steven Lewis and St. Marcellinus Secondary School for a total of eight students currently working with us. It's been a very rewarding experience and this was made possible to the support of the Ontario Trillium Foundation (OTF), through its Resilient Fund, and the OTF and Government of Ontario's Community Building Fund. Their support allowed us to develop programs, policies and processes to grow the organization and recover from the impacts of the pandemic.

We look forward to growing our volunteer program even more as we are receiving a lot of interest. It's truly a great time for BTS. This year we are partnering with Battle Arts Academy and Matmen Wrestling Club to put on a summer camps and we are super excited about it. Find out more about our summer camps [here](#). We are truly happy to have our summer job students back again this year, please enjoy all the great write ups in this newsletter courtesy of our new and returning staff.



Mofe Ogunyomi



Arwen Mercado



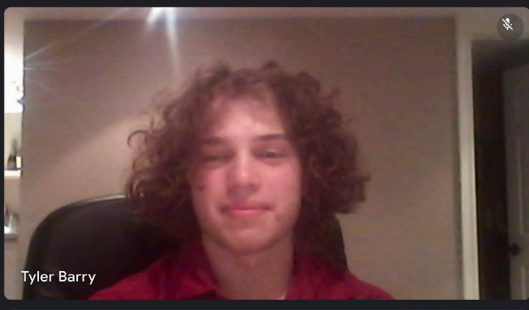
Ausaf Nft



Simi Jayeoba



Syed Ayaan Hussain



Tyler Barry



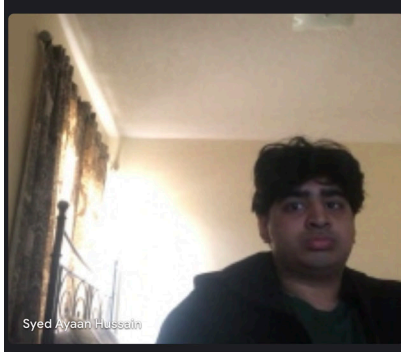
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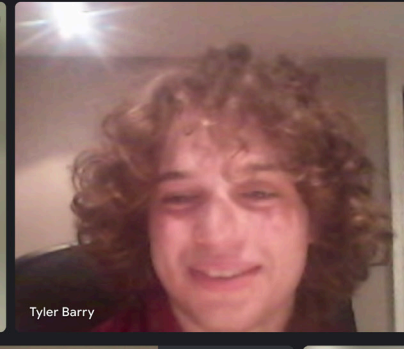
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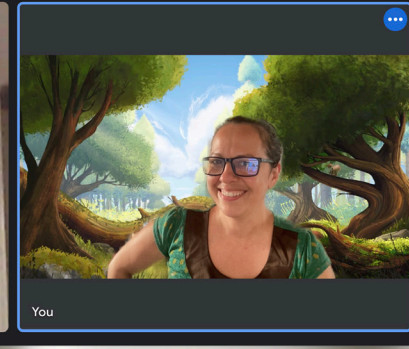
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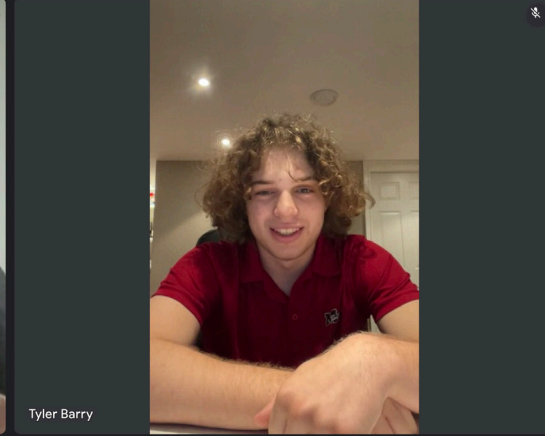
Tyler Barry



You



Ausaf Nft



Tyler Barry



Neal Ewers

180 YOUTH SERVED IN LEVEL UP



BTS has had a very successful year with the level-up program so far. We ran two Level Up programs at

Fletchers Meadows High School in the fall. Both programs had 20 to 30 students participating in our eight-week course. They learned social-emotional skills to help them become more resilient in their day-to-day activities. They also learned basic introductory physical skills such as boxing and kickboxing. The program was well-received, and we have since run two more Level Up programs funded by the Canadian Tire Jumpstart Grant. We ran two more Level Up programs at Fletchers Meadows from February to March. It was again a very successful program. One thing we learned is that 8-week programs were too long and students were getting fatigued. So we redesigned the programs to be delivered in 3 weeks.

We successfully acquired a grant through ivari and created shorter Level Up 3-week programs. We have since completed Level Up programs at Harbord Collegiate, and we have now started another Level-Up program at Stephen Lewis SS in Mississauga. Thanks to the [Jumpstart Sport Relief Fund](#)

and [ivari's Healthy Steps Program](#), we are seeing a lot of success and growth at Level Up. Thank you to our consultants who have devised exceptional course material, and thank you to our instructors who have delivered the programs amazingly.

PAUL RASO, LEVEL UP COACH, REFLECTIONS

The impact Level Up is having on the kids we are working with is amazing. They get to participate in new sports and focus on a very important topic; their social and emotional health. The program creates a safe space for them to set goals, identify obstacles, explore strategies, and ask questions about important issues in every teenager's life. The reception and feedback from teachers are also a testament to how valuable they see Level Up as well. They have all expressed interest in future opportunities to host additional classes at their schools. On numerous occasions, students have also individually thanked instructors and followed up with a question or comment about their own journey with Social-Emotional Learning. Level Up definitely addresses the first step schools need to make in making SEL a priority for their school environment and students' overall progress in both healthy and active living and the promotion of positive mental health strategies for youth coming out of a global pandemic.

THANK YOU TO OUR FUNDERS:



“JUST TALKING TO SOMEONE ABOUT ISSUES YOU HAVE CAN RESOLVE THE FEELINGS OF ANGER OR DEPRESSION YOU MAY BE FACING. THIS WAS A VERY ENCOURAGING THING TO HEAR PAUL TALK ABOUT, AND I’M GLAD HE ADDRESSED IT.”

PARTICIPANT, HARBORD STREET COLLEGIATE INSTITUTE



60 GIRLS GET ACTIVE AND BUILD LIFE SKILLS



Since the fall, we have run successful You Grow Girl programs at Fletchers Meadows HS in

Brampton and Stephen Lewis HS in Mississauga. These programs are very well received, and more and more opportunities to deliver these programs are happening due to their success. We have added two new instructors to the YGG program, Stephanie Aphonso and Navreet Chaddeand. So far, they have proven to be a great fit. This program delivers social-emotional learning skills and physical fitness in a safe and comfortable environment for young girls ages 13 to 18. We are grateful to the [Jumpstart Sport Relief Fund](#) and are very happy about the response received from the programs, participants, teachers and admin staff at the schools we deliver these programs.

NAVREET CHADDE, YOU GROW GIRL COACH,

REFLECTIONS

I noticed the students were engaging in the conversations about social-emotional health with coach Paul and in learning kickboxing technique. When it came to learning kickboxing, they were intrigued and the majority of them were willing to participate. When we began using pads provided by the school, they were very excited and were a lot more engaged than when they were simply shadowing the techniques in the air. I have seen improvement in the students that were interested in learning more about kickboxing.

“THE LESSONS REALLY GOT ME TO THINK ABOUT MY OWN LIFE AND THINGS I AM DEALING WITH AS WELL AS GOALS I WANT TO ACHIEVE.”

YOU GROW GIRL PARTICIPANT, 2022

THANK YOU TO OUR FUNDER:



1175 KIDS HAVE FUN LEARNING 2 WRESTLE



We started Wrestle 4 Fun this January virtually, where we taught classes out of our office space at 1301 Fewster Dr. to

students in school. It was better than the full online process where students participated from their homes; however, the participation rate was not at the level that we would have liked. The result of students learning from home and in class virtually was detachment from instructors which definitely impacted the learning experience.

At the beginning of April, we started going back into schools, starting with Smithfield junior middle school in Etobicoke. This experience is similar to what it used to be pre-pandemic/pre-remote learning. Participation was exceptional and as we expected, the students along with the teachers and admin at the schools were much more engaged. We are thankful for the [Ontario Trillium Foundation's Grow Grant](#) for supporting this three year program. It has been a pleasure to go into schools and deliver the Wrestle 4 Fun program again. We see this program growing into something special.

ARELY TORALES, WRESTLE 4 FUN COACH, REFLECTIONS

Wrestle 4 FUNdamentals is a program recently introduced by Beat the Streets for junior and middle schools in the GTA. Wrestle 4 Fun is a program looking to introduce youth and children to sports by teaching physical literacy and introducing them to social-emotional learning activities.

Our Deputy Director and Executive Director work alongside educational consultants to gamify workshops to keep students engaged and interested in participating. The main sport we introduce through this program is wrestling however, we also include and introduce games related to other sports such as European handball, soccer-related games, running games, and much more. Many students in these schools feel intimidated by the sport of wrestling because it is something new and out of their comfort zone.

What we do to encourage students is create a safe environment to participate in the sport and give them the confidence to tackle new things. We find that by the end of the week students are fascinated by the sport and wish to have us back at their school. Our program encourages students to push themselves to the best of their abilities as well as helps them build confidence and transferable skills in their everyday lives.

THANK YOU TO OUR FUNDER:



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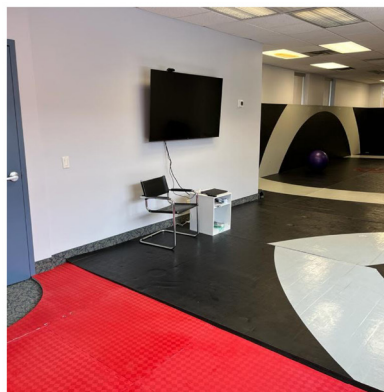
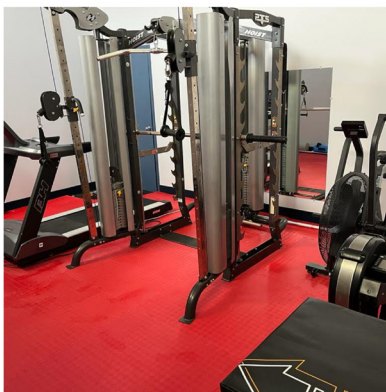
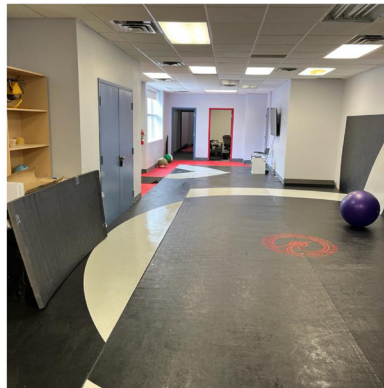
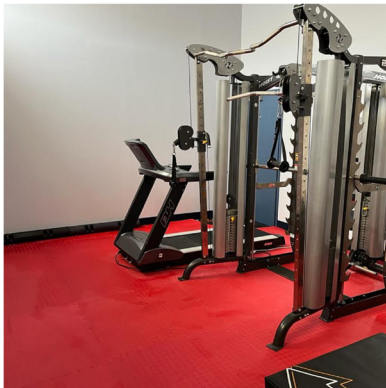




WRESTLE 4 FUN CLASS, IMAGE BY ARELY TORALES

SBCCI FUNDS NEW BTS COMMUNITY SPACE

Thanks to the [Supporting Black Canadian Communities Initiative](#) grant from the [Government of Canada](#) and [Tropicana Community Services](#) we embarked on the renovation of our office space kindly donated to us by Hammersmith Corporation. We are at the finishing stages of this development and we expect to have it fully operational by the end of May. The renovation saw the introduction of a new wrestling/yoga/educational space, as well as a fitness room with equipment that can help strengthen the minds and bodies of young people that will be accessing this hub in the near future. We also have a dedicated office space for staff to come in and work out of. We look forward to the full unveil in June.



COMMUNITY BUILDING FUND SUPPORTS GROWTH OF BTS

BTS was awarded a [Community Building Fund from the Ontario Trillium Foundation and Government of Ontario](#). Through this fund, BTS was able to support staff salaries to:

- Complete year 1 activities from the strategic plan and start year 2 activities.
- Launch fundraising plan.
- Develop communication plan tools.
- Develop a board fundraising handbook and toolkit.
- Launch a donor program and develop a donor recognition & stewardship program.
- Launch our volunteer program.

We are grateful for this funding. This funding has helped us to focus on organizational and operational activities to ensure we recover and rebuild from the pandemic and get back to doing what we do best, impacting youth. Like through our volunteer program. BTS was able to serve 4 students through a coop program, providing them with more than 195 hours of real-world experience in the charity sector and giving BTS extra help in delivering programs and managing social media accounts. You can learn all about our four superstars and their thoughts on the program on the next two pages.



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INTRODUCING

AUSAF!

MEDIA & COMMUNICATIONS OFFICER



INTRODUCING

AYYAN!

OUTREACH AND PROGRAM ASSISTANT



HOW HAS BTS POSITIVELY AFFECTED YOUR LIFE?

My life has been positively impacted by BTS. Procrastination was a big problem for me in the past. However, working with BTS is a breeze because everyone is always happy and cheerful around you. Because everyone is having so much fun while yet adhering to appropriate work standards, the daily meetings have become so memorable.

WHAT HAVE YOU GAINED FROM WORKING WITH BTS?

I gained multiple things from working with BTS. One is confidence to talk to others. Before working with them I was a little shy and wouldn't really engage in conversation. When I joined BTS I felt that I was able to speak my mind and share my ideas. Another thing I gained was work ethic. I learned how to manage time with the Toggl app. Although I did forget a few times it helped me keep track of my work.

WOULD YOU RECOMMEND BTS TO FUTURE VOLUNTEERS AND WHY?

I really encourage individuals to join BTS as a volunteer. During my time here, I've learned a lot about myself. As a BTS employee, I'm constantly inspired by my peers' hard work and dedication.

A FOND MEMORY WHILE WORKING WITH BTS

BTS is something I do not regret joining. From the start I knew it would be an amazing experience. A fond memory I have at BTS is when Jessica, Neal, the other co-op students and I had our first game day. It was after a couple weeks of working with BTS, Jessica and Neal told us how we will be having a game day at the end of the week on Friday. It was really fun, everyone had fun and we played jeopardy. It was a great way to end the week of working and everyone had a great time.

INTRODUCING
ARWEN!
MEDIA & COMMUNICATIONS
OFFICER

INTRODUCING
TYLER!
EXECUTIVE ASSISTANT



WHAT HAVE YOU GAINED FROM WORKING WITH BTS?

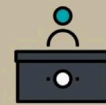
WOULD YOU RECOMMEND BTS TO FUTURE VOLUNTEERS AND WHY?



I gained a lot of knowledge about the hard work put into running a charity from the ground up. Specifically, from my role I was able to learn and experience a lot about how to run and create effective social media strategies and posts. like this one ;)

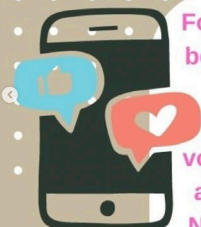


I would recommend BTS to future volunteers. I would do this because through my experiences with BTS over the last 8 years as a wrestler, a worker, and a volunteer I have yet to have a bad experience with someone here, as it is a very enjoyable place to work and great people to work with.



A FOND MEMORY WHILE WORKING WITH BTS.

HOW HAS BTS POSITIVELY AFFECTED YOUR LIFE?



Fond memory while working with BTS would be our weekly game day. These game days let me get to know my workmates on a personal level, ultimately making my volunteer experience 10 times better! This is a fond memory because I got to see coach Neal and Jessica in "off work" mode. From this, I realised just how funny and VERY competitive these two really are.



BTS has affected my life by turning me from a young shy kid when I first started wrestling with BTS to now working with BTS and being more confident in myself as well as out spoken for myself.



BTS IS HIRING 16 YOUTH THIS SUMMER



BTS is excited to announce that our Workit (Summer Jobs Programme) is underway. We are

grateful for the support of [Summer Jobs Canada](#) for being able to employ 16 youth this summer. We already employed 4 youth and are excited to Kathy Khoa as our program associate, Mofe Ogunyomi and Simi Jayeoba as program coordinators and Jonathan Vecchio as executive assistant.

If you are interested in applying for a position, you can use the QR code on the next page or visit beatthestreets.ca for more information. In Workit, you will learn both hard and soft skills to help you find success in the workplace.

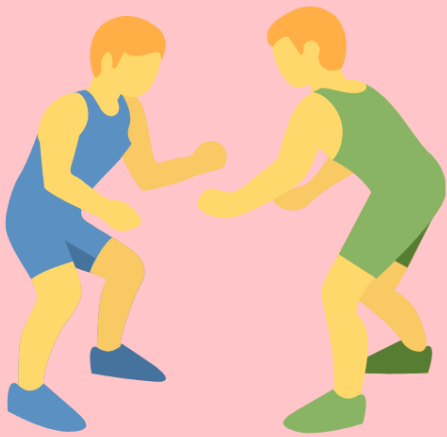
“Working at Beat the streets this summer has been an awesome experience. I’ve learned so much and got to work with the most amazing group of people. On the first day, I didn’t know what working at Beat the streets would feel like and especially because BTS is my first job experience, I didn’t know what to expect but I would say that it surpassed my expectations.

I would also like to mention that through workshops, I developed presentation skills, learned time management, stress management, organization, resume and cover letter writing techniques, and maintaining healthy relationships at the workplace.”

PHEBE ADEWUMI, SUMMER JOB STUDENT, 2021

THANK YOU TO OUR FUNDER:

Canada 



BEAT THE STREETS IS HIRING

7 WEEKS FROM JULY 4TH 2022 - AUG 19TH 2022

JOB POSITIONS

- **SOCIAL MEDIA COMMUNITY MANAGERS (X2)**
- **FUNDRAISING ASSISTANTS (X2)**
- **RESEARCH ASSISTANTS (X2):**
- **SUMMER PROGRAM FACILITATORS (X6)**

FOR MORE INFORMATION:



"" MY EXPERIENCE WITH BTST WAS AMAZING! I ENJOYED EVERY SECOND OF IT AND I LEARNED A LOT OF IMPORTANT SKILLS THAT I KNOW WILL HELP ME! OVERALL, I LOVED THE PROGRAM AND HOPE TO COME BACK NEXT YEAR!" - VOLUNTEER (JASREEN SAHOTA)



WHAT'S UP NEXT FOR BTS

BTS will be bustling over the next few months. We will hire another 12 students for Workit in June. This summer we will provide 16 weeks of employment experience for 16 people and can't wait to see what kind of team we have this year.

We will also deliver four You Grow Girl programs and serve 80 girls this fall.

We will deliver more Wrestle 4 Fun classes in the fall and reach 2,500 children.

BTS is also running it's summer camps with Battle Arts Academy and Matmen Wrestling Club and you can find out more information about our summer camps [here](#).

BTS will also promote the opening of it's new community space in Mississauga in June/July and launch it's new website mid-June.

Finally, our special student edition summer newsletter will be published in August.

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 neal@beatthestreets.ca.



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

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Trillium
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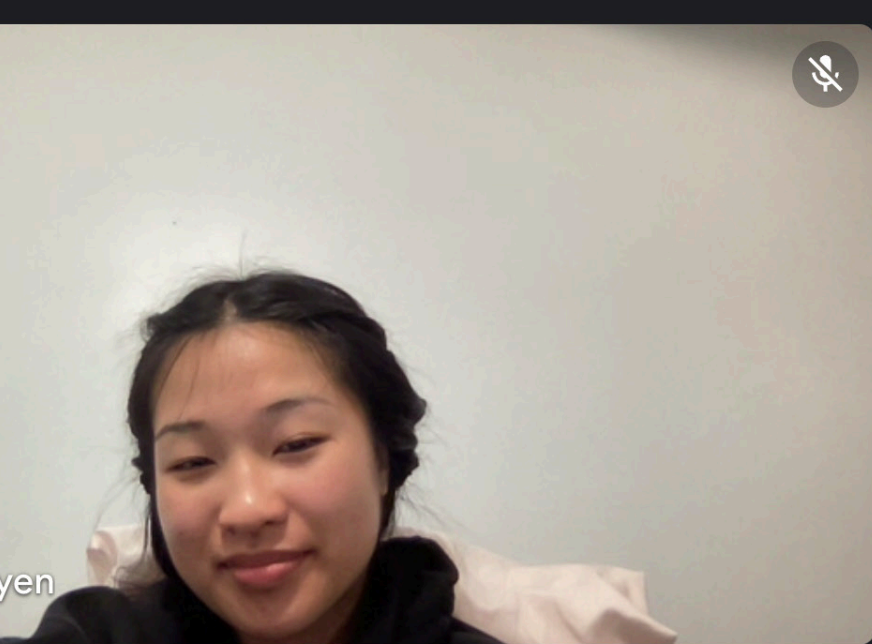
HAMMERSMITH
DEVELOPMENT AND CONSTRUCTION



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ivari





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Simi Jayeoba



ecchio



Syed Ayaan Hussain



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