



Working with you toward a healthy, inclusive & vibrant community

2022-2023 Year at a Glance

The Cumberland Community Schools Society (CCSS) is a registered charity that works to strengthen our community by improving access to healthy food, recreation, lifelong learning and a network of support. The Society was established in August 2000 and currently provides a Healthy Food Program, After-School Activities, Community Programming, a drop-in Youth Centre and the Cumberland Food Share.

Although we operate out of school facilities, CCSS is a separate entity from the public school. The Society is currently run by a 10 member volunteer Board of Directors, staffed with an Executive Director, a team of 7 support staff and dedicated program instructors. In addition, we are privileged to have an amazing team of enthusiastic volunteers who help organize and run our programs, services and community events.



Strengthening Food Security in Cumberland

For 23 years our **Healthy Food Program** has provided breakfast, lunch and snacks to students at Cumberland Community School. Meals are locally sourced and popular with subsidies available. Program participants are exposed to a variety of different foods, including a bi-monthly salad bar, helping them to establish a healthy diet. In addition, youth routinely help with preparing meals and cleaning up, teaching them important life skills.

Over the past year **548 students** participated in this program. We served an astonishing **40,920 meals** and 18% of these were provided free of charge to low and modest income families.

Food Share Client Testimonial

"I'm eating better, which is translating into better mental health. I feel cared for. Even though I'm on disability, the care that goes into the food box makes me feel like I still have some worth and am treated the same as others. That matters to me a lot, to feel respected and valued."

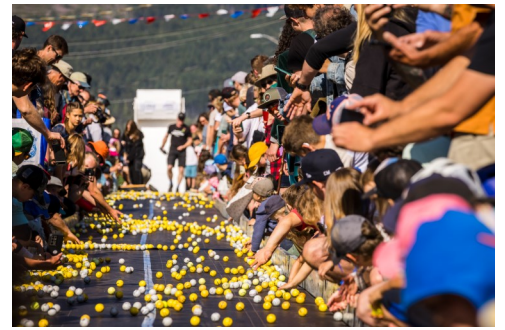
The **Cumberland Food Share** serves Village residents of all ages who are experiencing barriers to accessing nutritious food. Over the past year, CCSS has provided **1,504 Healthy Food Boxes, serving 193 individuals**, including families, adults and seniors. Boxes are filled with a variety of fresh foods and non-perishables and delivered directly to client's doors every 2nd Friday with the help of volunteers.

In addition, CCSS continues to work in partnership with the **Comox Valley Farmers' Market** to offer a **Coupon Program** from June to September. Food Share participants receive weekly coupons which can be used to purchase food at the Cumberland Farmers' Market. This initiative helps to support the local food industry while simultaneously ensuring dignified and equitable access to local, nutrient dense food options.



Parent Testimonial
"CCSS does a great job of supporting our youth and community. I'm so thankful my child gets benefit from what CCSS offers. With all my heart, thank you."

GET INVOLVED Would you like to volunteer, donate or learn more? Visit cumberlandcommunitieschools.com, or contact ccss.coordinator@gmail.com, 250-336-8511



After-School Programs

In 2022-23 we offered **49 different after-school programs** with **310 children & youth participating**. Programs included Mountain Bike Club, Trail Building, Art Classes, Soccer, Gardening, Lego Club, Sewing and more!

We strive to make our programs accessible to all local residents by removing common barriers to recreation. Programs are offered at no cost and include a healthy snack. Sports equipment is made available to children who don't have their own and education assistants are provided to support full participation of students with special needs.

Parents describe our after-school activities as inclusive and a valuable opportunity for children to learn new skills, build confidence and connect with mentors. Many families express their gratitude for the access to programs they wouldn't otherwise be able to afford.

Youth Centre

The **CCSS Youth Centre** provides a safe, inclusive and empowering space for youth to interact and access a variety of activities. Now in its 9th year of operation, the Centre is open three days a week, all year round, to youth aged 11-15. It's a popular spot, with **153 youth** accessing the service over the past year.

When asked why the Centre is important, one youth responded *"acceptance here is fantastic and it's a place we can all be who we are: youth"*.

Life Long Learning & Support

CCSS also provides learning opportunities and support services for adults. This past year, 163 individuals participated in a variety of community programs including a weekly support group for moms and babies, art classes, craft nights and our 1st annual Repair Café.

CCSS Events

CCSS loves our community and our events! This past year we hosted a **Kids' Disco, Bingo Nights, Cut A Thon** and our popular **Thunderballs** fundraiser! These events brought the community together while raising funds to support our operations.

Community Partners & Volunteers

We are grateful to have the ability to collaborate and receive support from numerous community organizations and volunteers.

- **Cumberland Community School**
- **United Riders of Cumberland**
- **Lake Park Society**
- **Cumberland Museum & Archives**
- **Cumberland Forest Society**
- **Comox Valley Farmers' Market**
- **Cumberland Recreation**

Last year, our dedicated team of volunteers **donated over 2,000 hours** of their time! Our programs and events would not be possible without them.

A heartfelt thank you to our funders & donors.



- Hunter Family Foundation
- Vancouver Sun Children's Fund
- Hyland Precast Inc.
- Mosaic Forest Management
- Facet Custom Builders
- Standing Bear Construction
- Shoreline Orthodontics
- Cumberland Earthworks
- Perseverance Physio & Wellness
- Knappet Industries
- Cumberland Dental Centre
- Archie Pateman Real Estate Corporation
- Ronni Lister Real Estate Corporation
- And the numerous other individuals & businesses who donated to CCSS this past year.