

# JONATHAN MEADOWS

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## SCHOOL BASED VOLUNTEER

### Grad Council Chair

As a chair of Grad Council, I have many responsibilities that I am responsible for in order for the club to run smoothly. My biggest responsibility is to run our weekly meetings; I consult with other members and the sponsor teachers of Grad Council to create the agenda for the meetings; then I discuss our important topics with the club. Furthermore, when we hold our events, it is my job to ensure that everything is going smoothly and everybody is on task and supported. Organization and communication are key.

*Sept. 2018-Present*

*50 Hours*

### Coaching

This year I decided to take on coaching the grade eight boys basketball team: if I didn't coach, there wouldn't have been a team because there were no staff or community volunteers available. Coaching is a significant commitment: we have two games and two practices every week. Each game and each practice takes about two hours. Furthermore, I teach the boys valuable information that will help them in games. I also realize that I'm a mentor to the boys off the court.

*Nov. 2018-Present*

*122 hours*

### Youth Action Committee

Youth Action Committee is a group of students that deals with fundraising around the school to raise money for important causes such as homelessness and hunger. I attend the weekly meetings every Thursday, and I participate in the events that they hold.

*Sept 2014-Present*

*10 Hours*

## Student Government

In grade nine and ten, I was a member of Cariboo Hill's Student Government. I was a Grade Nine Representative, and the Minister of Athletics. We held meetings every Thursday after school, which I always attended and contributed in the meetings. Furthermore, we held events around the school very often. It was a great way to get to learn how many things worked around the school, and it gave me greater insight into how to plan events successfully.

Sept 2015-June 2017

100 hours

## PAID WORK EXPERIENCE

### White Spot

I have worked at the White Spot at Kensington Square since May 2017. I typically work two shifts a week, averaging about 10 hours a week. I work in the kitchen as a chef; I usually prepare desserts, salads and other appetizers. Working in a kitchen has taught me many skills that will help me greatly in post-secondary. While I don't plan to be a chef in the future, I take this job seriously and plan to work there throughout university to help pay tuition.

*May 2017-Present*

*10 hours a week*

## COMMUNITY BASED VOLUNTEER

### Cliff Avenue U5 Development

I participated in two sessions of assisting with U5 soccer players' development at Canlan's indoor soccer field. Each session was 8 weeks long, with every practice being held from 10 to 11 every Sunday morning. At the practices, we would run drills with the 4 year old players to introduce them to basic soccer skills. I helped in running these drills, and later referee games that were held at the end. A significant part of this volunteer position was enthusiastically supporting 4 year olds. who were both excited and scared to play soccer.

*Oct 2016-Mar 2017*

*16 hours*

## **Mentorship**

Every Wednesday during collaboration time from 9:00 to 9:30, I visit Armstrong Elementary school to spend time with my mentee, Ben. Ben is ten years old, and he struggles with staying focused during school. This often results in him having to leave school early. When I go to Armstrong, I do things like play board games with him, or play sports in the gym. Most importantly, we talk. The Mentorship teachers have told me that Ben looks forward to seeing me every Wednesday.

*Oct 2017-Present*

## **George Derby and Derby Manor**

On Remembrance Day of 2014 and 2015, I volunteered at the George Derby Centre for Veterans. I helped to prepare the ceremony. Also this year, I visited the Derby Manor for the Elderly and played Bingo with the residents after school.

*Nov 2014 and 2015, 2018*

## **SCHOOL AND COMMUNITY RECOGNITION**

### **Burnaby Writing Contest**

In grade nine, ten, and eleven, one of my pieces of writing has been published in the Burnaby Writing Contest's "Words Anthology", for being one of the most powerful in the Burnaby School District.. In grade nine I wrote a prose piece in French about a family living in London during the Blitz. In grade ten, I wrote a poem in English about Syrian refugees fleeing their country on boats. In grade eleven, I wrote a poem in French about the similar stories of a man who fought in Afghanistan and his grandfather who fought in World War 2. Each year I was honoured at Michael J Fox Theatre for this accomplishment.

*May 2016,2017,2018*

### **Honour Roll with Distinction**

In each of my years at Cariboo Hill I have been listed on Cariboo Hill's Honour Roll with Distinction list for having a GPA higher than 3.5. My academic standing has always been very important to me, and as a result of my dedication to my studies, my name continues to show up on the Honour Roll with Distinction.

### **Concours D'Art Oratoire**

Every year in French Immersion, all students must participate in the Concours D'Art Oratoire speech writing competition. In grade nine, my speech was selected to represent Cariboo Hill at the district level.

*Mar. 2016*

### **AP Scholar**

Last year, I took three AP exams for Psychology, Microeconomics and Macroeconomics. I received high scores on all of them. This made me one of the two AP scholars from my grade.

*July 2018*

## **PERSONAL INTERESTS**

One of my biggest personal interests is playing Basketball. I've spent many Saturdays playing at community centres playing with adults to get better. Furthermore, I am one of the captains of Cariboo Hill's Senior Boys Basketball team. Being a captain, I attend every practice, game and tournament that our team has. I have greatly enjoyed my time playing for the Cariboo Hill Basketball team from grade eight until now, and the opportunity of being a captain has immensely increased my leadership skills and my knowledge of Basketball. This season, I've been named "Player of the Game" during four different tournaments. I was also named of the 2nd Team All-Star Team for the Gurpreet Gill Memorial Tournament.

Another large passion of mine is music. I play two instruments: the trumpet and the piano. I have been playing the piano since I was seven years old. Along with taking lessons, I completed up to the grade eight conservatory practical and theory exams, receiving honours and first class honours with distinction. Furthermore, I have taken band class in school since grade seven. I have always enjoyed playing the trumpet, and this year I am the section leader of the trumpet section; I was also a soloist for our band at a recent district concert at Michael J Fox Theatre.