

# **Connect Through Sport Program**

## **Description:**

This activity aims to ensure parents are informed of school norms and practices and remain connected with their children as all family members acculturate to new environments and life in a new country. Connect Through Sport is family-based and brings both parents and children together to build inter-generational connections and understanding. Highschool children are engaged through sports and interactive activities to develop and strengthen academic and life skills. Parents are offered workshops to strengthen their knowledge of the school system and how to support their children's adaptation in a new society. Through interactive activities, both children and parents learn, share, and have fun in a supportive environment.

### **Target Participants:**

K – 12 students and their family members

#### **Goals for Students:**

- Foster inter-generational connections in a supportive environment
- Develop social and life skills through active participation in sports
- Increase positive social connections, self-esteem, and their sense of belonging
- Develop mentorship skills by engaging younger students
- Develop inner confidence to contribute positively to their new community

#### **Goals for Parents:**

- Foster inter/intra generational connections in a supportive environment
- Build social networks and develop connections with other parents in their community
- Increase awareness and access about resources, services, and supports in the school and community
- Increased understanding of life in Canada and how to support their children's educational journey
- Participate in skill and knowledge building through workshops (health and safety, life in Canada, and the BC school system, community services and resources)

#### For more information:

Contact the Surrey Schools Welcome Centre at 604-543-4060.

