

# NEWSLETTER

THE ACADIA S.M.I.L.E. PROGRAM





# DIRECTOR'S MESSAGE



*The Acadia S.M.I.L.L.E. Program was back in action for the fall semester! Programming took place on all weekdays except Sundays. From our Tuesday & Thursday morning pool programming with students from local schools, to our youth and adult programming on Friday Night, and our Saturday morning sessions filled with preschoolers, school-age children, and young adults, we had tons of fun engaging in physical activity opportunities throughout the Acadia Athletic Complex. We have also added specific Snoezelen room programming from Monday to Friday as well! Each program day, participants and their buddies, who are Acadia student volunteers, bring so much positive energy and enthusiasm. There are many physical activity opportunities explored and many accomplishments experienced whether in the pool, on the ice, in the gymnasiums, in the Snoezelen room, or in the fitness center!*

*There have been many highlights to celebrate! We had lots of fun with our themes this semester, with Out of this World Day, Acadia Day, Dress-Up Day, Camp Day, Disney Day, and Holiday Fun Day! It was wonderful to have another round of the S.M.I.L.L.E. assessment study kick off our year led by Dr. Emily Bremer, our Canada Research Chair in Healthy Inclusive Communities and her graduate and undergraduates students from the School of Kinesiology. We were also lucky to have Sarah Baillargeon, Assistant Camp Director with Pine Tree Camp in Maine, USA, on our Camp theme program day! No matter what the theme day is, our participants and their buddies spend an hour in the pool. The aquatic programming provides a setting for all participants to be physically active and have fun! Along with spending time in the pool, skating, attending varsity games, participating in music therapy, playing basketball, indoor curling, para hockey (and many other sports), dancing and finishing scavenger hunts seem to be a highlight of our program days!*

*Each year, the S.M.I.L.L.E. team expands and strives to provide the best physical activity programming possible for all involved. We have recently partnered with Challenger Baseball, through the Jays Care Foundation, with excellent programming that took place in the summer months. A huge thank you to both Nikeki Matthews and Alexa Urquhart, our S.M.I.L.L.E. Program Assistants, for leading the summer programming and, of course, all that they do for S.M.I.L.L.E. each day throughout the academic year. We are excited to include baseball during our Friday nights and Saturday morning programming, too! Randy Crouse, my first honour student in 2001-2002, is presently the Coordinator for Challenger Baseball in Atlantic Canada. Randy has always been a huge supporter of the S.M.I.L.L.E. program and his incredible work was instrumental in helping us get this programming opportunity available for us! Another formal sport connection we made this past semester is with Golf Canada's First Tee program. Stephen Healey, an Acadia Alumni and who presently works with the Golf Canada Foundation, was able to make the connection. As well, Acadia Alumnae, Colin Gillis and Emily Nickerson, who both work for First Tee, support the programming. Two of our S.M.I.L.L.E. volunteers, Harrison Seaman and Keaghan Noiles, who completed the golf coaching course through First Tee, offer indoor golf programming during our Saturday morning sessions. Both sport experiences have been highly welcomed!*

*I am so thankful for the opportunity to see the love of S.M.I.L.L.E. by all who are involved and have been since I've been in the Director position for 22 years. It has been a team effort to provide the physical activity experience where so many levels of learning takes place. It has been incredible to see the relationships that has been made. As you read through the newsletter, you will have the opportunity to see some program highlights and read about some initiatives that continue to support the S.M.I.L.L.E. program. At this time, I would like to recognize Joan Craig and the Craig Foundation for the incredible support they provide the S.M.I.L.L.E. program each and every year! The S.M.I.L.L.E. program has thrived from your generous support! Happy holidays and thank you to everyone who contributes to the S.M.I.L.L.E. program through their gifts of time, energy, and support (friendships and financial). I wish you all a wonderful holiday!*

*Sincerely,*

*Roxanne Seaman, Ph.D*







# CANADA RESEARCH CHAIR



*Physical literacy includes the physical (e.g., movement skills), psychological (e.g., motivation, confidence), cognitive (e.g., knowledge, attitudes), and social (e.g., engagement with others) elements necessary for sustained participation in physical activity. It is thought that increasing physical literacy will lead to improved physical, mental, and social health outcomes through participation in physical activity.*

*S.M.I.L.E. provides individuals with disabilities a unique physical activity experience through physical literacy-based programming and is an ideal setting in which to study the physical literacy, physical activity, and health trajectories of individuals with disabilities in Nova Scotia. Thanks to funding from a ResearchNS New Health Investigator Grant, we are tracking the physical literacy, physical activity, and health of a cohort of children and youth with disabilities who are participating in S.M.I.L.E. over a two-year period.*

*This will help us to understand the impact of participating in physical literacy-based programming on these outcomes over time, along with the relationships between physical literacy, physical activity, and health. We anticipate that the findings will help us to further refine and improve S.M.I.L.E. and provide us with valuable insight and data needed to tailor, develop, and advocate for future physical literacy-based programming for all Nova Scotian children and youth with disabilities.*

*Emily Bremer, Ph.D*



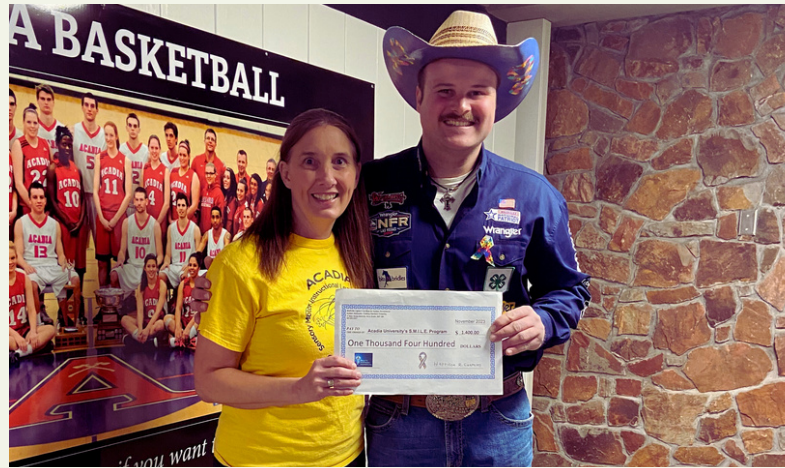




# HIGHLIGHTS

## *Cowboy Harrison's Birthday*

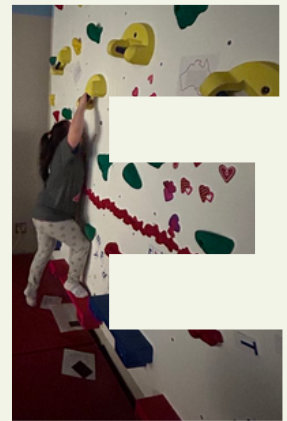
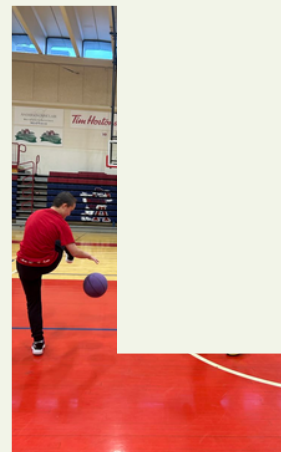
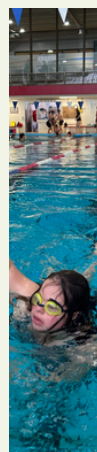
Harrison Czapalay celebrated his 30th birthday in September! As Harrison has done for many years, he and his family organized a barbecue to celebrate all members of the community while raising some much needed funds for the Annapolis Valley Chapter of Autism Nova Scotia and The Acadia S.M.I.L.E. Program. In total, Harrison raised \$1400 for the program. Thank you, Harrison, for your outstanding support for S.M.I.L.E.!



## *Acadia Kinesiology Society*



The Acadia Kinesiology Society is an active student committee which supports the students within the Kinesiology program. Through their fundraising initiatives this semester, they raised \$1000 to support the S.M.I.L.E. Program. Thank you for your incredible leadership and support!







# HIGHLIGHTS



## *Jenay Messing & Harvest Valley Marathon*

Jenay Messing, Acadia Alumni '21, focused her donation effort for the Harvest Valley Marathon on S.M.I.L.E.! Through fundraising for her half marathon this past year, Jenay raised an incredible \$1300 for the program! Thank you for your incredible generosity and support! A big thank you to Rob Glencross as well, for overseeing the Harvest Valley Marathon fundraising for S.M.I.L.E.!



## *Music Therapy*

As a part of both our Friday Night and Saturday programming, we have a wonderful team of music therapy students present to deliver group and individual musical therapy time. In this portion of programming, participants have the chance to sing-along to their favourite songs, learn to strum or play musical instruments, and enjoy social bonding through music. Thank you to our incredible music therapy team of Emily Markwart, Kira Ross, and Jane Bach!





# STUDENT INITIATIVES

## *Shoot, Score, S.M.I.L.E.*



Shoot, Score, S.M.I.L.E. is an incredible initiative presented annually at an Acadia Axemen hockey game. As part of this fundraiser, a group of fourth-year students worked hard to collect prizes from numerous community businesses to entice donations, and the lucky winner of the raffle draw gets the opportunity to go on the ice and Shoot for the prize pack of donated goods. Through the community support at the game, the senior seminar group raised a little over \$1,000 for The S.M.I.L.E. Program. This donation is an incredible gesture of generosity and we are very grateful for the amazing community support. During the second period of the hockey game, to our surprise, one of our very own participant's ticket numbers was drawn. 'Ecstatic' would be an understatement for how everyone was feeling. Our lovely Anna MacDonald got the opportunity to go on the ice to take a few shots from different areas and successfully scored on her third try. What an amazing way to end an incredible event!

## *Silent Disco*

The innovative minds within the Kinesiology program organized a remarkable student-led initiative known as the Silent Disco. This engaging event occurred during Friday Night S.M.I.L.E. and offered participants a unique and enjoyable experience while fundraising for The S.M.I.L.E. Program. Throughout the Silent Disco, participants immersed themselves in the rhythm and energy of music through wireless headphones, fostering a sense of community and joy!







# FALL VISITS

## *Pine Tree Camp*

In November, the Camp Director of Pine Tree Camp visited S.M.I.L.E. to share about their camp with our volunteers and to hopefully recruit new camp program staff and counselors for their upcoming 2024 summer session. Pine Tree Camp is located in Rome, Maine, and has been serving campers with disabilities since 1945. Pine Tree Camp offers a traditional summer camp experience that is barrier-free and completely accessible. There is a long history of connections between Pine Tree Camp and The S.M.I.L.E. Program, as S.M.I.L.E.'s founder, Jack Scholz, spent many summers at Pine Tree Camp with his family before bringing that same vision to Acadia University. Pine Tree Camp and S.M.I.L.E. share a similar mission of providing people with disabilities a unique physical activity experience to improve their total development as individuals. .



Throughout the years, many S.M.I.L.E. volunteers have come to work a summer at Pine Tree Camp, including current Program Director, Dr. Roxanne Seaman and Program Assistant, Andrew Roach. Working at Pine Tree Camp gives a great broad-based experience. Just like with The S.M.I.L.E. Program, staff have the opportunity to work with amazing individuals and assist with having fun, making friends, and creating lifelong memories.

## *First Tee Golf Canada*



We are excited to have a partnership with Golf Canada's First Tee organization! First Tee is designed to introduce youth to the game of golf while also focusing on youth development. It uses golf as a platform to teach young people important life skills and values. The program aims to provide affordable and inclusive access to golf for children, particularly those who may not have had the opportunity to play golf otherwise. During the fall Saturday program days, Harrison Seaman and Keaghan Noiles provided the programming to our participants who were interested in learning to golf! We look forward to continuing the partnership for years to come!



# ACTIVITIES OUTSIDE OF S.M.I.L.E.

The S.M.I.L.E Program allows people with disabilities of all ages to try out and participate in numerous inclusive and adapted physical activities each week during its sessions. There are also many ways beyond S.M.I.L.E. to be active in these activities and others though.

Just in the Annapolis Valley and surrounding areas, did you know that at various times of the year, people with disabilities can participate in wheelchair basketball, para sailing, wheelchair curling, boccia, goalball, seated volleyball, sledge hockey, swimming, skiing, Challenger baseball, and much more!

If you are interested in exploring different ways for you or a loved one to stay active throughout the year, here are some websites that you can visit and find out more information on how to do so:



- [www.parasportns.ca](http://www.parasportns.ca)
- [www.specialolympicsns.ca](http://www.specialolympicsns.ca)
- [www.eastersealsns.ns.ca](http://www.eastersealsns.ns.ca)
- [www.autismns.ca](http://www.autismns.ca)







# PROGRAM DATES

Winter Semester 2023

Session	Friday	Saturday	Tuesday	Thursday
1	January 26	January 27	January 30	February 1
2	February 2	February 3	February 6	February 8
3	February 9	February 10	February 13	February 15
4	March 1	March 2	February 27	February 29
5	March 8	March 9	March 5	March 7
6	March 15	March 16	March 19	March 21
7	March 22	March 23	March 26	March 28
8	N/A	N/A	April 2	April 4



# Happy Holidays!

FROM THE S.M.I.L.E PROGRAM



[WWW.ACADIASMILE.CA](http://WWW.ACADIASMILE.CA)



@ SMILEACADIA



[SMILE@ACADIAU.CA](mailto:SMILE@ACADIAU.CA)



ACADIA S.M.I.L.E.



# S.M.I.L.E. DONOR SUPPORT

## WAYS TO DONATE



1

### **BECOME A DONOR OF THE DAY:**

Make a **\$300 donation** to become a donor of the day. This donation will fund one program day, including our equipment and materials for activities that match our theme day and will support student director honorariums. On the program day, you will be featured on our S.M.I.L.E. TV and receive a shout out on social media.

2

### **DONATE A PIECE OF EQUIPMENT**

Make a donation of your **choice** to specifically purchase a piece of **equipment** for S.M.I.L.E.

- sport balls (\$34)
- lifejacket (\$64)
- equipment fund (\$74+)
- music instruments & equipment (\$84+)

3

### **DONATE A SENSORY OR COMMUNICATION TOOL**

Make a donation of your **choice** to specifically purchase a sensory or **communication tool** for S.M.I.L.E.

- headphones (\$44)
- visual timers (\$54)
- communication buttons/switches (\$104+)

## HOW TO DONATE



Scan this QR Code or follow the link to fill out the registration form and start the process of donating to SM.I.L.E..

Link:

<https://forms.office.com/r/HnMgTsaWHO>

