

CanU CONNECT

Spring 2024

Issue 3



Winter Program Highlights

Another semester filled with inspiring experiences!

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CanU in the Kitchen

Come see what CanU has been cooking up!

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Lead Awards now Open!

Applications due April 11!
Apply now!

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Events and Experiences planned for Summer 2024

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Issue 3
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WINTER 2024 CANU EXPLORE GRADES 5 - 6

DENTISTRY - PSYCHOLOGY - NUTRITION - ARCHITECTURE - WISE
WALL CLIMBING - COMPUTER SCIENCE - ASTRONOMY - LET'S TALK SCIENCE
FINANCIAL LITERACY - DAIRY - LAW - CREATE

EXPLORE HIGHLIGHT



DENTISTRY

This past winter, in collaboration with the **University of Manitoba Pre-Dental Society (UMPDS)**, we welcomed over 200 Grade 5 & 6 participants to learn about the importance of oral health, basic tooth anatomy, and teeth types at **Explore Dentistry**. At the end of all sessions, participants put their new knowledge to the test as they created their own teeth models out of clay in which they got to take home.

It was amazing to see the creativity and hard work everyone put into their models! On behalf of all of the Explore Dentistry Facilitators, thank you for making this past Winter term so enjoyable and we hope everyone has just as much fun as we did!

WINTER 2024

CANU ASPIRE

GRADES 7 - 9

CLAYMATION - NUTRITION - BAKE-OFF - WISE - ENVIRONMENTAL
BOOK CLUB - BOTANISTS - ART IN PAPER - STORYTELLING
REACH 1 & 2 HEALTH SCIENCES ACADEMIES

ACADEMY HIGHLIGHT



BAKE OFF

Lead by students in the Faculty of Education, **CanU Bake-Off Academy** invited participants in Grades 7 - 9 to compete against each other, discover new recipes, and learn tips and techniques to help them become the next great baker!

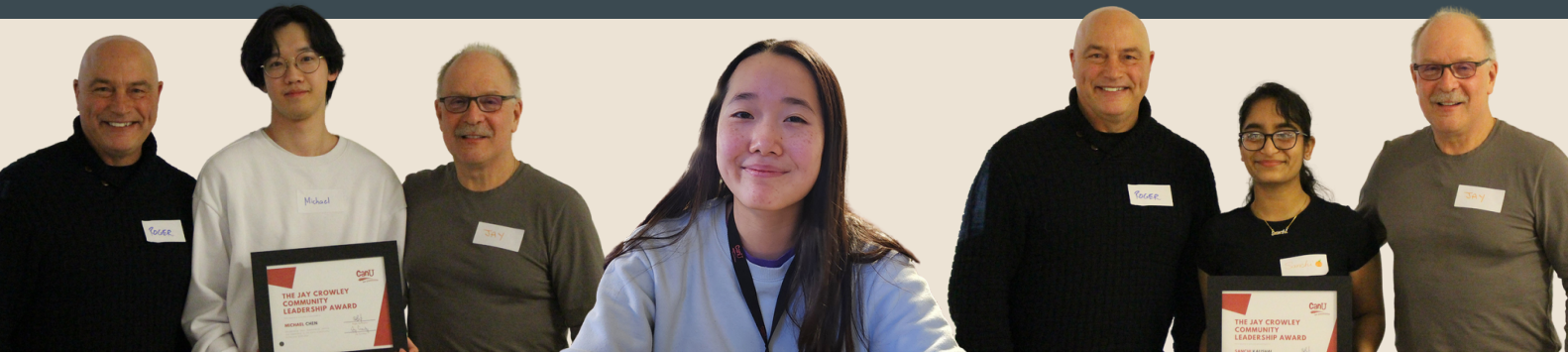
Each week participants had the chance to bake and taste a new recipe before deciding how to improve this recipe for future use. By the end of the program, participants compiled a collection of unique recipes and new skills to use in our final bake-off where one participant was named **CanU's Next Great Baker!**

VOLUNTEER APPRECIATION

MARCH 27, 2024



JAY CROWLEY COMMUNITY LEADERSHIP AWARD



DR. JAMES HOUSE NUTRITION COMMUNITY SERVICE AWARD



ERNIE FRIESEN VOLUNTEER OF THE YEAR AWARD



ROOKIES OF THE YEAR AWARD



WHAT'S COOKING...



IN THE CANU KITCHEN?

Nutrition and cooking skills are essential for future generations. During the winter term, Human Nutrition and Education students at the **University of Manitoba** were able to create numerous memorable experiences in the kitchen.

Across the campus a group of Nutrition students supported the **Aspire Nutrition Academy** where participants in grades 7-9 learned about chef skills, healthy eating habits, sports nutrition and cooking methods.

In partnership with **Big Brother Big Sisters**, U of M Nutrition students also supported, facilitated and mentored students from grade 5 & 6 participating in the Culinary Arts Learning Experience where participants learned a variety of nutrition topics and food skills.

In **Explore Nutrition**, participants in Grade 5 & 6 learned about the Canadian Food Guide and the roles different nutrients have in the body system.

Aside from learning, it was fulfilling to see participants grow closer to one another by connecting through food, cooking and enjoying food together as one big team. On behalf of the facilitators and coordinators of the cooking experiences thank you for making everlasting memories with us in the kitchen!

LEAD AWARDS

APPLICATIONS DUE: APRIL 11, 2024

Recognizing leadership in CanU's Participants and Volunteers with the CanU Lead Awards!

Each year 100s of scholarships are awarded to recipients from Grade 5 to University, making post-secondary attainable and achievable.

All Participants and Volunteers are eligible!

[APPLY HERE](#)

Scholarships are held in trust by the Winnipeg Foundation.

Want tips on how to write a great Lead Award Application?
Click the link below for the brand new Lead Award Guide!

[LEAD AWARD GUIDE](#)



AMBASSADOR SERIES

SHAHIRA'S FLUTE

Meet Shahira, a Grade 11 student, CanU Junior Mentor and CanU Ambassador! Today, we shine a spotlight on her story.



My flute is shiny, and the buttons are very clicky, and that's something I struggled with for a really long time. When I start playing it it's cold, but as I continue playing it gets warm, which helps the sound.

This flute shows my growth, like learning patience. It represents belonging. And it's brought me closer to other people. As cliché as it is, being in a band, you're part of something.

I remember being in the band room on one of the first days back in grade eight after the COVID shut down. I was hearing every single instrument humanly possible and everything's really loud. I was feeling really nervous and I felt extremely alone. I didn't know what to do because I completely forgot how to play.

My friend was just as confused as me. We looked at each other, and that was kind a huge sigh of relief, knowing someone else was just as confused as me, just as lost as me, but still tried as hard. It made me feel less alone, and it helped me not feel as anxious, and that also helped me grow.

Just like my flute has taught me patience, so has CanU, in so many different ways. When I first started out, I was placed into programs that I wasn't very comfortable with and had a hard time adjusting to. With the help and motivation from CanU mentors and volunteers, I was able to learn and develop my skills in new areas.

I try to pass that on to other people – the patience part and practising and just trying every single day. I go to the middle school beside us and mentor grade sevens. We don't really teach them as much as we encourage them and tell them that they're doing really good, and tell them how we felt when we were in their shoes.

I like to make sure they play together rather than putting them out on the spot by themselves, because I know how hard it is to do that in front of other people that you're not that comfortable with. And it not only helps them get over the anxiety of playing. It also kind of brings them together and it helps them play and grow. And also I think it teaches them perseverance because whenever I go, I always tell them how much I struggled when I first started playing.

I think it lets them know that they're not alone.

WHAT'S NEXT?

SPRING PILOTS

This Spring we're excited to offer several new pilot experiences with High School newcomers. These experiences allow us to create an on-ramp into CanU for High School students recently migrating to Canada.

FAMILY FESTIVAL

Celebrating the CanU Community

In May 2024, CanU will be inviting Volunteer, Program Partners, Participants and their families to participate in the 10th Annual CanU Family Festival, an interactive showcase of our CanU Experiences over the past year.



SUMMER LEADERSHIP

Summer Leadership offers CanU Participants (Grades 7-9) the opportunity to stay connected and engaged with CanU throughout their summer break.

INCLUDING:

STORYTELLING - COMMUNITY VOLUNTEERING -
NUTRITION WORKSHOPS - HIKE FOR HOPE -
PSYCHOLOGY - LIVE ACTION ROLEPLAYING - SPIN
CLASS - BOOK CLUB - CREATIVE WORKSHOPS
AND SO. MUCH. MORE!

