

## Working with you toward a healthy & vibrant community

### 2014-2015 at a glance

The Cumberland Community Schools Society (CCSS) is a registered charity that has been working in the Village of Cumberland since 2000. Operating out of Cumberland Community School, CCSS works to address the needs of all age groups, by providing programs for parents & babies, after-school programs, a healthy lunch program, adult education as well as youth programs and services.

CCSS operates on the belief that learning is a life-long process and that schools should exist not in isolation, but as part of the local community. We take one of the largest and most under-utilized public facilities - the School buildings - and keep them open on afternoons, evenings and weekends for community activities.

With the philosophy 'it takes a village' to raise a child, we aim to identify and encourage the sharing of skills and expertise with those who might benefit from them.

We hope to encourage a sense of community in our school and a sense of safety in knowing each other in the community.

### Governance

The Society is run by a 9 member volunteer Board of Directors, and staffed with an Executive Director, Lunch Coordinator, Youth Coordinator, Youth Support Workers, part time Bookkeeper, and dedicated paid and volunteer program instructors.

### Volunteers

We are privileged to have an amazing group of dedicated volunteers. Over the past year volunteers have contributed over 2600 hours of their time to help

organize and run our programs, services and community events!

### Healthy Food Program

Our **Healthy Food Program** provides nutritious, locally sourced lunches to students at Cumberland Community School four days a week. Meals are affordable and popular with full and partial subsidies available for families needing support. Fresh fruit, vegetables and other snacks are also provided to students throughout the day as needed.



This year, 240 students participated in our lunch program. We served over 900 meals per month and 19% of these were subsidized. This program ensures that all students have access to healthy food choices.

Thank you to *Sunshine Organics* for their donation of a bin of fruit every week; *Seeds Food Market* for donations and local ordering; the *Wachiay Friendship Centre* for donations of dry goods; the *BC School Fruit and Vegetable Nutritional Program* for bi-monthly deliveries of fresh fruit, vegetables and milk and our local restaurants and caterers for providing delicious, low cost meals throughout the school year. *Gourmet Girls- Local Kitchen and Catering*, *Mar's on Main*, *Cumberland Village Bakery*,

*Riders Pizza*, *The Waverley Hotel*, *Tarbell's Deli*, *Plates Eatery & Catering Co.*, *Kama Bento*, *Quality Foods and Custom Gourmet*.

### After-School Programs

At Cumberland Community School we deliver after-school programs in 3 sessions throughout the school year. Our high-quality programs engage all members of the student population by removing common barriers to recreation. Programs are offered at no cost in a safe and familiar environment; sports equipment is made available to students who don't have their own; relationships are developed with vulnerable students who are encouraged to participate; education assistants are provided to support full participation of special needs students; and healthy snacks are included to ensure participants receive the nutrition they need to learn, play and grow.



After-School Chess Club. Photo by Tenzin King.

This Spring CCSS offered 21 different programs for students in grades K –9, with spots available for 251 students. 68% of the School population participated in our after-school programs this year.

This past year programs included **Theatre, Art Classes, Mountain Bike Club, Floor Hockey, Garden Club, Hula Hoopla, Chess Club, Cumberland Museum, Spanish, Soccer, Table Tennis and more.**

### Bike Programs

Our long-standing partnerships with the *United Riders of Cumberland (UROC)*, *Dodge City Cycles* and the *Coal Hills BMX track* have given Cumberland students the opportunity to experience superior **Mountain Biking and BMX programs**. This spring, with funding from *ViaSport BC*, we expanded programming to include a successful **Girls Beginner Mountain Bike Skills** workshop.



Many thanks to the *Cumberland Coal Cross* and *Dodge City Cycles* who donated three new mountain bikes, helping to make these programs even more accessible to Cumberland kids.

### Community Programs

This past year CCSS offered 14 different Community Programs for Cumberland residents of all ages including **infant massage, first aid, employment workshops, stained glass, bootcamp and a babysitting course**. These programs were offered for free or at low cost and help to promote life-long learning while increasing the use of school facilities.

### Healthy Mother, Healthy Child

With support from the *Children's Health Foundation of Vancouver Island* we continued to offer our popular **Mamacentric** program. This weekly support group for moms with newborn to toddler aged children provides women with the opportunity to build friendships and support within their community. In May, this valuable program was awarded the 2015 Community Impact Funds from *First Credit Union & Insurance*.

### Youth Centre

In March, our vision of a Cumberland Youth Centre became a reality. With support from *School District No. 71, Cumberland Community School, the Village of Cumberland, Hinterland Studio, the Rotary Club of Cumberland Centennial, Sitka Silviculture* and the Comox Valley community the **CCSS Youth Centre** is now open 3 days a week.

Annual memberships have been purchased by 48 youth and an average of 14 youth attend each day. When asked why the Centre is important, one youth responded "acceptance here is fantastic and it's a place we can all be who we are: youth".

The Youth Centre provides a safe place for youth to hang out; offering programming, life skills and support services. Monthly meetings are held where staff engage local youth and solicit input on programs and services offered. Youth are encouraged to get involved with their community and take on leadership roles. Over the past year, under the direction of CCSS, 42 youth volunteered at community events!

### Mural Project

CCSS works to enhance curriculum by connecting community members with students during instructional hours. This year, CCSS collaborated with school staff to secure funding from *ArtStarts* for a mural project. Offered as a 10 week exploratory course, students in grades 6-9 worked with local artist *Gillian Brooks* to create a stunning mural on the outside wall of the school.

### Cumberland Skatepark Project

We continue to work in partnership with the *Village of Cumberland* to develop and fundraise for a Cumberland Skatepark.

### Events & Fundraisers

Over the past year, we hosted our annual **Santa's Breakfast** and **Thunderballs 2015**, and added the **Reel Youth Film Festival** to our event roster! Our events aim to bring the community together, while raising funds to help run our programs & services.

### Community Partners

We are grateful to have the support of and the ability to collaborate with numerous community organizations and local businesses. Our programs & services would not be possible without these relationships.

### Funding

With generous assistance from our funders we continue to expand our programs to meet the needs of our diverse community. We are grateful for the support of *School District No. 71, the Village of Cumberland, the Province of British Columbia, the Vancouver Foundation, the Children's Health Foundation of Vancouver Island, the Estates of Paul Ryan and Dorothy Fobin Ryan, Hinterland Studio, ViaSport BC, the Rotary Club of Cumberland Centennial, First Credit Union & Insurance*, and numerous local businesses and individuals.

### Get involved!

Would you like to volunteer, donate or find out more about CCSS? Visit our website at [www.cumberlandcommunityschools.com](http://www.cumberlandcommunityschools.com)



Mural Project. Photo by Sara Kempner.