



My
Heritage
Fáil
Project





TOPIC IDEAS

1. Family History (An interesting family member, immigration story, cultural practices/traditions, etc.)
2. Local History (A significant person, landmark, artifact, event, tradition, etc.)
3. Government/Legal (significant laws, leaders, treaties, etc.)
4. Diversity (a Human Rights issue or movement, a significant person/event, etc.)
5. The Arts (A Canadian artist/musician/dancer/author/actor, a specific style or cultural tradition, etc.)
6. Military History (significant people, battles, treaties, artifacts, developments, etc.)
7. Personal Interest (History of Canadian sports, foods, fashion, entertainment, etc.)

Almost anything can be a heritage topic!

Historical Thinking Concepts:

- **Historical Significance:** Why does this topic truly matter?
- **Primary Source Evidence:** What can this evidence tell us that textbooks do not?
- **Continuity and Change:** How has this topic changed over time? How has it not?
- **Cause and Consequence:** How did THIS event/decision lead to THAT change in history?
- **Historical Perspectives:** How did knowledge/beliefs of the time period change the way people saw this issue?
- **Ethical Dimensions:** What does this topic teach us about issues of right and wrong today?

INQUIRY QUESTIONS

Good inquiry questions use the **historical thinking concepts**, and will have a clear answer that can be supported with research evidence.

Good Inquiry Question Examples

“Should we celebrate _____ as a good leader?” can be answered with a “yes” or “no” and you can show evidence to support your opinion.

“Why was _____ important to our family history?” can be summarized in a sentence and you can use evidence to support your opinion.

“How and why did _____ change since it first began?” can be summarized in a sentence and supported with primary source evidence and/or a timeline.

“How did _____ lead to _____?” can be summarized in a sentence and supported with evidence.

Poor Inquiry Question Examples

“When did _____ happen?” has too small an answer and doesn't need much evidence or your own research

“What was _____ like?” has too big an answer so there is no easy way to summarize your research at the end.



FINDING GOOD SOURCES

The best projects combine both primary and secondary sources.

Primary Sources:

A primary source was created during the time period of the historical person/event you are studying. A primary source could be an artifact, a photo, a video, a letter, a newspaper article, an interview with someone who was there at the time, etc. It is first-hand information that has not been interpreted by someone else.

You can find primary sources for your project in an archive or museum. Your family or community might also have primary sources for your topic that they have been preserving.

Consider visiting:

- The Archives of Ontario: <http://www.archives.gov.on.ca>
- One of your local Museums: <https://www.kingstonmuseums.ca/>
- Your library: <https://www.kfpl.ca/getting-started/local-history-and-genealogy>
- A local elder

Secondary Sources:

A secondary source is a summary, interpretation or analysis which is created from primary sources. The author of this source was not there during the time period of the historical person/event you are studying. When choosing a secondary source, you must consider whether the author is reliable and whether or not they might be biased. "Bias" means that they might have a reason for supporting a specific side of a story, and might present information in a way which fits their opinion but isn't the whole truth. Biased sources can still be useful, but only if you look at biased sources from different perspectives!

Consider:

Who is the author? Do they have the education/training/experience needed for this topic? (If you can't find the author for the source, that is a bad sign). Does this source have a bibliography with lots of references?

Try: textbooks, library books, museum exhibits (in-person or online), academic studies, government websites, historians, cultural experts, radio broadcasts, documentaries, etc.

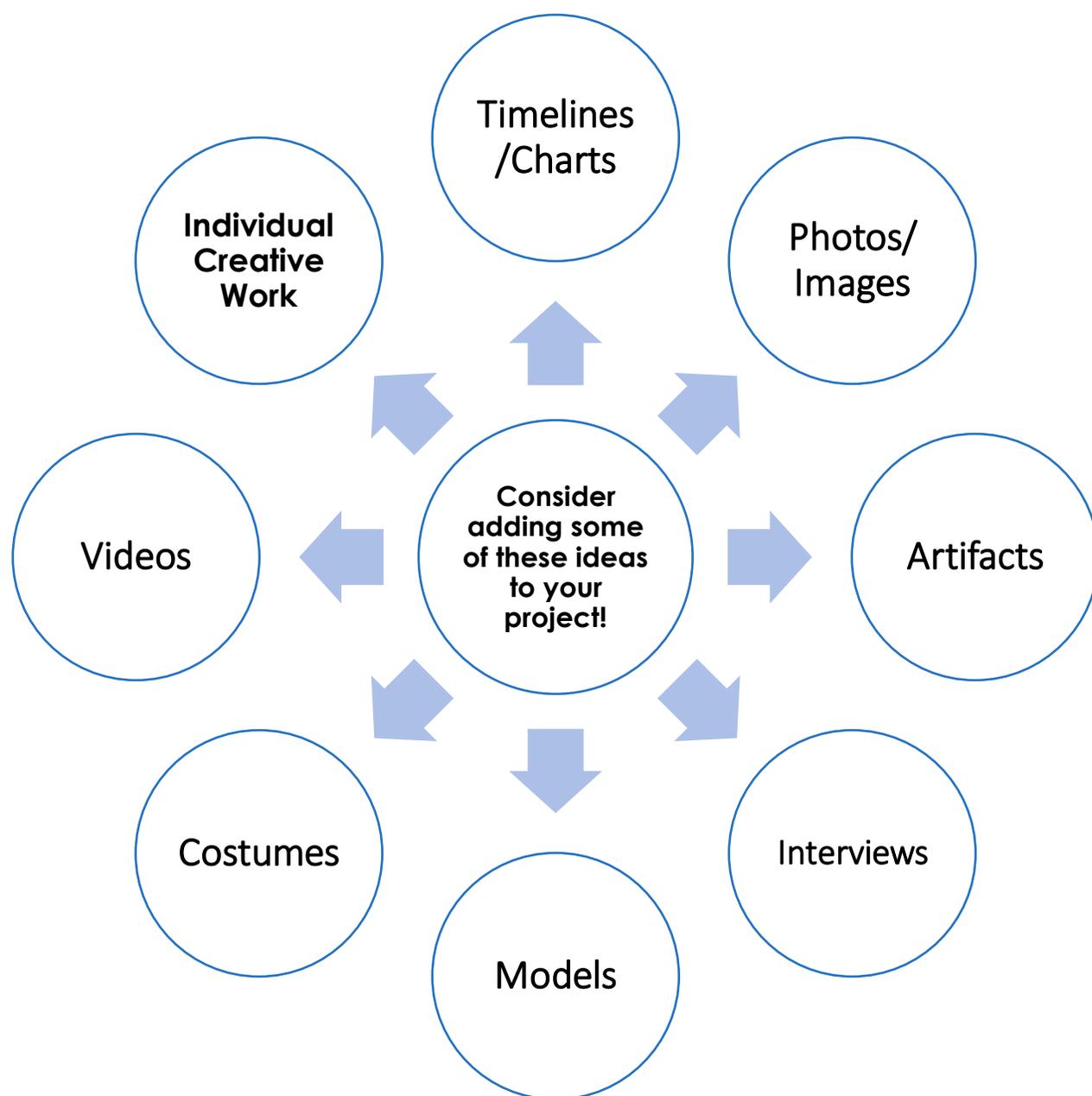
AVOIDING PLAIGIRISM: TIPS AND TRICKS

Plagiarism is when you use someone else's ideas without giving them credit.

1. If a source looks useful, **record the bibliography info (author, date, etc.) BEFORE you begin gather information** from it. This way, you won't forget to list it.
2. **Do not copy text directly from the source to your presentation.** Keep a hand-written or typed document with all of your notes. If you really like a specific sentence by the author, use quotations ("") when you put it on your notes sheet so that you remember it is not your own words. Don't use too many direct quotations! Your research is more impressive when you combine facts together in your own style to show your thinking process.
3. **When you take notes from a source, write down only the information in the sentence that you need.** For example, if the sentence in your book says: "John Maloney entered the world two months ahead of schedule on the 15th of May, 1805: tiny, scrunch-faced, and squalling angrily at all of those assembled to greet him." You record: "John Maloney. Born: May 15 1805. Two months before due date." When you add these facts to your presentation, they will now be in your own words, because your notes are not full sentences by themselves.
4. **If you are sharing an author's opinion about the issue, let us know.** You can use phrases like: "A good example of this can be found in Sutherland's book where...", "According to Jane Smith...", or "In the words of Humphrey Davenport..."
5. **Try to have more than one source for each section.** If you are combining facts from several sources in your paragraph, it is easier to create something brand new because you can combine details from different sources in the same sentence.
6. **Reword. Reorder. Use a thesaurus.** By changing the order and the phrasing of the text you are using, you can prevent copying. HOWEVER, if you take a whole paragraph from a book or website and use a thesaurus on every word, it is still very recognizable as the author's work, and not your original thoughts- please do not do this.
7. **Pictures and music need to be credited too!** If you use images or songs in your project, you must say where you got them from- this includes the artist/photographer/writer/singer, title, and date. Google Images and Spotify are NOT sources, they are just the tool that you used to find the source.
8. **Artificial Intelligence.** Do your own research and writing. AI tools such as ChatGPT do not correctly keep track of sources and also often struggle to separate true historical facts from the inaccurate information found in jokes, movies, and amateur websites. Make sure that your project is historically accurate and communicates in your own voice.

Make Your Heritage Project Stand Out

How will you show what you have learned? Possible formats include: posterboards, slideshows, videos, etc. Get the judges' attention by adding personal or eye-catching extras!



- If judging for the Fair is virtual, photos and/or a 4min video of your work can be submitted

Example Judging Form (Minor changes are made to the form on a year-to-year basis, so the current form may not be an exact duplicate of this example)

Knowledge and Understanding						
Do you understand your topic? Do you incorporate historical thinking concepts? (see pg 2)						
Needs Improvement	1	2	3	4	5	Excellent
Thinking						
Did you use the inquiry process? (Formed a question, gathered evidence, interpreted evidence, formed a conclusion)						
Needs Improvement	1	2	3	4	5	Excellent
Communication						
Is your project organized well? Do you communicate clearly? Did you proofread?						
Needs Improvement	1	2	3	4	5	Excellent
Application						
Do you connect what you have learned to your own life, or to a broader understanding of History? i.e. Do you explain why what you learned is important to know?						
Needs Improvement	1	2	3	4	5	Excellent

Example Award Categories: Award opportunities are updated on a year-to-year basis. Most provincially sponsored awards return every year, but there are often new special opportunities available based on the yearly theme. There are also Gold, Silver and Bronze medals for each age/language division.

<p>Ontario History Award (Ontario Historical Society)</p> <p>In recognition of excellence in the research of Ontario's History</p>	<p>Reading and Remembering Award (Ontario Historical Society)</p> <p>In recognition of excellence in the research of Ontario's history. This might include military, wartime, or peacekeeping elements</p>	<p>Multicultural History Society of Ontario Award</p> <p>In recognition of extraordinary student achievement in research exploring the diverse cultures in Ontario and Canada</p>
<p>Historical Thinking Award (Ontario Heritage Fairs Association)</p> <p>In recognition of student achievement that demonstrates outstanding ability to think critically using historical thinking</p>	<p>Founders' Award (Ontario Heritage Fairs Association)</p> <p>In recognition of enthusiasm for learning about history, heritage and culture, a determination to research a topic and a willingness to share a passion for heritage with peers and the community</p>	<p>First Nations, Métis, Inuit Award (Ontario Heritage Fairs Association)</p> <p>For excellence in research that reveals the significant impact made by Aboriginals in Canadian history</p>
<p>Ontario Library Association Award</p> <p>In recognition of a project that demonstrates good inquiry techniques using a range of resources in a variety of formats</p>	<p>Archives of Ontario Award</p> <p>In recognition of the best use of original records related to Ontario's history</p>	<p>Media Award (City of Kingston)</p> <p>Best project using audio/visual media to tell a Heritage story</p>
<p>Ontario Women's History Network Award</p> <p>In recognition of a project with a primary focus on women in Canadian History</p>	<p>Ontario Human Rights Commission Award</p> <p>In recognition of student achievement demonstrating the history, impact and fostering of human rights culture in Ontario</p>	<p>Ontario Ancestors Award (Ontario Genealogical Society)</p> <p>In recognition of a project that relates to the student's family history, or the family history of a prominent Ontarian citizen</p>
<p>Local History Award (Catarraqui Cemetery Company)</p> <p>Best project on a local person, place, or event.</p>		<p>Best of Theme Award (Faculty of Education)</p> <p>Project that best exemplifies this year's Fair theme: KRHF 2026: "Because of Them, I Am"</p>

**Ask your teacher
about:**

The Canada's History National Showcase

**(Four \$500 prizes
available!)**

<https://www.canadashistory.ca/youth/heritage-fairs-en/heritage-fair-national-showcase>



ARE YOU READY?

- Project has an Inquiry Question and Conclusions
- Information Presented in Interesting/Eye-Catching Way
- Double-check for Plagiarism
- Practice and/or Record Presentation
- Bibliography/List of Sources Attached
- Online Project Registration Completed
- Student Permission and Media Release Signed