



The Catholic Women's League of Canada

Good Shepherd Parish

The **CWL Youth Awards Program** is a combination of contests which are intended to support Catholic youth to hone their skills in becoming people of faith dedicated to following in the footsteps of Christ to serve God and Canada. These contests are good confidence builders for the students and an opportunity for them to share their views and values on important Catholic teachings.

For the Education component of Catholic Women's League of Canada Education and Health Committee, one of the educational based projects that continue to be a major focus across the Toronto Diocese the program is comprised for Gr. 7 to 12 of the following contests:

- **Mary Matthews Public Speaking ~ Gr. 7 & 8**
- **Mary Dobell Pro-Life Essay and Poetry ~ Gr. 7 to 12**
- **Jean McCann Youth Service Award ~ age 15 to 18**
- **St. Michael's College Scholarship ~ Gr. 12 Females only**

All registrations besides St. Michael's College Scholarship need to be received by Jan. 19, 2020. Good Shepherd Parish contest for **Mary Matthews Public Speaking** will be held on **Sunday, Jan. 26, 2020 right after the 11:00 am Mass.**

For each contest package and any further questions, please reach parish contact, Catherine Ger at catherine.ger@outlook.com.

May our Lady of Good Counsel guide us in all that we do.

Your sister in the League,

Catherine Ger

Catherine Ger
Good Shepherd Parish Education and Health Committee
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The Catholic Women's League of Canada

Toronto Diocesan Council

MARY MATTHEWS PUBLIC SPEAKING CONTEST

CRITERIA AND REGULATIONS FOR SCHOOLS AND PARTICIPANTS

Dear teachers and participants,
Thank you for supporting the youth awards and responding to the challenge of participating in the CWL Mary Matthews Public Speaking Contest. To help you to understand the contest and achieve your goal to win, we are providing you with the criteria on which participants will be judged.

CRITERIA

Prepared Speech - worth 80%

1. Delivery (50%)

a) Voice

- | | |
|-----------------------------------|-----|
| • Audibility, fluency and clarity | 10% |
| • Enunciation, pronunciation | 10% |
| • Pacing, range and timing | 10% |

b) Mannerisms

- | | |
|-------------------------------------|-----|
| • Posture, gestures and eye contact | 10% |
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c) General Effect on Audience	10%
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2. Content (30%)

- | | |
|--|-----|
| a) Topic - Amount of research | 10% |
| b) Originality, Interest | 10% |
| c) Speech Organization – opening, body and closing | 5% |
| d) Vocabulary and grammar | 5% |

Impromptu Speech - worth 20%

1. Delivery (10%)

- | | |
|-----------------------------------|----|
| a) Audibility and sense of humour | 5% |
| b) Poise and eye contact | 5% |

2. Content (10%)

- | | |
|-----------------------------------|----|
| a) Adhering to the subject matter | 5% |
| b) Closing | 5% |

TOTAL SCORE – Is out of 100%, minus any penalty points

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SPEECH REGULATIONS

Eligibility

- Grade 7 and 8 students
- All Parish schools, private or public
- Students attending neighboring parishes or Catholics attending public schools in the Toronto Diocese can enter at the discretion of the sponsoring parish council, which must accommodate these contestants.
- If a school does not wish to participate, a council may run the event, inviting students to participate,

Process for advancement from Parish to Regional and Regional to Diocesan:

- Contestants must compete in a contest at the parish level.
- Each school may send one contestant to participate at the parish level.
- A contestant may only participate in **ONE** parish Catholic Women's League public speaking contest per year.
- Each parish's winner then advances to the regional level contest. Where a parish winner is not available to compete at the regional level then the parish runner-up may participate instead.
- Only the winner from each region may advance to the diocesan level contest.
- Where a regional winner is not available to compete at the diocesan level then that region's runner-up may participate instead.

Prepared Speech:

- Contestants will choose their own topics. Any speech prepared within this school year may be used. The prepared speech comprises **80%** of the total score and is calculated based on the criteria on page 1.
- Speeches should not be less than 3 minutes or more than 5 minutes in length. The timekeeper will stand at the 5 minute mark. An allowance of 30 seconds will be given for speeches shorter than 3 minutes or longer than 5 minutes. Penalty points will be assessed at the rate of 1 point lost for each 5 seconds or part thereof beyond the 30 second allowance.
- Small note cards are acceptable as memory aids and small portable props are permitted. The use of a microphone and/or a podium is allowed. There are no marks allotted for the use of props.

Impromptu Speech:

- All contests must include impromptu speeches. These speeches are invaluable in determining the true ability of the speaker. The impromptu speech comprises **20%** of the total mark.
- All contestants will be assigned the same topic as selected by the Education and Health Chair.
- The impromptu speech will be 1 minute in length, with 2 minutes for preparation time.
- Each contestant will be brought to a quiet room, one at a time, where they will be given the impromptu speech topic and 2 minutes to prepare. Note cards and pencils will be provided.
- Contestants will give their impromptu speeches within the time limit and sit down even if they feel they are incomplete or they are hesitant. The effect on the judges will be more positive.



The Catholic Women's League of Canada

Toronto Diocesan Council

MARY DOBELL PRO-LIFE ESSAY & POETRY CONTEST GUIDELINES **FOR SCHOOLS AND PARTICIPANTS**

The Toronto Diocesan Council of the Catholic Women's League of Canada promotes the Mary Dobell Pro-Life Essay and Poetry Contest to support and encourage an awareness and positive attitude towards a broad range of pro-life issues. These address all facets and stages of life development from conception, through childhood, adolescence, adulthood and senior years, to the new life stage after death. In short, pro-life is a choice at every stage of human development.

All submissions must reflect the teachings of the Catholic Church concerning the sanctity of life and the value of all human life from conception to new life stages (death). Contestants reflecting on the dignity of life can reflect on how they see the sanctity or dignity of life is diminishing in their schools, communities and the world and what can be done to promote the dignity of life in these environments. Topics can include but are not limited to any topic which is reflected in the CWL Objects of the League as illustrated below:

1. **To achieve individual and collective spiritual development;** as it relates to how the sacraments help us to follow in the footsteps of Christ, or what is the Sacrament of Confirmation or how works of charity and performing public service preserves the dignity of our brother and sisters at all stages of life.
2. **To promote the teachings of the Catholic Church;** as it relates to how the Gospels influence our lives; or how we show that we accept all God's children regardless of where we/ they originate from or how much money we/they make, or what we/they own, or if they are able bodied/minded or have disabilities; and how we can show religious tolerance.
3. **To exemplify the Christian ideal in home and family;** explore what is family, what is home, how the members of a family are important to each other. How do we ensure that every act we do is done with love and explore how and why we must show respect for the elders in the family.
4. **To protect the sanctity of human life;** explore why and how we protect the unborn, the sick and the elderly; what the church teaches about euthanasia; the topic of suicide or suicide prevention.
5. **To enhance the role of women in Church and society;** explore vocations for women, laywomen in the church and the Catholic Women's League of Canada.
6. **To recognize the human dignity of all people everywhere;** as it relates to the inclusion of people with disabilities; child labour, education for the marginalized; homelessness; the residual impact of residential schools; violence against women; child abuse; elderly abuse and the effects of pornography.

**MARY DOBELL PRO-LIFE ESSAY & POETRY CONTEST GUIDELINES
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7. To uphold and defend Christian education and values in the modern world; as it relates to evangelization; the role of the church in society; the right to publicly supported Catholic education in Ontario and the role of the Diocese in Catholic education.
8. To contribute to the understanding and growth of religious freedom, social justice, peace and harmony; consider that caring for the environment is also a right for life; it is our responsibility to care for the developing world and it is important to think as a global citizen.

CONTEST ELIGIBILITY

The contest is intended to be promoted in the Family Life and Religious Education Program in the schools and is supported by the CWL at the Parish Level and includes the following categories:

Intermediate Level – Open to Grades 7, 8 and 9 students:

Essay: Minimum 250 words
Maximum 500 words

Poetry: Minimum 16 lines
Maximum 32 Lines

Senior Level – Open to Grades 10, 11 and 12 students:

Essay: Minimum 500 words
Maximum 800 words

Poetry: Minimum 16 lines
Maximum 32 Lines

Research sources are to be listed at the end of your essay submission.

The word count must be indicated at the end of the essay and line count at the end of the poem.

Penalty Point Calculations when under or over the above Minimum or Maximum Counts:

Essay word count:

- no penalties for up to 10 words under or over
- 1 point deducted for 11 to 50 words under or over
- 2 points deducted for 51-100 words under or over
- 3 points deducted for over 100 words under or over

Poetry line count:

- 1 point deducted for 1 to 3 lines under or over
- 2 points deducted for 5 to 9 lines under or over
- 3 points deducted for 10 lines or more under or over