



## 2022 – 2023 Student Engagement Opportunities

*Hello from the Community Engagement team at The Mustard Seed!*

At The Mustard Seed we focus on building community, growing hope, and supporting change. While we primarily serve individuals experiencing poverty and homelessness, we are also passionate about transformative educational opportunities for young learners. It is our desire to come alongside schools and teachers to support classroom learning.

Our engagement opportunities have been thoughtfully designed to align with Alberta Education curriculum and to develop conversations around themes such as empathy, giving back to the community, stereotypes & stigma, and our role as engaged citizens. We have a range of engagement opportunities from classroom presentations to experiential learning and offer diverse opportunities for varying age groups, including our SEEDschool program through Campus Calgary.

While we have many standard engagement opportunities that have been developed over years of presenting in schools and working with teachers, we are constantly innovating. If you're interested in connecting your students with The Mustard Seed and see an opportunity to work with us on something that isn't presently listed on the following page, we'd love to start with a conversation.

Sincerely,

Cecily Letendre  
Community Engagement Coordinator  
CommunityEngagement@TheSeed.ca  
403.462.0071

David Conrad  
Community Engagement Manager  
CommunityEngagement@TheSeed.ca  
403.615.1202

## Educator's Toolkit

We've put together a resource package designed to assist educators in teaching students about poverty and homelessness.

- A brief summary of poverty and homelessness
- Lesson plans for grades 1-12
- Recommended books for each age group
- Online Resources
- Ways to get further involved

If you'd like to receive this resource, please email us at [CommunityEngagement@theseed.ca](mailto:CommunityEngagement@theseed.ca)

## 2022 – 2023 Student Engagement Opportunities

### Presentations & Workshops

**Time:** 20 minutes – 1 hour (age/grade dependent) **Grade:** K – 12

**Details:** Online or In-Class Presentation

The Mustard Seed is pleased to offer presentations to students about poverty and homelessness in Calgary. Our presentations focus on understanding why homelessness and poverty are challenges in our city today and encouraging students to find ways to engage with their community. We present to individual classes as well as entire schools and can tailor a presentation to your classes' learning or specific topics if requested.

To request a speaker please complete [our form](#) and we will respond to your request at our earliest convenience.

Email [communityengagement@theseed.ca](mailto:communityengagement@theseed.ca) with any questions.

### Tours – Virtual or In Person

**Time:** 30 minutes

**Grade:** K – 12

**Details:** Online, In-Class or Downtown

The Mustard Seed is offering in person or virtual tours that showcase photos and videos of our programs and buildings, including Canada's largest Permanent Supportive Housing building. We are able to deliver these tours onsite, in-class or virtually through video conferencing software.

To book, please complete [our form](#) and we will respond to your request at our earliest convenience.

Email [CommunityEngagement@theseed.ca](mailto:CommunityEngagement@theseed.ca) with any questions.

## Experiential Learning, Service-Learning, and Professional Development

**Time:** ½ day, full day, or multi-day

**Grade:** 6+

**Number of Students:** maximum 30

The Mustard Seed offers experiential learning opportunities for groups of up to 30 students aged 13+. These activities range from half day to full day. Some examples of these activities include our "A Day in the Life" experience where students explore what it might be like to live a day in the shoes of a person experiencing homelessness and "The Mustard Seed Economy Game" through which students learn about discrimination and prejudice by creating their own city. Allowing your students to fully engage in their learning will open their eyes in new ways and leave them eager to gain more insight into the world around them. We also offer versions of these activities as opportunities as professional development for educators and faculty.

These activities can be hosted at your school or at The Mustard Seed downtown

Email [communityengagement@theseed.ca](mailto:communityengagement@theseed.ca) for more information or to book a date and time to come learn with us.



### SEEDschool

**Time:** 5 full days of programming

**Grade:** 3+

**Number of Students:** One class

The Mustard Seed is proud to offer SEEDschool: a 5-day field study program through Campus Calgary/Open Minds.

Classes of students in grades 3-12 can attend SEEDschool for an entire week of study to learn about social issues, empathy, and how we can create healthy communities together. During this week, students will learn from experts, explore the Beltline and Downtown neighbourhoods, hear real stories of resilience and hope, and work together to find ways to make their own communities safer, more inclusive, and more vibrant.

Please visit [our website](#) or email [CecilyLetendre@theseed.ca](mailto:CecilyLetendre@theseed.ca) for more information.

### Coldest Night of the Year

**Date:** February 2023

**Grade:** K – 12

The Mustard Seed is encouraging schools to participate in the Coldest Night of the Year fundraising walk in February 2023. Students walk up to an hour outside, navigating a safe walking route around the school. By walking outside in the cold, students will gain an understanding of the challenge faced by those experiencing homelessness. By fundraising, they'll be supporting The Mustard Seed in our efforts to bring hope to those in need in Calgary. More information [here](#), or email [CommunityEngagement@theseed.ca](mailto:CommunityEngagement@theseed.ca)

## Giving Opportunities

Help meet the practical, every-day needs of our clients, while engaging students in conversations about what it means to give back. The Community Engagement team at The Mustard Seed would be happy to join your class and speak to students as they participate in any of these giving opportunities. For more information on any of these please contact

[CommunityEngagement@theseed.ca](mailto:CommunityEngagement@theseed.ca)

Here are some ideas we love:

### Volunteering

- We can host groups of 10-30 students aged 12+ at our Resource Sorting Centre for volunteering from 1:00pm to 3:30pm Tuesday-Friday. For more information or to book, email [Volunteer@theseed.ca](mailto:Volunteer@theseed.ca)

### Clothing Drives

- Year-round, some of our greatest donation needs are for brand new underwear, men's size 29+ pants/shorts and female size 5+ pants/shorts. We are encouraging classes to host a clothing drive collect these items from February-April; we will have drivers available to pick up these donations from schools. Visit <https://raisehope.ca/ui/raisehope> to learn more about starting your own fundraiser.

### Prepare a Snack Pack

- Work with your class to assemble snack packs for our guests at our Downtown Neighbour Centre. Every day, we serve snack packs to our guests. Snacks can include soft foods such as a chewy granola bar, bananas, water, goldfish, bear paws, fruit snacks, and more! Consider adding an encouraging note for our guests.

### Prepare a Wellness Kit

- We are always in need of new socks and hygiene items and encourage classes to prepare kits full of needed hygiene items for our shelter year-round. Please visit our website to consider urgently needed items: <https://theseed.ca/calgary-urgently-needed-items>

### Coldest Night of the Year

- We are inviting classes to participate in the Coldest Night of the Year fundraising walk in February 2023. Students walk up to an hour outside, navigating a safe walking route around the school and gain an understanding of the challenge faced by those experiencing homelessness. By fundraising, they'll be supporting The Mustard Seed in our efforts to bring hope to those in need in Calgary.