



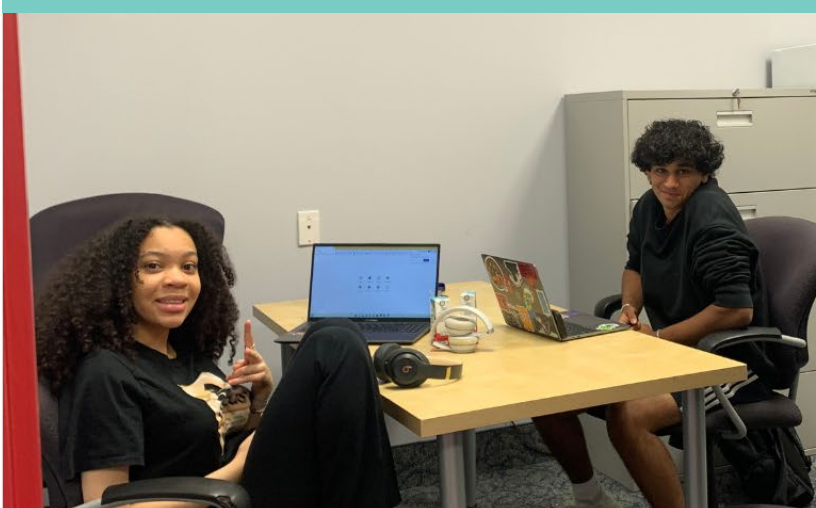
BEAT THE STREETS

NEWSLETTER

SUMMER 2022



SUMMER JOBS EDITION!



IMPACTING YOUTH

A VERY BIG THANK YOU TO OUR SUMMER STAFF FOR PUTTING THIS NEWSLETTER TOGETHER!

All content was written, edited, designed and photographed by our team. Milan Ewers coordinated the newsletter, while Victoria Stewart, Arwen Mercado & Kathy Khoa provided designs and photography.

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IN THIS ISSUE

Once the school year comes to an end, BTS quickly shifts gears from sports to employment programs for BTS youth. In our Summer Jobs newsletter our students reflect on the program and their experience and share their thoughts on a variety of topics related to their time at BTS. We hope you enjoy their content! You can also find out what activities and projects we have coming up this year.

Happy reading!

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GOODBYE SUMMER

NEAL EWERS EXECUTIVE DIRECTOR

We are truly grateful for another fantastic season here at Beat The Streets. So far, this summer has been excellent. Our WorkIt program has grown to 16 students, all of whom are leaving with raving reviews of the program. Our program has become structured and consistent, thanks to our previous staff and deputy Director Jessica. We are now setting our sights on getting funding for this program to continue to grow and positively impact young people's lives while providing them with work experience, mentorship, and job skills that will positively impact their future. Our goal is to prepare them to level up their potential in the workforce by teaching them how to become strong producers of great content, dedicated and disciplined workers and transfer these skills to their school experience. These students are either high school or university students, many of whom come back and tell us that the skills they learn in our summer jobs program prepared them for the school year. They became better students because of the skills they learned and the mindset they developed.

This summer, Beat The Streets also went out on our own and attempted to run a

summer camp for the first time in four years. We partnered with Battle Arts Academy (location) and Matmen Wrestling to deliver a unique experience for summer campers. It is a combat-based summer camp where campers learn self-defence and anti-bullying tactics. To top off, they learned social-emotional and artistic skills that allow them to create and perform in their pro-wrestling show because Battle Arts is a pro-wrestling-centred gym. It is truly amazing to watch these summer campers enjoy the process, and the staff was also excellent and learned a great deal on the job. Being the first year of this summer camp, we are confident that it was a successful camp because of the numbers we saw. We started the first week with approximately 15 campers, and at our peak, we saw 45 campers in the middle of the program. This year is a great first start considering we are cash flow positive.

We look forward to this camp next year. I want to thank Battle Arts for providing the facility and their team's professionalism and helping run a successful camp. Also, thank you, Matmen Wrestling Club, who did an excellent promotional job recruiting campers!

Looking forward to the fall speaking for myself and perhaps Jessica, we look forward to getting back to normal and doing our regular work compared to the wild and crazy summer program we just experienced. We wouldn't trade it for anything, but we look forward to quieter times when we can go back to focus on building the organization and finding more opportunities to grow our programs. We hope everyone had a fantastic summer and as things open up and everything gets a little closer to normalcy, we are excited about all the programs we can offer in the fall and winter.



ORIENTATION DAY AT BTS

BTS WORKKIT PROGRAM



EMPLOYED 16
STUDENTS



PROVIDED 480
HOURS OF WORK
AND LEARNING
EXPERIENCES



PROVIDED 39
HOURS OF ONE-
TO-ONE
MENTORING



DELIVERED 16
HOURS OF TEAM
BUILDING
ACTIVITIES



DELIVERED 3.5
HOURS OF
MENTAL HEALTH
ACTIVITIES



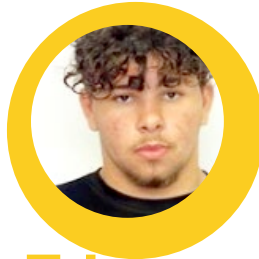
Sean



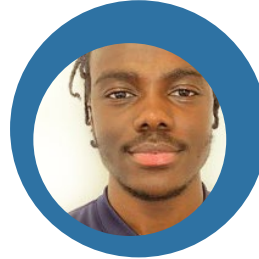
Tyler



Tarleen



Taha



Mofe



Arwen



Simi



SUMMER REFLECTIONS

Our students answer four questions about their time at BTS.



Milan



Tyler



Victoria



Kathy



Tarnpreet

I can say that in the last seven weeks, I've grown and learned life skills that I can apply to my postsecondary education.

Milan



Beat the Streets has taught me a plethora of different skills and has truly helped me to grow as a person....knowing that someone always has my back or teaching me that all I have to do is believe in myself.

Dilshan




**Did you learn
new a**

Victoria



Through BTS help I am now able to take pride in my work and say confidently what I'm good at.... I feel I was also able to improve my graphic design skills, since I got lots of opportunities to practise



I have learnt to embrace who I am and to focus on what I want in life, rather than being so fearful of what others think of me. They have taught me that if you do not know something you can always learn it!



Kathy

My time with Beat the Streets has undoubtedly been a journey full of learning and growing. I have learned many skills that help in becoming independent, confident and a hard worker.



Arwen

Learn anything at BTS?



Tyler

I've grown so much and I can truly say that I'm more confident... Jessica and Coach Neal have been so amazing, they are there when you need them. The guidance from them has been so amazing.

Jessica and Neal really motivated me to push myself and do things I wanted to do, but didn't think I could!

Victoria



The WorkIT program has helped me have a good and consistent schedule which has allowed me to practice healthy habits such as time management and doing tasks similar to school projects.

Arwen



**How has
at BTS impacted**

Milan



I've grown so much...I'm more confident at public speaking and taking on bigger tasks...BTS has prepared me more for post-secondary and I'm confident going into the 12th grade.

Through different workshops and learning opportunities Beat the Streets has shown me different ways to look at life and has enlightened me in different lifestyles I can use to better myself.



Kathy

Coach Neal and Jessica had a positive impact on me - they offered me an opportunity to reflect, guidance, the space to grow and make mistakes and a push when I needed it. They really helped me to go after what I want in life.



Dilshan

**your time
acted you?**

Beat The Streets has been able to help guide me to get on the right path to complete many of my future goals.



Tyler

Whether it's a first job or a fifth job, I would definitely recommend this program to anyone out there looking for a great summer job, it's an all-around amazing experience!

Victoria



Coming into the BTS summer work program, I was mainly focused on helping underprivileged children. Little did I know I would learn how to better myself, build good life habits, create a community in the workspace and even how to gain confidence in myself.

Dilshan



**How would you see
others looking for**

Tyler



I would tell them how great the people they work with will be. It is a great opportunity to learn a lot about yourself. I would tell them you get to meet and work together with great people, who are all willing to help you and motivate you to succeed and do well in your position.

This program is the helping hand all youth need to guide them into the real world/work world. Consider Jessica and Neal as second parents or guardians because they really want to see their workers succeed.

Arwen



If creative control is important to you this job is amazing. If you are eager to learn and grow this program is perfect. Honestly, this is the best job you could ever have, and there's nothing like it.

Milan



ell this program to work experience?

Kathy



Working for BTS does not feel like work because it's such a supportive community and everyone is so willing to help one another to meet their own unique goals and aspirations. I made so many lifelong friends and learned so much about myself during my two summers here at BTS

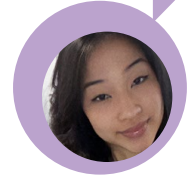
My highlight of this year was making bean bag chairs and game days. It was super fun watching everyone collaborate to hold the sack open and fill them with styrofoam balls. Meeting everyone on the first day was great.

Milan



My favourite memory would have to be going to AL... to work a... about Co... to come ho... mountain... b...

Kathy



What's your memory from

My favourite memory from Beat the Streets was definitely the trip where we went to square one. Me, Tyler and Arwen all went to square one in hopes of finding new items to put into the raffle that we will be holding. This was my favourite memory because it was the moment I realized that I was not working with others but I was working in a community.

Dilshan



My favourite memory would have to be on... was in the office with... my favourite memory... are in the office I feel... and pushed to com... I also am able to en... social and commu... co-wo...

My favorite memory was telling Coach Neal about my experience with Coach Neberta for two months and having them joke about Coach Neal leaving BTS and going horseback riding, climbing mountains and going mountain biking with me.

A favorite memory of working at BTS would have to be when we were filming interviews for our documentary. We were all in the office, and it was a really great time getting to know each other better and being able to get work done in a fun way.



Victoria

Our favourite this summer?

Tyler



My favorite memory from this summer would be one of the times that I went to work with my co-workers. It is my favorite because when we were there we felt more productive and we were able to complete my work but I also enjoyed my time being there and communicating with my co-workers.

So far, my most memorable moment from this summer working with Beat the Streets would be orientation day and the day we had to go to Square one for work. Orientation day was in person at the office. I am not very extroverted but the second I got there I felt welcomed by the new and current workers.

Arwen



Building confidence



Dilshan Wirasinghe

Coming into the Beat the Streets work it program, one area that I struggled in most through my life was that I was never truly confident in myself. It is something that was and will always be really hard for me to fully overcome. Here at Beat the Streets they helped me to take on this problem and showed me how to start believing in myself.

By encouraging me to have new experiences and really put myself out there, I really learned that if I put my mind to something then I can accomplish nearly anything. One huge lesson that BTS taught me is to not be afraid of failure, for one can never learn and grow without failing at first. This is a lesson that truly pushed me to become more confident in myself especially when I had to call different hotels asking for a free stay. I would get rejected, but instead of letting that get me down and instead of giving up I took what I learned from those calls and I kept trying, eventually I got us a free night's stay at a hotel in downtown Toronto.

But without realizing that the worst that can happen is that I got told no, I would have never gotten the courage to keep on trying and pushing to accomplish my goal. Now I feel infinitely more confident when talking to others, in public speaking and even when playing sports because now I realize that if I go in there and try my best, I will never lose. There will always be a lesson to learn even if you fail miserably, the most important thing one must do is learn from that failure.

"One huge lesson that BTS taught me is to not be afraid of failure, for one can never learn and grow without failing at first."

A Job Like No Other



Victoria Stewart

When I first started at Beat the Streets back in July, I thought it would just be a normal, summer office job. However, this was far from the case, as almost instantly I realized this place was different from any other job I had worked before.

The workplace location is unique, as we got to do our jobs in the comfort of bean bag chairs and yoga balls throughout the updated community space. This instantly stood out to me as a positive feature, and it made work feel more fun for me. Instead of sitting in a cubicle, I could freely move around the space and get help from my co-workers whenever I needed it.

Another positive addition to this job I did not expect was the amazing employee/management relationship. Coach Neal and Jessica made each and every one of us feel heard, motivated, and excited about our work. They even took time to give everyone their own weekly "mentorship meeting", where we could each discuss our work progress, our goals outside of BTS, and how we can grow and improve overall. These were extremely beneficial for me, and I know they were useful for many of my co-workers. This positive relationship really stands out to me as a highlight of the program. The work I was doing gave me the impression that I was working towards the same thing as everyone else, and that I was just as important to the BTS goal as Jessica and Neal are.

"Overall, my experience was incredible. I was able to learn so much, and the work culture here is something I'll never forget."

Overall, my experience with Beat the Streets was incredible. I was able to learn so much, and the work culture here is something I'll never forget. I truly would recommend BTS to anyone looking for a fun, inspiring, and worthwhile job. I think it is an amazing opportunity, and the experience you will have here is unlike anything you will ever see.

From a dream to a goal



Arwen

Growing up we are always told to “dream big” or “you can do anything if you put your mind to it”, but when it comes to making those dreams into realities, we are simply never explained. Unfortunately, this leaves many children to go through adolescence with the mentality that their dreams can never become goals.

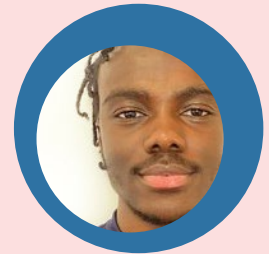
I am starting to realize some very important tools in achieving a goal that I wish I knew at a younger age. Firstly, you must be realistic and aware of the work you need to input. The best way to become aware is by research. Knowledge is truly key in helping you understand the hard work in achieving your goal. This is not something to discourage you but, rather ensure that this is something you want. A little thing to help you remember this is a quote from Cinderella, which goes “A dream is a wish your heart makes”. So, next time you say you have a dream, make sure it is something you want wholeheartedly.

“There is no such thing as a perfect time to start something. If you want it the time to start is now.”

This can be done by making your words into actions. There is no such thing as a perfect time to start something. If you want it the time to start is now. You must go full send and stop doubting yourself as these excuses stopping you from doing what you want is nothing more than a brick wall you build yourself.

Now that you have done the first steps of locating a realistic goal and turning it into action, the last and crucial part is to stay inspired. With our busy lives, we can easily become sidetracked and forget to keep the dream alive. Remember to surround yourself with the things that first got you inspired and actively look for different ways to feed this passion. By doing so, you give no opportunity to fall out of love with your true goals.

My summer experience



Mofe

My time working with Beat the Streets has come to an end and I was fortunate enough to meet great people who always pushed me to do my best. In the short time I worked with Beat the Streets I acquired so many new skills that would benefit me for future employment.

This year I worked as a program coordinator and I was tasked to conduct interviews for our summer staff. This was a new experience for me as I had never done anything like it before but nevertheless, I was ready to tackle the challenge. It was very insightful being on the other side of the panel as I was able to see the different qualities that employers are looking for and what the hiring process is like.

This experience allowed me to improve my communication skills because I was asking questions and conversing with potential employees to determine if they were the right fit for the job. Furthermore, I learned how to manage large amounts of data to ensure that we had all the necessary information on each candidate to make the best decision. After a successful interview process I can confidently say that Beat the Streets is the destination for anyone looking to level up and positively impact their community.

"I can confidently say that BTS is the destination for anyone looking to level up and positively impact their community."

Home Working & Self-Regulation



Simi

Remote work has increasingly become the norm for many of us. While this shift has offered greater working flexibility, it also has us grappling to manage our hottest commodity in the modern age - attention.

Working from home is hard. With so many things vying for our attention, it's no surprise we often struggle with regulating ourselves and satisfying our productivity goals. It is important that we explore and put to use practical skills and ways of thinking that can support us as we aim to do our best work. In his book, *Atomic Habits*, James Clear offers similar guidance,

"You do not rise to the level of your goals. You fall to the level of your systems. Your goal is your desired outcome. Your system is the collection of daily habits that will get you there."

Self-regulation can be understood as our ability to monitor our thoughts, feelings, and behaviours as we work towards a certain outcome. As part of the self-regulation process, we must also monitor our process by evaluating our outcomes against our goals and deciding the best path forward.

This summer through the evaluation tool development I did for *Beat the Streets*, I came across some valuable questions that challenged me to reevaluate the way I approached my work. While I have long been a fan of the Pomodoro technique (setting a time to cycle through a focus time block and shorter break time block), these questions prompted me to become more intentional. My major takeaway was that while using the Pomodoro technique was valuable, I needed to pair it with very specific goals for my work efforts.

One way to understand the value of very specific work goals is through the lens of percentages. If my goal is to finish 100% of a project in 5 hours, on a small scale it is easy to remain discouraged if you fall anything short of 100%. Conversely, if my goal is to complete designing the template of the project in 30 minutes, I can feel a sense of accomplishment that keeps me motivated as soon as that task is complete.

I hope pairing the Pomodoro technique with very specific goals can lead you to more self-regulation and ultimately productivity in any work environment!

BTS made me a better me



Tyler

Beat The Streets has made me a better me.

I have been a part of Beat The Streets for eight years. I started off with the Beat The Streets by going to their wrestling practices which helped me elevate my wrestling. I have now also worked for Beat The Streets for the past three summers as part of the Workit program. My first summer I spent as a social media community manager where I would create social media posts and blog posts. In my second summer, I worked as a community development officer.

Lastly this most recent summer I have been working as a research

assistant where I have been creating workshops and contact lists. In the time that I have been doing all this with Beat The Streets I have changed a lot as a person. When I first joined I was a really shy kid who liked to keep to himself but since

being through all the programs with Beat The Streets I have become a much more open person willing to talk and communicate my ideas and feelings no matter the place whether it is an interview, a meeting with my co-workers, or even just meeting new people.

I am thankful for everything Beat the Streets has done for me over the years and the opportunities that I have achieved because of Beat The Streets. I have learned so much from many great people and look forward to my future with Beat The Streets no matter what comes next in my journey.

“I am thankful for everything Beat the Streets has done for me. I have learned so much from many great people”

The Importance of Perseverance



Milan

Why is it so difficult to discuss mental health?

It is challenging to have an open discussion about our feelings because of the pervasive stigma and discrimination against those who suffer from mental illness. Western modern lives are detrimental to mental health. The stress of competition in schools and the workplace, unhealthy diets, inactivity, loneliness, family dissolution, childhood abuse and trauma, etc.

Finding the power and drive to push through when we feel overwhelmed by external or internal events is a significant task if you want to keep going forward. Life is full of change; whether we like it or not, things will change whether we want them to or not. It is up to each of us to persevere by making daily progress toward being the best versions of ourselves.

“Perseverance” is about grit and resolve; it’s about persistence and pushing forward. It is important to persevere because if you give up or give up, you will be trapped as a victim of your circumstances. Pushing yourself to keep trying even when things look difficult is what perseverance is all about. It’s common for most people to occasionally not feel “in the mood” to go to work or complete menial duties. But when a lack of motivation persists and interferes with obligations, it could be a sign of a mental health problem. In actuality, depression’s main symptom can be a lack of motivation. Low motivation may even serve as a “red flag” for medical professionals and therapists to ask about additional depressive symptoms. Cognitive control is fundamental to motivation. You have the power to steer your emotional and cognitive systems in the direction of a desired outcome or reward.

“Pushing yourself to keep trying even when things look difficult is what perseverance is all about.”

Don’t give up, things will get better!

Unplugging the Internet



Kathy

I think everyone knows that going on our phones too much could be toxic.

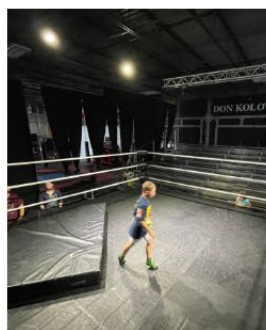
Some of us even go through a phase where we delete social media to only redownload it again a few hours or days later. I recently spent a few weeks away in the mountains with no signal and complete isolation from the noise of the world. So, I texted my loved ones before I left that I will not be able to answer and shut my phone off. It was one of the best experiences to wake up to the sound of the river, watch the sunrise, talk to everyone around me, make dinner together, eat together, look at the stars together, play games and get creative with the world around me. I was lucky enough to have that experience however, that is not realistic for everyday life so here are some tips that anyone can do:

- 1. Start off the first hour of the day without social media**, the world was able to survive without you being on your phone while you were sleeping why not just spend one more hour away from all the noise so that you can set yourself up for success throughout the rest of the day.
- 2. Set a schedule for when you will unplug**, once you get into a routine it will be easier for you to unplug at the same time every night.
- 3. Turn off your notifications**, this will reduce your temptation to look at your phone and get trapped in mindless scrolling for hours.

When you put your phone down your interpersonal skills, creativity, productivity, sleep and overall well-being improve. Focus on what's in front of you and what's in your control because if you spend all your time looking at your phone, you miss out on all that life has to offer you. It's an important skill to build to connect and disconnect from the internet on your own terms, good luck and do not be too hard on yourself if you fail a few times, just keep trying!

**SUMMER
REFLECTIONS**

SUMMER CAMP 2022



MEET THE COUNSELLORS



TARLEEN:



As a summer camps counsellor, I learned how to effectively get the kids' attention by counting down from 3. The first week, I had a hard time getting the campers to take me seriously as their leader. My most fond memory from this summer is looking forward to work as I laugh with my coworkers constantly.

BTS has impacted me positively by helping me be productive and make the most of my summer. This program is a unique opportunity that allows one to be successful within the work field.

Thank you, BTS for the all-around constant support!

TARNPREET:



I acquired many different skills during my time as a Summer camp counsellor (responsibility, decision making...)

One of my favourite memories this Summer was doing facepaint on the kids during the pro wrestling week. The kids loved transforming themselves into their characters and I'm glad I was able to help.

TYLER:



I learned it can be very difficult to take care of toddlers and kids!

My favourite memory thus far has been from week 2 when we did pro wrestling. I enjoyed it when I got to go into the ring and show off my wrestling moves. (By the way, I'm not a pro wrestler - even though it might seem like it). BTS has impacted me by teaching me to get along with everyone better, more specifically the kids and other counsellors.

This program enhanced my abilities to take charge and lead activities. I would recommend this program to those looking to better themselves as individuals.

TAHA:

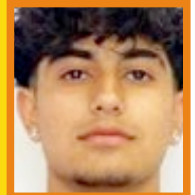
Working at BTS has taught me many things and has given me lots of positive experiences that I will treasure for a very long time.



One thing I have learned is how each kid can hold a unique personality that differs greatly from their peers and fellow campers.

My favourite memory so far into the 5th of the 7-week program would have to be the end of the second week when we ran a small intro show for pro wrestling and everyone got to dress up and portray themselves in their wildest imagination.

SEAN:



During my time at BTS working as a summer camp counsellor, I have acquired many different strategies to help the day be more coordinated.

In particular, I've learned that being more stern with kids can result in more fun and efficiency.

My favourite memory from this summer was interacting and getting more comfortable with the kids. That includes involving myself in games or even running the games.

Over at BTS, our main goal is to have fun! This experience is a great opportunity that enables one to succeed in the workplace.

WHAT'S UP NEXT FOR BTS

We have a busy 2022/2023 ahead of us! BTS was awarded grants from the **Canada Post Community Foundation**, **Canadian Tire Jumpstart Charities** and **The Gooder Foundation** to deliver Level Up and You Grow Girls to low-income youth, ages 13-18, across the GTA.

We will deliver 12 Level Up programs and serve 240 youth. We will also provide 14 You Grow Girl programs and serve 280 girls. If you are a school or teacher in the GTA, **please get in touch**. We'd love to hear from you.

Thanks to support from Jumpstart Charities, BTS will also launch and develop its volunteer program for high school and post-secondary students. We aim to serve more than 16 volunteers over the next nine months.

Thanks to support from the **Ontario Trillium Foundation**, BTS will continue delivering Wrestle 4 Fun classes to elementary schools and reach another 2,500 children in the TDSB. Are you interested in participating? **Sign up here**.

In November, BTS will hold its AGM. We are also planning to develop and expand our Workit program and help even more low-income youth find success in the workplace.

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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