

NEWSLETTER

CHRISTIE LAKE KIDS AND ART



Every year CLK brings a group of youth to the National Arts Centre to partake in some live theatre – this is possible through the Share the Spirit Program.

Christie Lake Kids Connects To Low Income Kids Through Art

Most children start out in life with a natural love for the arts. Some of those early passions include painting, drawing, playing with clay, listening to or making music and watching or participating in drama. Continued exposure to the arts helps with brain development, fostering critical thinking, social tolerance, collaborative skills and empathy. Most importantly, the arts help underprivileged kids learn the life skill of self-regulation.

Art programs have been a staple component of Christie Lake Kids (CLK). These include arts & crafts at Christie Lake Camp and as a part of our STAR (Skills Through Arts and Recreation) programming in the inner-city which includes specific art programming in a multitude of art mediums like Paper Mache; pottery, painting on canvas; and much more.



Christie Lake Kids collects data in all of our programs to gain a better understanding of the program's impact. In the case of our art programs, our participants expressed 100% satisfaction with the activities and 92% of the children said they found the arts made them more comfortable interacting with adult volunteers. Our art program also has the best outcomes for self-regulation skills of any of CLK's programs, with 82% of participants saying they felt they were able to wait their turns during activities and 91% expressing they believed they had the ability to be patient while waiting when they wanted something. Studies show that low income students highly engaged in the arts are more than twice as likely to graduate compared to their peers with no arts education, and have a five times lower dropout rates.



There are physiological benefits to exposure to the arts as well. Individuals living in long-term, high-stress situations (like those living the affects of poverty) often suffer from chronic elevated cortisol, which has been linked to a variety of health problems, including cognitive and emotional difficulties. The arts have been proven to reduce stress and cortisol levels for low-income kids, alleviating the impacts of poverty on their physiological functioning.



Five More Reasons Why CLK Believes That The Arts Are Vital For Kids:

- Creative activities help children gain language skills, think with an open mind and acquiring new tools to express their feelings (with or without words)
- Through the arts, children learn to observe, describe, analyze and interpret; these are skills which they can reapply in many other learning situations including science and math
- Art helps children develop problem-solving skills and an ability to consider multiple viewpoints
- Art encourages collaboration with other people and an appreciation of other cultures
- All children can succeed in the arts and gain skills and self-confidence (the building block to self-esteem).



At CLK, we know that participating in art activities inspires kids to excel in and out of the classroom. Art helps with memory and improves attitude and performance in school. In today's economy, companies seek creative individuals, so the earlier we can foster creativity, the better our children's futures will be. We believe that all kids deserve the many benefits of the arts and invite you to consider supporting our arts programming.



VISIT WEBSITE

UPCOMING EVENT



On Thursday November 8th, the Taggart Parkes Foundation will present An Unlikely Pairing: Adventures in Food Trucks and Fine Wines in support of Christie Lake Kids. Last year we raised \$120,000 at this amazing sold out event and this year we aim to raise even more for the kids we support! This year the food truck eats will be paired perfectly with some rare wines from around the world.