

Working with you toward a healthy & vibrant community

2015-2016 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 a healthy lunch program, after-school programs, 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 10 member volunteer Board of Directors, and staffed with an Executive Director, Lunch Coordinator, Program 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 2200 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 in grades K to 9 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, 310 students participated in our lunch program. We served an average of 1,400 meals per month and 22% of these were subsidized. This program ensures that all students have access to healthy food choices.

Many thanks to *Hinterland Studio* and the *Cumberland Legion* for their financial contributions to this program; the *Update Company* for their donation of an online ordering system; the *BC School Fruit and Vegetable Nutritional Program* for bi-monthly deliveries of fresh fruit, vegetables and milk; *Seeds Food Market* for donations and local ordering and our local vendors for providing delicious, low cost meals throughout the school year. *Plates Eatery*

& *Catering Co.*, *Custom Gourmet*, *Mars on Main*, *Cumberland Village Bakery*, *Riders Pizza*, *Quality Foods* and *Darren Howlett*.

This summer we are excited to be working in partnership with the *Comox Valley Farmers' Market* to offer the **Cumberland Farmers' Market Nutritional Coupon Program (CFMNCP)**. This initiative supports farmers and strengthens food security in Cumberland, while providing support to local residents. Individuals and families in need receive weekly coupons which can be spent at the Cumberland Farmers' Market to purchase local food.

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



Beginners Baking. Photo by Sara Kempner

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.

This spring CCSS offered 15 different programs for students in grades K –9, with spots available for 215 students. 53% of the School population participated in our after-school programs this year.

This past year programs included **Theatre, Art, Hockey Skills, Garden Club, Documentary Film-Making, Chess Club, Cumberland Museum, Spanish, Soccer, Outdoor Games, Table Tennis and more.**

Bike Programs

Thanks to long-standing partnerships with the *United Riders of Cumberland (UROC)* and *Dodge City Cycles* we continue to offer **Mountain Bike Club and trail maintenance workshops for youth**, with 45 students participating this past year.



These programs would not be possible without our partners significant donation of time (over 200 hours this year), and funds to subsidize insurance for riders.

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

Community Programs & Events

CCSS serves the community at large by offering a variety of programs and events for all ages. This past year, we provided 16 different community programs including gardening workshops, Boot Camp, Beginner Woodworking, and Learn to Brew Kombucha. In January we introduced a weekly bingo night in partnership with the *Cumberland Legion*.

Our 8th annual **Santa's Breakfast, Thunderballs 2016** and the **Reel Youth Film Festival** brought the community together, while raising funds to help run our programs and services.

Healthy Mother, Healthy Child

Our **Mamacentric** program continues to increase in popularity, with an average of 13 women attending each week. This support group for moms with newborn to toddler aged children provides women with the opportunity to build friendships and support within their community. Thanks to *Tarbell's Deli* for their weekly donation of fresh baking!

Youth Centre

The **CCSS Youth Centre** is open 3 days a week, all year round, for youth aged 11-15. It's a popular spot, with an average of 17 youth attending each day and up to 40 youth on special event nights.

Monthly meetings are held where staff engage local youth and solicit input on activities offered. Youth are encouraged to get involved with their community and take on leadership roles. Over the past year, under the direction of CCSS, 24 youth volunteered at community events!



Photo by Sara Kempner

In February we introduced a Youth Centre Girls Group, providing a safe space for girls and female identified youth to share ideas, express creativity and receive support on difficult issues.



Photo by Sara Kempner

Cumberland Skatepark Project

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

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. Special thanks to *Cumberland Community School* administration, teachers and support staff for their ongoing support and encouragement.

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, Hinterland Studio, the Estates of Paul Ryan and Dorothy Fobin Ryan, First Credit Union & Insurance, the Royal Canadian Legion Branch 28 (Cumberland)*, 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 or follow us on Facebook.