

A MESSAGE FROM OUR CO-DIRECTORS

Semester 1 has been a very productive time for us and our team! In our last letter, we talked about our plans for the first ever QHO conference for our newly-hired Peer Educators and Interns. Thanks to our wonderful Education Directors, the conference was a huge success! We had presentations from our executive team about QHO's history and plans for the future as well as participated in engaging activities to get PEs excited about initiative. Our Kingston Peer Educators have been teaching in classrooms for a few weeks now and we love hearing from them about their enriching experiences thus far. Behind the scenes, we have been working closely with our Communications Director and Guyana Initiative Directors to discuss the possibility of not one but two pilot initiatives for the spring in Fort Simpson, NWT and Bartica, Guyana. Our hopes for these potential pilot initiatives is to research the feasibility of implementing workshop-style health education programming in an effort to improve the sustainability of our organization which falls in line with our recent strategic plan.

We are also very grateful for the hard work our team has put into fundraising for the organization. We have had many successful fundraisers this semester including Baby Got QHO at Trinity, Bond Night at Stages, Purdy's chocolate fundraiser, Northern Silent Auction, Guyana Initiative Bake Sale, and Belize Cookie Dough Fundraiser. Our Outreach Coordinators, Ryan and Isabelle, have done an amazing job planning events in our Queen's community including Snack Attack and QHOyoga. These events allow us to promote healthy lifestyles among our peers at Queen's while promoting our organization on campus.

Looking forward to the winter 2020 semester, we have begun finalizing our timeline for the pilot, co-director, and executive team hiring and are looking forward to QHO's annual winter retreat. Thank you to everyone who has supported our organization this past semester!

All the new year QHO love,

Jenna Denno & Sydney Van Sickle

General Co-Directors 2019-20



WHO WE ARE

Queen's Health Outreach is a student run registered charity based on the campus of Queen's University in Kingston, ON. Our goal is to facilitate needs-based, peer-to-peer health discussions surrounding topics of mental, sexual, and physical health locally, nationally, and internationally.

QHO was founded by a group of medical students in 1987, as Queen's Medical Aid. As QHO has expanded over the years, our mandate has shifted from providing clinical and medical services to the establishment of health education initiatives, collaborating with communities to work towards sustainable opportunities for youth engagement, leadership, and health conversations.

Belize INITIATIVE

Belize has been doing amazing since the school year has begun. In the fall, we hired 8 hard working and committed Peer Educators who will be heading on initiative at the end of April. A lot of hard work has been dedicated to preparations for initiative in the spring. Peer educators have been attending education sessions each week for two hours that included guest speakers as well as example lessons that the peer educators will be teaching in the future. Each week we have been having meeting with only the members of the Belize initiative for approximately one hour each week. In the Belize specific meetings, PEs have been preparing their own mini presentations on different aspects of Belizean culture as well as sharing a current event through a news report. Cultural presentations that have been done so far include food, main attractions, holidays and traditions, government, language and slang, and recreational activities. Learning about the Belizean culture provides the PEs with a greater idea of what to expect while on initiative making way for a smooth transition in April. A lot of hard work and planning has gone into fundraising. On December 2nd, Belize is sold cookie dough in the athletic centre at Queen's. All proceeds will go towards the Belize initiative. As a group, we will be making the cookie dough together the night before the fundraiser, having a night of Christmas fun, pot luck dinner and lots of bonding among the Belize family. Another Belize fundraiser that is being done is a succulent sale during exam season. Students can purchase the succulents around campus as a holiday gift or a fun treat to themselves during a hard exam time. It is amazing to see the connections amongst the Belize PE's starting to develop so quickly, and just from the few events we've had, we can see how amazing they work in group environments! We are so excited to continue our discussions, practice teaching sessions, and bonding in the new year!

RIGHT: Belize PEs at their first initiative specific fundraiser, where they sold edible cookie dough and succulents in partnership with The Plant Collective.

LEFT: Seven of the eight Belize Peer Educators for the 2019-2020 year!



Guyana INITIATIVE

We are so excited to have hired six amazing PEs for the Guyana Initiative! We have gotten to know each other through our weekly initiative meetings, preparing for practice teaching, organizing fundraisers, and having a potluck dinner together!

In our weekly initiative specific meetings, we have been going over important cultural sensitivity topics and learning about the Guyanese culture. The PEs have done a fantastic job presenting these various topics, and they have stimulated really insightful discussions. Through these discussions the PEs have had the opportunity to learn about the education system in Guyana, as well as mental health and mental illness. We have been staying up to date with Guyana with weekly presentations about articles published in Kaieteur News. The PEs have all had the opportunity to give a practice lesson, and they all did a phenomenal job. The lessons they covered were: introduction to mental health, substances and self esteem and peer pressure. We've gone over different questions we've received from the question box from students in previous years and everyone contributed great suggestions for how we might answer them in the classroom. We finish our meetings with a few minutes to reflect in our journals. This was a suggestion from M&E, and they have also provided the PEs with prompts to write about in preparation for initiative, as well as on initiative.

We all had a lot of fun at our first initiative specific fundraiser, which was a bake sale and raffle for Starbucks items. It was a great success and we are excited about announcing our next fundraiser soon!



Pictured are members of the Guyana Initiative at one of their first fundraisers, which was a bake sale and a raffle for a Starbucks gift basket! Both Peer Educators and Initiative Directors had so much fun at this successful fundraiser!

Kingston INITIATIVE

The Kingston Initiative has been off to a great start this past semester. We began by hiring 13 amazing PE's in October. After that we kicked it off with two informative crash course sessions, where our PE's got the chance to learn more about QHO as a whole, met some of the executive members, and got the chance to bond a bit as a team. During the crash course we also had a wonderful guest speaker, Stephanie Sartor, who was a former elementary school educator, and is now a prominent member of the Limestone school board. She discussed helpful teaching tactics specific to the Kingston community, and cultural sensitivity issues within the classes. The education directors also came in and lead an awesome practice teaching session for our PE's so they felt super prepared before starting in the classrooms.

All of our Kingston PE's began teaching in the classrooms the week after Thanksgiving! We are teaching in 12 classrooms this year, and have branched out to other areas in the Kingston community including Kingsbridge Retirement Home. Our PE's have reported such positive experiences getting to know their classes, and have already begun with some really great lessons. Most of the classes have begun covering topics such as nutrition, healthy relationships, mental health and mindfulness. They have been utilizing the question box to gain feedback and questions on the topics they have already covered, and will use this information to plan great lessons for the coming semester.

In terms of our initiative as a whole, we have loved contributing to the QHO-wide fundraising efforts, and bonding as a team while doing so. In addition, at the beginning of December, the Kingston initiative officially ran our first initiative-specific fundraiser. We sold hot chocolate and candy canes outside of Stauffer Library by donation. It was a big success, and we are looking forward to even more initiative fundraising events next semester.

On that note, the Kingston initiative could not be more excited for January. We are especially looking forward to retreat, and to bonding even more closely as a team. As well, our PE's are already getting excited for planning their outreach days with their classes, which is when they plan an outing or on-location fun event for the PE's and the classes to enjoy together. It is such an exciting experience, and our PE's have already brought up so many great ideas. The Kingston initiative has had such a busy and exciting semester, we cannot wait to see what second semester will bring!

Northern Canada INITIATIVE



TOP: Northern PEs at the annual Wolfpack Sleepover, which provides Peer Educators a great opportunity to form relationships with each other before teaching partners and locations are revealed.

BELOW: PEs and their Initiative Directors all dressed up for QHO's Bond Night fundraiser.



The last two months of fall semester were filled with exciting things happening with the Northern Initiative! We have hired six wonderful Peer Educators, who are eager and excited to begin their adventure with QHO. The Northern Peer Educators meet with their Initiative Directors on a weekly basis and discuss culturally relevant topics. Throughout the month of November, the Peer Educators prepared and presented cultural presentations, evoking meaningful discussions about topics specific to the Northern initiatives. The Northern Peer Educators along with the Peer Educators from Belize and Guyana gather every week for education sessions. The Peer Educators have had the opportunity to hear from guest speakers from the Faculty of Education and Faculty of Global Development Studies and they look forward to lesson planning and practice teaching in the New Year.

The Northern Peer Educators have also begun their fundraising efforts. The Northern Initiative held a successful Online Silent Auction at the end of November with donations from Grocery Checkout, the Screening Room, the Toronto Maple Leafs and more. Early this month, the Northern Initiative also partnered with the Kingston Indigo bookstore to host a "FUNdraiser". The Peer Educators will be planning more fundraisers in the New Year.

The Northern Initiative prides themselves in being a tight knit group and have had many bonding opportunities this semester including a sleepover. The Northern Peer Educators look forward to their location and partner reveal happening later this month. All six Peer Educators studied hard for their final exams and were excited to go home to their families for the holidays.

EDUCATION UPDATE

This year, QHO held their first ever Conference. This Conference entailed everything QHO - from meet and greets with our executive team, to voluntourism discussions, and logistics of the Peer Educator role. Further, it allowed Peer Educators to gain a deeper understanding of our organization very early on, giving them time to digest information and ask questions if needed. Most importantly, this event was a great way for everyone to get to know each other and facilitate a great team environment! We can't wait to see how well both the Kingston and Summer Peer Educators do this year!

Leah & Maddy,
Education Directors

PICTURED BELOW: Peer Educators at QHO's first annual conference.



FALL SEMESTER FUNDRAISING

Overview

Fundraising started off the year with a new fundraiser, "Baby Got QHO," at Trinity Social in October. Despite last minute notice, we were still able to sell 100 tickets with the help of everyone on QHO! November was a busy month for Fundraising, as our orders were made and delivered for our annual Purdy's Fundraiser. We would like to thank all family and friends, and all members of QHO who contributed! Lastly, Fundraising wrapped up the semester with "Bond Night," at Stages. It was an amazing night to support QHO, bond, and have all our Peer Educators come out for their first QHO wide fundraiser. Thank you for making all our fundraisers so successful & keep an eye out for our next fundraiser, Après Ski in February!

COMMUNITY OUTREACH NOVEMBER RECAP

November was a busy month for the outreach team! After lots of planning, we finally had our first Snack Attack event! With the intention of promoting healthy eating on campus, we handed out free bags of baby carrots and hummus cups in the ARC, along with small information cards about healthy eating. It was a great success! People were very happy to pick up their healthy snack for the afternoon, and we were able to evaluate areas of improvement for next time ... That's right, we hope to have many more Snack Attacks as it becomes a monthly QHO event! Keep an eye on our Facebook page for updates and catch us in the ARC again in the frosty month of December! We also hosted QHyoga, a free yoga event in the JDUC with the purpose of de-stressing before exams. On top of all of this, we are currently planning a mental health event with Bayridge Secondary School for February 2020 in which we will facilitate conversations with Bayridge students about coping with stress and having positive self-esteem. All of our Peer Educators and executive members will get a chance to participate. We are very excited about this event and will make sure to share updates in an upcoming newsletter!

Isabelle and Ryan,
Community Outreach Coordinators



Upcoming Events

- 01.17.20-01.19.20** Annual QHO-wide Retreat
- 02.07.20** Après Ski Fundraiser
- 02.28.20** Outreach Assembly and Workshop at Bayridge Secondary School



SPECIAL THANKS TO OUR DONORS

To ensure the continued success of our initiatives in Kingston, Northern Canada, Belize, and Guyana, Queen's Health Outreach (QHO) depends in large part on financial support from individuals and organizations (both public and private sector). Although QHO hosts a variety of fundraising events throughout the school year, charitable donations are critical to the viability of our organization. As such, we welcome and greatly appreciate financial contributions of all kind.

GRANTS

QHO WIDE

Queen's PHEKSA Student Development

NORTHERN

Queen's Principal's Student Initiatives Fund

DONATIONS

BELIZE

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If you would like to donate, here are some options for you to consider:

OPTION 1: ONLINE DONATION

Visit our website www.gho.ca/donate.

OPTION 2: CHEQUE

Send a cheque payable to:

Queen's Health Outreach

Registered Charitable Organization #889124798

P.O. Box 2045

Kingston, ON

K7L 5J8

OPTION 3: CONTACT

Please contact the sponsorship director at sponsorship@gho.ca for more information on how you can donate to a specific initiative.

THANK YOU FOR YOUR SUPPORT!