

COMMUNITY HEARTBEAT COWICHAN

Featuring



An intense 5-day program where up to 100 youth learn to dance, while also discovering themselves. Daily physical activities will take place as well as exploring cultural activities and diversity. We include activities such as beatboxing and explore traditional drumming, dances and songs, in addition to a *STOMP* element.

We will also engage elders with the youth and create opportunities to re-build trust and communication between them. We explore the movement and athleticism and reflect on its similarities to HipHop. Youth are always encouraged to use their own story telling and cultural symbols in their dance.

All of this comes together in a final community showcase and dance battle. This evening has often been described in many of the communities where we have done projects as the largest community gathering for anything in over 20 years. It is a time of celebration, pride and hope, as parents and elders see some of the most shy and reserved youth in their community blossom with a new sense of self-confidence and pride.

Threaded throughout the week are daily themes that seek to address and talk about the many complicated issues going on in young peoples lives. The negative images of HipHop shown on TV are challenged as we move youth away from “gangsta” images and those of disrespecting women. Positive methods of dealing with anger are explored and a bully free environment is experienced and visualized for the future.

Healing takes place as family violence, sexual abuse, suicide and addictions are examined. We teach youth how to reach out and support each other in communities that have limited resources while also linking them to the resources that do exist in their community.

We also create great opportunities for adults to become more closely aligned with the youth they work with. Teachers, Principals, Social Workers, Police, Public Health officials and Elders are strongly encouraged to humble themselves and participate side by side with the youth. Adult participants often describe this week as the most powerful professional development they have ever experienced and as a result, it directly impacts in a positive way on their relationships with the youth they work with.

March 19-23, 2018 9am – 5pm, Island Savings Centre, lunch and transportation provided.

Sign up early to avoid disappointment MUST COMMIT TO ALL 5 DAYS

Contact: Brandi Keddell, Kwun’atsustul Counselling (778)422 3122 Age: 12+



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Participant Rules and Conditions

As a participant in a **BluePrintForLife** and **Cowichan Tribes** event, I have read, understand and by signing the “Participant Registration Form” agree to the following terms:

Liability & Medical Release

I hereby agree to release **BluePrintForLife** and **Cowichan Tribes**, and their representatives, agents, servants and employees from liability for any injury to the named person, resulting from any cause whatsoever occurring to the named person at any time while attending any **Blue Print For Life/Cowichan Tribes** activities, including travel to and from these activities, excepting only such injury or damage resulting from willful acts of such representatives, agents, servants, and employees.

I agree to indemnify and hold harmless **BluePrintForLife** and **Cowichan Tribes** for any and all claims, demands, actions, rights of action, and/or judgments by or on behalf of the named person arising from or on account of participation in a **BluePrintForLife/Cowichan Tribes** event.

Photo/Video Release

I agree that still photographs and videotapes of me taken during the course of this **Blue PrintForLife** and **Cowichan Tribes** activity. I Further agree that such photographs and video tapes may be used and reproduced by **Cowichan Tribes** and **BluePrintforLife** in promotional materials, publications, bulletins and on BluePrintForLife’s website.

Code of Conduct

BluePrintForLife and **Cowichan Tribes** would like every participant to have an enjoyable experience with maximum attention on safety and comfort. All individuals attending this **BluePrintForLife** and **Cowichan Tribes** activity are expected to abide by the code of conduct described below.

To receive maximum benefit from your participation, the “Code of Conduct” has been established by **BluePrintForLife** and **Cowichan Tribes** and must be adhered to always.

It should be noted that your assignment is voluntary, and as such you agree to abide by the **BluePrintForLife** and **Cowichan Tribes** rules and regulations or forfeit your personal rights to

attend and participate. We are proud of our participants and know that by signing and returning the "Participant Registration Form" you agree to this 'Code of Conduct' and are simply reaffirming your dedication to what is outlined below.

1. My conduct will be exemplary at all times.
2. I will attend all activities for which I am assigned and registered and will be on time.
3. I will listen and obey instructions from **BluePrintForLife and Cowichan Tribes** workshop leaders.
4. I will abstain from use of alcohol and drugs (except those prescribed by a doctor).

I agree, if for any reason, I am in violation of the rules of the activity, I may be asked to no longer participate in **BluePrintForLife and Cowichan Tribes** workshops.

It is with the spirit of being a proud participant that I agree to these rules of conduct. Having read and understood completely the 'Code of Conduct', **BluePrintForLife and Cowichan Tribes** liability, medical release and photo release do I hereby agree to follow the procedures and practices outlined above

Participant's Signature:

Date:

Parent or Guardian's Signature (if under 18):

Date:

Blueprint for Life Registration Form

Youth/Participants Name: _____ Sex: M__F__

Date of Birth: _____

Parent/Guardian Name: _____

Home Address: _____

Home Phone: _____ Cell Number: _____

Email: _____

Shirt size: S M L XL

Emergency Medical Treatment: In the event of an emergency, I give permission to transport my child to a hospital for emergency medical treatment. I wish to be advised prior to any further treatment by a doctor or hospital. In the event of any emergency, if you are unable to contact me at the above numbers, please contact _____ (Name & Number)

Medical Information:

Care Card Number: _____ Family Doctor: _____

Phone Number: _____ Any Allergies? Yes__ No__

If so please specify:

Is bus transportation required? _____

Return to: Brandi Keddell at 200 Cowichan Way or email to: Brandi.Keddell@cowichantribes.com

Date received: _____ Received by: _____

Transportation Rules

The responsibility of operating a bus in city traffic and on the highway is tremendous. In addition to observing the traffic and driving regulations, bus drivers supervise as many as 84 active youngsters. For the safety of your child, please review the following bus rules and encourage your child to do the same. Our common goal is to transport students to and from school in the safest possible manner. Your assistance as a parent/ guardian in ensuring the following guidelines are followed is appreciated.

STUDENT RESPONSIBILITY

1. Students will show care, courtesy, common sense and respect for each other, the school bus driver and all adults.
 2. The driver shall be in complete charge of the school bus. Directions must be followed promptly and courteously. In the event of an emergency students are to remain in the bus, unless instructed otherwise.
 3. Students are to remain properly seated at all times, and to remain seated until the bus comes to complete stop. Students will not extend any part of their body out of the windows.
 4. Students are to avoid behavior which may divert the driver's attention. Horseplay and objectionable language will not be tolerated.
 5. Personal belongings are to be held in the student's lap and may not extend into the aisle.
- Any item of a size or nature which is considered hazardous shall not be carried on the bus.
6. When crossing the roadway, students shall only cross in front of the bus.
 7. Consumption of food/beverage is not permitted. Students are to assist in keeping the bus clean at all times.

PARENT/GUARDIAN RESPONSIBILITY

1. Ensure students are ready to board the bus on time by being at the bus stop at least five minutes before scheduled arrival of the bus.
2. Instruct students in proper behavior while waiting for the bus.
3. Instruct students that they are to ride only the bus for which they are registered. Students shall ride to and from the designated bus stop, and will not be picked up or dropped off at any other location.
4. Any item of a size or nature that is considered hazardous to other passengers or may cause damage to the vehicle shall not be carried on the bus. Musical instruments will be carried on Cowichan Tribes school buses only if the size does not exceed that of an alto-saxophone. Oversized musical instruments such as guitars and trombones will not be carried.

5. Familiarize yourself and student(s) with the **Transportation Regulations** for students traveling on the school bus. Failure to abide by the rules of good conduct may result in the loss of bus riding privileges.