

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Beautiful Plains School Division**

BROOKDALE ELEMENTARY SCHOOL	RCMP will present a program to the entire school focusing on bullying and cyber bullying. Also a week long focus entitled "friendship week" (e.g. every student will have a t-shirt that friends can sign, create friendship bracelets, pins, school mural, etc)
HAZEL M. KELLINGTON SCHOOL	Organize presentations for grades 5 & 6 on body image/weight preoccupation. Parent council presentation on time management and public health. Developing common language that students use to deal with bullying. Purchase and necessary and related materials
J. M. YOUNG SCHOOL	Classroom teachers will host/discuss sessions on the importance of friendship and how to be a good friend. School-wide activity to enhance friendship, reduce stress, and promote healthy lifestyle followed by a healthy snack
NEEPAWA AREA COLLEGIATE	Project to create a peaceful and natural place for students to do homework, hang out, and simply relax from the stresses of their day. NACI has always had an outdoor courtyard for the students to use in the center of the school; however, it is rarely used because it hasn't been maintained. Our group decided to clean it and make it useful.
RIVERSIDE COLONY SCHOOL  WILLERTON SCHOOL	Organizing a "Caught doing Good" campaign. After a period of a week the students will be rewarded with a pizza party. The students will have to do a total of at least 15 good deeds for others during the week.  Students will research various mental health related topics and present a Community Health Fair. Topics may include: Alzheimer's, dementia, depression, active living, coping strategies, whole body wellness, diet, etc. Funding would be used to purchase books on these topics for multilevel learners. Also materials such as Health Fair Backdrops.

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Border Land School Division**

ELMWOOD ELEMENTARY	Character and Virtues Education: several year-long activities that support our goal of fostering respect and compassion in our students. Roots of empathy (grade 1), Second Step (grade 2), Be Cool (grade 3). Have regular virtues assemblies. Chosen targets for the year are friendliness, honesty and self-control. Students will use writing to express what they learned. Also currently planning a program with the Recreation Commission called Adopt a Grandparent/Grandchild.
EMERSON ELEMENTARY	Pay it Forward: Several events will be planned after students view the movie Blind Side and discuss the idea of 'Pay it Forward'. Students will brainstorm about ways that they can give back to their community. One event that will be planned is volunteering at the MCC Warehouse in Plum Coulee where students will help pack blankets to go overseas.
GLENWAY COLONY SCHOOL	Professional in the field of eating disorders to host a parent information night on the prevention of eating disorders and signs that might indicate a child was developing unhealthy attitudes towards food and/or body image
PARKSIDE JUNIOR HIGH	Our school is implementing the RSVP (Respect, Safety & Violence Prevention) program this year. Students will have the opportunity to work in small groups (6-8) with a facilitator and cover topics including 'Taking Care of Self and Others', 'Understanding and Expressing Feelings' and 'Assertive Communication'. Funding would be used to purchase materials and supplies to support these small groups.
REGIONAL ALTERNATIVE EDUCATION CENTRE	Stress reduction/management. Will have a guest speaker to present on a variety of ways to reduce stress (from Mood Disorders Association).
RIDGEVILLE COLONY SCHOOL	Lessons of strategies to help students-for the prevention and intervention of bullying The funding will be used for the purchase of books "Bully-Free classroom" and "take the bite out of bullying"
ROSS L. GRAY SCHOOL	Organizing a "caught doing good" campaign. All staff/EA's have been trained in restitution and we are trying to instill it in our students. Healthy snacks would be a reward.
W. C. MILLER COLLEGIATE	Staff and students from W.C. Miller Collegiate's Peer Support network will organize and run a week-long Addictions/Bullying Awareness week. Activities include an evening presentation for parents and community members by AFM's Stacey Brimson called "Drug Proofing Your Child" and daily lunch time information displays and quizzes on Addictions and Bullying topics.
WEST PARK SCHOOL	We would like to offer students and opportunity to take 6 Yoga classes and 6 Drum Fit classes during lunch hours in December-February. We need to purchase yoga mats, exercise balls, and drum sticks. We have a volunteer/parent from the community to instruct the yoga.

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Brandon School Division**

BETTY GIBSON SCHOOL	We are developing a walking club for our Staff and Students. It will take place during the lunch hour. Staff and students are welcome to join in on the 30 minute walk. It is a great way to reduce stress and anxiety, while being physically active. Students and staff can interact with each other during the walk. It is also an opportunity for staff to make connections with the students. We will use the money to purchase water bottles that the kids can keep and use during the walk.
EARL OXFORD MIDDLE SCHOOL	Mental Health: Emotional Wellness/ Making Connections programs. Will also include guest speakers, resources and prizes.
GEORGE FITTON SCHOOL	Student leadership team to promote daily wellness tips over the school PA system. Poster campaign contest for grades 5-8 to be judged by student leadership team (prizes awarded 1/grade). Video sharing with students on Healthy Relationships/Bully Free School
GREEN ACRES SCHOOL	Throughout the school year, we have many activities that help to promote mental health. Activities that we do to help promote mental health on an annual basis are: fall family BBQ, participate in the Terry Fox Run, spirit week, pancake breakfast, track and field day, play day and many more. This year our school expanded to a K-* school from a K-6 school. Our 7 & 8 students have a leadership program organized by one of their teachers. Our goal is to use funding to help our 7& 8 students promote mental health.
J. R. REID SCHOOL	Pay it Forward/Random Acts of Kindness: kids are encouraged to get caught doing something nice for someone throughout the school year. Grant money will go towards a wrap up celebration, possibly an appreciation day.
KING GEORGE SCHOOL	Rewarding students when they are "caught doing good" with a KG Crusader coin. All coins are put into a basket for a draw. K-4 classes do daily draws and the whole school has a draw on Friday. Student council will also organize a talent show. All students will watch the show and a panel of judges will give positive feedback to each performer.
KIRKCALDY HEIGHTS SCHOOL	Having an Addictions Awareness Campaign. Announcements by students will take place each morning during that week with emphasis made on positive life choices. Presenters from AFM are coming to make classrooms presentations from the students in grades 3-8. In addition, all students will play a role in constructing a Healthy Choices Lifestyle Quilt. In the spring of 2011, a one-day forum will occur. A guest speaker will start off the day with a presentation promoting a positive lifestyle and positive mental health. Following keynote speaker, students (5-8) will participate in dance classes and nutrition awareness activities. Finally, one full day workshop in regards to bullying and resources in the month of January/February
LINDEN LANES SCHOOL	Student leadership team - daily promotional tips over PA system related to mental health for students. Poster campaign contest grades 5-8 promoting health lifestyle choices; prizes awarded per grade. Video sharing at lunch hour on healthy relationships.
MEADOWS SCHOOL	Wellness Day: "Keepin' it Real". Students will have an opportunity to take part in various sessions that will focus on maintaining a healthy lifestyle and promote positive mental health. The activities/sessions will range from Zumba and Yoga to relationships skills, depression and anxiety, coping with bullying, changes in puberty etc. Students will have an opportunity to go to 4 different sessions throughout the day. There will be contests and prizes as well.
O'KELLY SCHOOL	Grade 7-8 are publicizing for bullying awareness week by writing/performing theatrical skits for the rest of the students. Military police also coming to do the DARE program, and parent information evening.
RIVERHEIGHTS SCHOOL	Multicultural celebration: set up games/station day that incorporates games from all different ethnic backgrounds within our school.
SPRING VALLEY COLONY SCHOOL	Purchase library resources on bullying and self esteem for children as well as resources for staff and parents. Also have a "caught doing good" campaign where children will be rewarded with prizes when "doing good" and will also be entered in a draw for a grand prize.
VALLEYVIEW CENTENNIAL SCHOOL	Create a leadership group, activities in school as well as with a community Seniors facility. Leadership group also assigned days to mentor kindergarten students. Whole school mixed grade group activities to promote positive school culture and personal self-esteem (once per month). A "caught you doing good/pay it forward" campaign where all adults in building will be giving out "recognition coupons" to the student population. Draws to be made each month with the students' good deed being recognized over the PA. The child will be given a small prize and then allowed to donate a monetary amount to the charity of their choice. Guest speaker (police officer) presentation- bullying awareness. Roots of Empathy program going to be run by School Counsellor in grades 3/4 class. Purchase resources and display (self-esteem/friendship/empathy) in school library/counselling room.
VINCENT MASSEY HIGH	"Connect the dot" activity (pre-test June 2010) measured student/teacher connections. Identified that there are students in the school that we need to make connections with. School formed a Social Responsibility Committee which is developing an action plan, including on-going activities (post-test June 2011) will be completed.
WAVERLY PARK SCHOOL	Plan to bring in a guest speaker/magician whose focus is on building student's positive self image. Student leadership team will promote charity event throughout December to all kids to support less fortunate families in the community. Outcome is to build student awareness of the value of volunteering, and how they can make a difference thereby increasing their positive self image.

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Division scolaire Franco-Manitobain**

COLLÈGE LOUIS-RIEL	several workshops offered to all students: Yoga, Organizational methods, meditation, and emotional management
COLLÈGE RÉGIONAL NOTRE-DAME	Les élèves vont: remplir des sondages des questionnaires, visionner des scénarios sur vidéo, participer a des discussions de classe qui auront rapport aue gestes et expressions faciales, aux messages verbaux et physiques qui rabaisent les gens, mieux comprendre les intimidateurs; le rôle important des témoins, vont reconnaître les victimes. Vont pouvoir participer a des; concours d'affiche pour un prix, concours d'écrit (lettres, poèmes, histoires) pour un prix, jeux de rôles.
ÉCOLE CHRISTINE-LESPÉRANCE	Stratégies d'ergothérapie: la conseillère travaille de très près avec l'ergothérapeute afin de programmer pour les élèves qui ont des besoins sensoriels. La majorité de nos jeunes élèves de la maternelle à la troisième année profitent de ces stratégies à certains moments de la journée, pour assurer une concentration et un bon comportement. Le but serait d'avoir dans chaque classe du primaire un bac d'outils d'ergothérapie: des coussins <sit fit>, de outils de mains, des bandes de thérapie, des écouteurs, une berceuse, des balles thérapeutiques, etc. De cette façon tous nos enfants ont accès à ce matériel s'ils l'ont besoin. Yoga ed: nous allons implanter ce programme dans une classe de 5 année et la conseillère va aussi utiliser ca programme avec ses groups pour élèves anxieux. Les techniques de respiration, de visualisation et de relaxation seront utilisées et enseignées. Il y a 490 élèves a l'école dont 221 sont au primaire
ÉCOLE COMMUNAUTAIRE GILBERT-ROSSET	Animer et former les élèves et les et profs avec des activités des ateliers de santé mentale pour reconnaître les signes relatifs à des comportements à risques. Coordonner des activités d'expressions artistiques, initié par les élèves, pour qu'ils puissent exprimer le message qu'ils veulent transmet dans l'école et la communauté pour favoriser une bonne santé mentale. Promouvoir les expressions artistiques des élèves auprès des partenaires, de la communauté at des autres écoles de la division scolaire.
ÉCOLE ÉLÉMENTAIRE NOTRE-DAME-DE-LOURDES	Réduction de stress reconnaître le stress: Inviter une Massothérapeute à venir présenter les dangers symptômes du stress sur nos corps, comment faire de la relaxation ainsi du massage.
ÉCOLE LA SOURCE	Présentation Gumboots ( 5 Novembre)-danse africaine (aérobique). Voyage de Ski (21 décembre), Yoga (décembre), L'importance de la Bonne Nutrition(mars)-Ateliers & activités qui vont servir à éduquer les jeunes au sujet de la nutrition et comment elle nous aide à maintenir ou même trouver notre équilibre physique et mental.
ÉCOLE LACERTE	Nous Cherchons créer un circuit de Yoga et de relaxation pour rends l'anxiété et le stress aupes des élèves et aussi les enseignants. A l'aide de poses de yoga (affiches) après que le spécialiste de yoga aura fait une classes chaque classes aaura la chance de venir au gymnase pour la session. Nous Cherchons d'acheter de tapis de yoga des affiches de la musique de relaxation.
ÉCOLE LAGIMODIÈRE	Avec ces argents, l'école fera l'achat d'une série de livres ayant pour thème le respect, la confiance en soi. La vérité ey avoir une attitude positiviez. Ces livres seront utilisés dans les salles de classe dans le cadre d'un programme de lecture accompagnée.
ÉCOLE NOËL-RITCHOT	We organize all students in a house league. They are usually paired with another student to help create healthy relationships. The "houses" meet every 2 months for organized activities. Our focus this year is to incorporate William Glasser's Theory of Choice where activities are in relation to the 5 basic needs of belonging, survival, freedom, pleasure, and power. There is a mixture of physical activities, arts and crafts, and musical activities. We also invite different members of the community to help reach the above mentioned goals.
ÉCOLE SAINTE-AGATHE	Une soirée pour parents où les thèmes principaux seront les relations, la résolution de conflits et l'intimidation. On aimerait pouvoir offrir un service de gardes pour les enfants ainsi qu'offrir des ressources liesse à ces thèmes que nous planifions acheter. On explore à tous les niveaux le bien-être at la sécurité par l'entremise de programme tels que Vers le Pacifique et Pline feux sur i' intimidation. On aimerait ajouter à notre "bibliothèque dy bien-être" en achetant des livres pour enfants, enseignants et parents qui explorent ces thèmes afin d'enrichir les programmes offerts.
ÉCOLE SAINT-JOACHIM	Project called "Out of the Blue" dealing with "framework for suicide Prevention Planning in Manitoba". The key components of the presentation will be education on; Mental health/illness, help seeking behaviors, and the local services that are available for support. It would also include a brief intro. To a member of the local Crisis Response Services, as well as the Child and Adolescent Community Mental Health program. Each presentation will be approx. 60-90 min. and could be done in a lunch and learn format. As a way of promoting connections with family, school, culture, or community a challenge will be given at the time of the presentation. The challenge will be for students to choose a "blue activity" that will highlight the components of the lunch hour presentation. The activities range from literary, sports, music, electronic media, and lots in between
ÉCOLE SAINT-LAZARE	Implémentation du programme, "Racines du l'empathie" en classe de 3e-4e années en collaboration avec l'enseignant de 3e-4e (Mme Melissa Fouillard) et la conseillère ( Mme Michèle Cadieux) et un parent (Mme Sasha McKenzie).
ÉCOLE TACHÉ	C'est un programme de mentorats où les élèves d'une école secondaire viennent enseigner des jeux de récréation avec enfants du primaire. Ces jeux enseignent les compétences nécessaires pour développer les habitudes interpersonnelles; ce qui améliore la santé mentale. Ces jeux enseignent aussi aux jeunes comment des relations saines aident à gérer le stress qu'ils pourraient avoir. C'est la version français du programme, "Positive Playgrounds".

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Evergreen School Division**

ARBORG COLLEGIATE	Booked Manitoba Theatre for Young People-to present the production entitled "liars" This production focuses on teens living with parents who are addicted to alcohol/drugs. Students living in these conditions suffer many forms of anxiety, stress, lack of self worth and other mental health issues. The MTYP presents at a teen level and in the past have handled these very sensitive matters tenderly but to the point.
ARBORG EARLY/MIDDLE YEARS SCHOOL	Purchasing books on bullying and self-esteem to use throughout the school, especially for the counsellor and inviting guest speakers.
DR. GEORGE JOHNSON MIDDLE SCHOOL	Training for our counsellor in Respect Ed. Program. : Promoting Healthy Dating Relationships" Program will be delivered to grade 7 & 8 students. Offered through the Interlake Regional Health Authority
RIVERTON EARLY MIDDLE YEARS SCHOOL	School will have its 2nd annual wellness week to promote healthy lifestyle practices and mental health. Students will create art murals and wellness tips will be announced. We would like to showcase students talents and highlight their contributions to the school (student leadership program) We would like to purchase more resources related to bullying and anger management.
WINNIPEG BEACH SCHOOL	Winnipeg Beach All Stars: Each day of the week a different activity promoting mental health "all stars".

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**First Nations Operated**

ABBALAK THUNDERSHIFT MEMORIAL SCHOOL	insert description once received
EBB AND FLOW SCHOOL	"Bullying" - class murals, poster contests, RCMP presentation, strategies to stop bullying. Prevention in and out of the classroom (e.g. Playground, bus, home, etc.)
GEORGE SAUNDERS MEMORIAL SCHOOL	We will be challenging kids to come up with positive mental health one-liners for morning announcements. Posters/Mural contests throughout the school promoting good mental health. Invitations to local guest speakers to present to classes and initiate discussions about mental health issues.
GOD'S LAKE NARROWS FIRST NATION SCHOOL	Inviting local elders to come into the school and talk to the students about respect, share work and life experiences and share how they used traditional values to lead a balanced life. Students will purchase them lunch to show appreciation
ISSAC BEAULIEU MEMORIAL SCHOOL	Presentations (depression, suicide, self-esteem, etc.) for grades 7-12. Guest speaker - Manitoba addictions for grades 4-6. Poster project; create posters/mural to promote awareness of good mental health for grades N-3. prizes and snacks will be purchased for all students that participate
JOE A. ROSS SCHOOL	Safe Classrooms-safe classrooms workshops, "I am a Kind Man"; educational workshop series on violence reduction/violence against women for elementary and junior high boys (grades 4 to 8)
KEESECKOOWENIN SCHOOL	Guest speakers will address school population and workshops will be set up in classrooms addressing all areas of bullying/support available in the community. An incentive program will be run for the week for students "caught caring" (Friday will have draw for prizes). School poster competition on bullying with winning poster being sent to national bully awareness competition. Books, DVDs, etc dealing with bullying will be purchased for classrooms
KISTIGANWACHEENG ELEMENTARY SCHOOL	Set up a display of books, videos, etc dealing with topic. Discuss display with children, and then chart responses of what they think bullying is. Encourage them to tell of personal experiences. Write or draw about someone being bullied, then discuss how they can handle that situation (what/who can help). Hold a poster/slogan contest.
POPLAR RIVER SCHOOL	Purchase self-esteem posters, information booklets, etc to display in the school. Bring elders into the school to facilitate sharing circles
RED SUCKER LAKE SCHOOL	Host interactive session about the importance of friendship and how to be a good friend. Engage students in projects or presentations highlighting a mental health issues (i.e. Depression, break-ups, peer pressure, suicide, self-esteem). Organize a workshop on the importance of self esteem. Make a project out of compiling local mental health services and promoting where students can get report. Hold workshops on bullying, anger management, conflict resolution skills
SAGKEENG ANICINABE HIGH SCHOOL	Students are asked if they will participate in an event the community puts on such as junior hockey games or a carnival. Students will volunteer in the event to work in an area requiring supervision, setting up and other duties assigned by the organizer. This will help to build self-esteem, provide a hobby and increase confidence.
SAGKEENG CONSOLIDATED SCHOOL	To create posters featuring healthy eating, healthy living choices. Posters would be displayed throughout the school. Also would have prizes for best poster from each classroom.
SOUTHEAST COLLEGIATE	Host a bullying workshop for staff at the school and lodge to assist/help identify characteristics of students and staff bullying. This will be presented by MFNERC.
WAYWAYSEECAPPO COMMUNITY SCHOOL	Students will learn new social educational skills to stop bullying. A topic will be covered each week for the year. Going to purchase 2 copies of the program
LAKE ST. MARTIN ELEMENTARY	Classroom teachers will engage students in projects highlighting mental health issues. Prizes will be given out to students who participate in the projects

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Flin Flon School Division**

RUTH BETTS SCHOOL	Grade 7 and 8 will receive presentations delivered by guest speakers from a variety of agencies on topics related to Mental Health; bullying, stress management, addictions, healthy relationships, teen sexuality, balanced healthy lifestyle, suicide, decisions making, appreciating diversity.
-------------------	--

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Fort La Bosse School Division**

BOUNDARY LANE COLONY SCHOOL	Will be focusing on healthy relationships and morals/beliefs in students lives. Will be presenting a guest speaker to talk to students and purchasing a DVD set for students to view
OAK LAKE COMMUNITY SCHOOL	"Big Buddies" Mentorship program: middle years students will receive leadership and mentorship training. Pairs will be given the challenge of organizing activities for early years students, promoting a fun safe environment while promoting self-esteem and being positive role models.
PLAINVIEW COLONY SCHOOL	Students from K-3 will engage in hands on activities focusing on friendship/how to be a good friend. Grade 4-8 will look at peer pressure - do presentations/round table discussions/skits
RESTON COLLEGIATE	Master The Mental Health Afternoon: Afternoon filled with activities that stimulate the brain and body, get your heart pumping, as well as having a great time making new friends so people can come to a better understanding on how to achieve mental health. Money will be used to buy supplies for a healthy nutrition break.
RESTON ELEMENTARY	Grade 4-6 students will work on healthy coping and interpersonal conflict resolution skills with our divisional student support worker.

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Frontier School Division**

BROCHET SCHOOL	K-3: Self-esteem project/craft promotes their special qualities and abilities. 4-7: Presentations on promoting awareness of good mental health. 8-9: Engage students on mental health issues such as depression, suicide, peer pressure
CRANBERRY PORTAGE ELEMENTARY	Active learning will start in the Phys Ed. Program and then lead to outside activity training. All students from grade 3-8 will participate during the winter months (proposed activity months). The proposed months also lead to competitions for the participants of the snow-shoeing/ cross country skiing programs. Material will help the students prepare and learn about personal health and healthy lifestyles.
D. R. HAMILTON SCHOOL	Mental Health Awareness Day: Have 4 to 5 stations where students can go to (e.g. rest/relaxation, identifying and managing stress, anger management strategies, asking for help)
DISBROWE SCHOOL	Daily read-together with "We Want You to Know: Kids Talk about Bullying". Skits-practice through short situational plays, how one might respond when friends or peers offer or threaten things (i.e. Cigarettes, drugs, gang membership, dares and bullying. Relationship building events and exercises. Visit from RCMP or CFS worker to address above issues.
FRONTIER COLLEGIATE INSTITUTE	For one day, each student in 4 phys.ed/health classes will be assigned a task relating to mental health day including telling personal stories in class, creating a collage/poster showing mental health, and conducting a "kindness" day where they will perform random acts of kindness and keep track of whether or not it helped them feel better about themselves. Will also have guest speaker to speak to students about mental health with a focus on healthy relationships.
GRAND RAPIDS SCHOOL	Anti-Bullying Week: Students are provided with ribbons for positive behaviour/comments throughout the week. Daily activities are provided to whole school, speakers are invited.
GYPSUMVILLE SCHOOL	Develop leadership and wellness in grades 5-8 students by involving them in initiative tasks, cooperative games and team building activities at Camp Arnes. Our students need to increase confidence to set aside opinions of others and build school teamwork
JACK RIVER SCHOOL	Engage grade 5-6 students in projects that highlight mental health issues to present to school and community. Guest speakers will be invited to assist students. Also compile local mental health services available as well as those in Norman region and province.
JULIE LINDAL SCHOOL	Create a peer leadership program to have older students work with grades 1-3 as reading buddies
LAKEFRONT SCHOOL	Purchase books on mental health topics
MATHESON ISLAND SCHOOL	Going to initiate a character building program to help students be more aware of how different people learn in different ways. Also lead into anti-bullying program as well
MEL JOHNSON SCHOOL	Facilitate a wellness day for grades 7-12, students will have the opportunity to attend various sessions on body image, self esteem, addictions etc.
MOUNTAIN VIEW SCHOOL	A counsellor from the Swan Valley Crisis Centre will facilitate 4 girls wellness workshops. The theme will be relationships. Topics covered will be social bullying, cliques, healthy self-concept, self-esteem, and dating. (for grades 6-9 girls)
PEONAN POINT SCHOOL	Purchase and view the video "Making Sense of Counterwill by Gordon Neufeld.
PIKWITONEI SCHOOL	Art displays and prizes for a special day to celebrate wellness. Positive mental attitudes to be displayed on art projects
SAN ANTONIO SCHOOL	Winter Carnival: A week's activities, both indoor and outdoor events involving physical activity, snow sculpture, log pulling, indoor relay races, obstacle courses. Competition between teams will encourage strong participation.
THICKET PORTAGE SCHOOL	Organize a "caught doing good campaign"
WATERHEN SCHOOL	Wellness tips over the PA and purchasing books for the counsellor's office on self esteem, peer pressure and life lessons to building healthy relationships

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Garden Valley School Division**

BLUMENFELD SCHOOL	Wellness week: friendship day, self esteem day, peer mentoring day (cross-grade relationships), sharing day and bullying awareness day
BORDER VALLEY ELEMENTARY	Throughout the year, have weekly classes on different hobbies, ex. Floral arrangement, photography, cake/cookie decorating and taekwondo
ELELWEISS SCHOOL	Purchase books/material to use in health classes related to bullying and self-esteem (since students do not have internet access)
EMERADO CENTENNIAL	We are structuring lunch hour friendship clubs (once a week) for students to find and be friends. Activities will include games and lunch together. We may also have lessons on friendship.
GARDEN VALLEY COLLEGIATE	Obsessive Compulsive Disorder awareness campaign for staff and students. Will have an information bulletin board. Will focus on students that have OCD, looking at ways to help them function in a crowded building.
J. R. WALKOF ELEMENTARY	Promoting Friendship and Acts of Caring: creating friendship groups that meet and work together, some activities are off site to do acts of kindness in the community. Students will also be encouraged to recognize and report acts of friendship on the playground. A Friday draw will recognize 2 reports and a prize promoting building friendships (activity based) will be given.
PARKLAND ELEMENTARY SCHOOL	Cross-grading program in which younger students and partnered with older students for the purpose of education and community (especially immigration students). Planning various events throughout the year such as winter fun day and inviting a dance troop representing another culture to our school to facilitate conversations within the school community about tolerance, acceptance and celebration of differences in an atmosphere of fun.
PLUM COULEE SCHOOL	Host a workshop to introduce curling as a hobby and leisure activity with presenters from Rocks and Rings. This will generate student interest in a locally available recreational activity.
WINKLER ELEMENTARY	Student council will organize a campaign to catch students in the act of showing kindness to others. Also purchase resources related to self-esteem and bullying and present information on these topics to the student body

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Hanover School Division**

BOTHWELL SCHOOL	Student Leadership: Junior High Students led organized activities for the younger grades. Activities stressed cooperation and teamwork among members. Students interacted with animals, participated in outdoor activities and worked to solve problems together.
ELMDALE SCHOOL	Yoga classes in P.E. emphasis on breathing/stretching. Staff opportunity as well for after school session
GREEN VALLEY SCHOOL	Grades 5-8 Anti bullying sessions with guidance counsellor discussing bullying and how to combat bullying/cope with stress. Grades 9-12 Drug awareness parent night: parents and community members will hear from RCMP, AFM, counsellor and principal re-drugs in the area, how to get help, alternatives, etc.
LANDMARK COLLEGIATE	We started a Rachel's Challenge Group last year. We would like to have them organize a "random acts of kindness" event. Also we would like to make our student talent show even bigger and better
LANDMARK ELEMENTARY SCHOOL	Enhance and promote recently organized student leadership group.
NIVERVILLE COLLEGIATE	Have a student led program that provides interactive workshops demonstrating the health risks associated with tobacco use. Mandate of the workshop is to empower and educate students to make better choices about health risks/addictive qualities of tobacco, help prevent susceptible students from starting to use tobacco, to empower young people to defend themselves from advertising/peer pressure.
NIVERVILLE ELEMENTARY	Participants in Active Learning Days: 2 day event, teachers spend half a day with 25% of students to build relationship and more meaningful assessment. Rest of school is involved in activities and relationship building with other staff, parent volunteers and high school student volunteers.
SOUTH OAKS ELEMENTARY	We will hold a talent show to highlight individual hobbies and talents. This will be part of a monthly school assembly, so parents will be invited. The process will especially involve the grade level teachers, who help prepare the students involved, but also other staff members such as educational assistants.
SOUTHWOOD SCHOOL	Ordering high quality posters to emphasize the statements in our motto "we care about ourselves", "we care about others", "we care about this place"
STEINBACH JUNIOR HIGH	Intend to run a girls and boys Youth RSVP- Respect, Safety & Violence Prevention. It is an early intervention outreach program. The guiding principle is that healthy relationship skills are fundamental to all life endeavors.
STEINBACH REGIONAL SECONDARY	In response to the Youth Health Survey: A project "Out of The Blue" campaign focuses on: mental health/illness, help seeking behaviours, and local support services such as, Crisis Response Services and Child and Adolescent Community Mental Health program.
WOODLAWN SCHOOL	Student body divided into 6 cross-grade house groups that partake in different events to build student relationships, and community spirit. Funding will be applied to the activity fees for events

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Independent**

CALVIN CHRISTIAN COLLEGIATE	Discussion of healthy and unhealthy body image as related to media. Purchase several resources on bullying, eating disorders, stress reduction, and self-harm. Hold a school-wide assembly addressing substance abuse and self-harm.
ALHIJRA ISLAMIC SCHOOL	When a teacher sees a student doing something nice to another student, they get their name placed in a draw that occurs at the end of the week (get prize and name placed on virtues tree). Also bring in a guest speaker to talk about cyber bullying
AUSTIN CHRISTIAN ACADEMY	We will be purchasing resource books for the library on bullying, self-concept and mental illness issues (for K-12)
BALMORAL HALL SCHOOL	MADD multimedia presentation for students in grades 7-12
CALVIN CHRISTIAN ELEMENTARY	Over the course of the year, we will host several "Share Your Talents" events. Students in K-6 will have the opportunity to share their musical, dance or athletic talents with us. Some of this will also take place in our music classrooms and regular classrooms. Special guests will also be brought in to share with the kids.
CHRISTIAN HERITAGE SCHOOL	Students prepare poems, songs and skits to share with each other. They also prepare apple crisp, pumpkin seeds, veggies and dip and other snacks to share with all students and staff involved. Parents volunteer their time to help prepare snacks.
COMMUNITY BIBLE FELLOWSHIP CHRISTIAN SCHOOL	School Spirit Activity Day (Canada Games day Challenge rematch): Purpose is to divide the whole school into 5 teams of mixed ages and grades to encourage bonding between students and staff. In previous times this was hosted each team had to come up with a cheer, make a banner, held opening ceremonies, played in 15 events and closing ceremonies. This year would also like to get t-shirts made in proper team colors so all students feel like they fit in. Intend to get together in these teams throughout the year for other events as well.
LAKESIDE CHRISTIAN SCHOOL	Participating in a suicide presentation for middle to high school years in December. In January we will have a speaker in to talk about positive mental health choices. Have a bulletin board with tips to cover many mental health issues (conflict resolution, stress reduction, friendship, balanced life, etc) this will be put up one topic a week on our main board during November.
MENNONITE COLLEGIATE INSTITUTE	All school retreat held in Whiteshell provincial park. Activities include outdoor pursuits, water sports, hiking, and large group games. Mental health outcomes are achieved in group sessions of spiritual development with guest speaker
MONTESSORI LEARNING CENTRES INC.	Add to Resource and Class Library: Purchase Resource books on: Building Self-Esteem, Bullying, and Communication. Purchase Books for Classroom Library on: Exploring Feelings, Empathy, Friendship
OHOLEI TORAH SCHOOL	Parent and teacher led discussions, games and competitions to highlight various aspects of mental health relevant to the children with the main focus being on friendship, relationships, bullying and self-esteem.
RED RIVER VALLEY JUNIOR ACADEMY	To support and enhance our peer mentoring program that matches students from grades 7-10 to Pre K to grade 2. To purchase library books and posters on bullying and self-esteem. To organize presentations for grade 7-10 students with guest speakers regarding peer pressure/self-esteem and bullying.
SPRINGS CHRISTIAN ACADEMY	Resources related to bullying, self-esteem, emotional issues and disorders, family issues, relation issues etc.
THE KING'S SCHOOL	School to have a speaker who does drug and suicide prevention for schools. His organization uses mime, music and drama to speak to students about the important choices they make in life. Their organization exists as a youth awareness organization because the founder realizes what our young people are facing: drugs, violence, loneliness and wants to let others know the power they have to break the cycle and "pave the way to hope" We have several "cutters" in our school as well as many anxious students.
WESTPARK SCHOOL	High School Retreat: emphasis on building community, team building, learning respect for others (Sept. 2010). Grade 5 Development Night: Learning about body development, self-esteem and how to handle body changes (Spring 2011). Early Years Resources: one on one teaching times with students dealing with feeling, relating with others and healthy friendships/relationships (throughout the year)
WINNIPEG MENNONITE ELEMENTARY	Purchase of a poster series on: Rights and Responsibilities, Bully Awareness (for both Middle school and Elementary school)
WINNIPEG SOUTH ACADEMY	Students in Art/Health will create a mural to promote good mental health. Yoga and relaxation techniques introduced to students. Organize a "caught doing good" campaign
HOLY GHOST SCHOOL	Don't Laugh At Me Program: promotes positive self-concept and appropriate social interaction with others is being facilitated by the school Social Worker. At the end of the program the school would like to host a celebration with students and parents/guardians to promote the positive values learned through the program.
OUR LADY OF VICTORY SCHOOL	Bullying: develop a brochure for students/parents. Guest speaker for morning/afternoon session. Students to research on bullying, and role-play. Purchase resources regarding bullying
ST. MARY'S ACADEMY	Young Women's Awareness Day: students will have the opportunity to sign up for a number of sessions throughout the day that will focus on mental, social and physical health. A key note speaker will present.
ST. PAUL'S HIGH SCHOOL	Currently organizing three possible events. AFM presentations to our grade 10 classes. Mood Disorders to our grade 11 classes. Think day: Absolute leadership team large assembly presentation (dealing with life choices, challenges, and overcoming personal obstacles/empowerment) possible dates still being discussed.
CHRIST THE KING SCHOOL	Develop a peer mentoring program that matches older students with younger students. Create a peer leadership/mentorship at the school.

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

IMMACULATE HEART OF MARY SCHOOL	The people from school specialty, the agenda people, will be coming to speak to our students about organizational skill development. This will help our students enhance their self-esteem because the better organized a person is, the better they will succeed in life.
ST. BONIFACE DIOCESAN HIGH SCHOOL	Sixty students and 3 teachers will be visiting the Mental Health Education Resource Centre. There will be presentations from the Manitoba Schizophrenia society, Anxiety disorders, and Mood disorders of Manitoba. Also a guest speaker dealing with mental illness.
ST. EMILE SCHOOL	Marla Booth of Yoga Kids will come for a full day of instruction for all grades. Each grade will be cycled through in seven periods and the grant money will be used for an honorarium for Marla's time.
GRAY ACADEMY OF JEWISH EDUCATION	MADD will be presenting in the school (march 2011). Presenter on November 12 about drugs and alcohol. Workshops being held on body image and media stereotyping (January-Feb). Workshops in grades 4-8 on bullying, relationships.
CASA MONTESSORI AND ORFF SCHOOL	Crystal Singing Bowls Meditation: We will visit the studio of a professional crystal singing bowls meditation leader and healer. The children will learn about the crystal singing bowls as a musical instrument that has the power to calm and heal through sound vibration. They will come to realize the powerful effect of sound on their mind and bodies. The children will also be led on a guided meditation by the professional crystal singing bowl healer.
CHRIST FULL GOSPEL ACADEMY	In the month of November, each person will do something nice for each person in school to make them feel good about themselves. Purchase books/movies on bullying and have an afternoon dedicated to talking and sharing their experiences.
EDRANS CHRISTIAN SCHOOL	Convention preparation: this event includes public speaking, music, art, baking, skits, recitations, student interaction, time management
LIGHTHOUSE CHRISTIAN SCHOOL	Create a school handbook promoting a healthy environment for students. Help a parent/staff information night concerning any issues relating to a healthier environment for their students. Conducted a workshop on anger management. Drama production to showcase students' individual talents. Older students responsible for younger student's well-being.
MENNONITE CHRISTIAN ACADEMY	Purchase library books on mental health topics like bullying and self-esteem.
PINE RIVER COUNTRY SCHOOL	Entire students sings together weekly for stress reduction
RIVERSIDE SCHOOL	Students will do a project where all students from grades 1-9 will learn to work and interact together.
TWIN RIVERS COUNTRY SCHOOL	Hobby Workshops: help to promote self-esteem, confidence, and creativity and provide students to engage in activities that they enjoy doing.

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Interlake School Division**

BALMORAL SCHOOL	We are planning to have our health promotions coordinator from IRHA to come out to address the topic of "Building and Developing a Positive Self-Image" and link it to reducing stress in the lives of our grade 7/8 students.
GROSSE ISLE SCHOOL	Our school will be participating in Addictions Awareness week. This year some of the mental health activities. I am hoping to do with students that week are: yoga and exercise classes/archery demonstration and lessons/lessons on self-esteem and self confidence (not needing drugs/alcohol for this/speakers who have had addictions and overcome them/wellness tips students can follow/other activities that promote "being high on life" and being mentally healthy.
LIGHTLY SCHOOL	Stress Reduction: We will be using some Health class time to discuss ways that we can reduce stress in our lives, especially over the busy holiday season, and how we can positively deal with and manage stress. Our funds will be used targeted to bulletin board displays and some exercise equipment for 'activity break' centers in our classrooms.
NEW HAVEN SCHOOL	Stress Reduction: We will be using some Health class time to discuss ways that we can reduce stress in our lives, especially over the busy holiday season, and how we can positively deal with and manage stress. Our funds will be used targeted to bulletin board displays and some exercise equipment for 'activity break' centers in our classrooms.
PRAIRIE BLOSSOM SCHOOL	We are going to implement a school-wide character education program to address some behaviour issues. We will use the funding to purchase bulletin board display materials, and to purchase supplies for activities relating to the character theme of the month.
R. W. BOBBY BEND SCHOOL	Grade 3 students will be learning the game of chess beginning in January 2011. In February all students will be invited to join the chess club. Mental health benefits have shown to help children grow both socially and academically
ROSSER SCHOOL	Purchase books, have a talent show to showcase student's talents, have a pancake breakfast and fruit kebabs.
STONEWALL CENTENNIAL SCHOOL	Yoga classes will be taught once a week from November to March. Each class will consist of a relaxation exercise, breathing exercises and gentle stretching. Purpose is to reduce anxiety and stress and provide students with skills to reduce their own stress
TEULON ELEMENTARY	Anxiety/depression mental health speaker for grades 4-6. Purchase resources to supplement the guidance program (books, DVDs, etc.)
WARREN COLLEGIATE	Yoga and wellness program (Wednesday AM classes), Mental Health Awareness Day - Teen Talk and Clinic speakers. Absolute Thinking Day - giving back to the community (global awareness)
WOODLANDS SCHOOL	Mental health topics will be introduced in health and PE classes, ideas expanded by having a guest speaker talk about tolerance and acceptance. Also yoga or tai chi classes, plus run events like a poster contest.

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Kelsey School Division**

ÉCOLE OPASQUIA SCHOOL	Our School is promoting good mental health by kicking off the week with an assembly on November 8, 2010. We will be doing a PowerPoint presentation on what good mental health means and reading a story to all the students about coping strategies for dealing with a difficult and stressful day. We have invited a guest YOGA instructor to come and do a 15 minute YOGA session with all the students in the school during the assembly. The students will then be divided into mixed grade groups to design a group quilt about what they do for good mental health. Afterwards, we will display these quilts on our hallway walls. We will also announce daily wellness tips over the school PA system during the rest of the week twice daily. In the month of May, we will also be hosting a talent show to showcase individual talents.
KELSEY ELEMENTARY	1. students from a grade 5 class will prepare a play that encourages students to identify bullying behaviours and give them tools to know what to do if witness bullying. 2. Presentation at a community night at the school for parents about signs to look for if their child is being bullied/bullying others. 3. students will prepare anti-bullying posters to post in the school
MARGARET BARBOUR COLLEGIATE INSTITUTE	Multi-media presentation sponsored by MADD and Manitoba Public Insurance Corporation. Powerful presentation designed to help audiences to adopt positive attitudes about Road Safety. Important because of recent student deaths associated with DUI.
MARY DUNCAN SCHOOL	Grief and Trauma vs. Success: We will be hiring Kevin Chief to return to our community as a motivational speaker due to the 5 lives lost here in a tragic crash involving our students.
SCOTT BATEMAN MIDDLE SCHOOL	Having a concert to celebrate the talent in our school to enhance students self-esteem

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Lakeshore School Division**

ALF CUTHBERT SCHOOL	Daily items over the PA system either "joke" or "humour" item of the day. It's a lighthearted way to start the day. Also daily announcements of local human interest story could be community, school, etc item where someone has displayed a positive helping hand. Weekly school assembly to reward one student per class who has done a positive act towards someone else's well being.
ERIKSDALE SCHOOL	To invite a speaker from the mental health field to come in and discuss issues with students.
FISHER BRANCH EARLY YEARS SCHOOL	Throughout the year, our school is promoting Multiple Intelligences to increase our students self-esteem

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Lord Selkirk School Division**

CENTENNIAL SCHOOL	Purchase additional resources (books, videos, etc) for our school library that deal with the following: peer pressure, goal setting, self-esteem and bullying
DAERWOOD SCHOOL	Mileage club: students will walk designated course in school yard and earn tokens for their individual bracelets, structured activity will reduce playground issues and increase physical activity will reduce stress
EAST SELKIRK MIDDLE SCHOOL	Students in grade 7 are presently working on projects and presentations dealing with self-esteem and decision making (coping skills, where to get help, how they can help others, etc.)
ÉCOLE BONAVENTURE	TLC Program: The Teaching and Learning to Care or TLC Program is based on notions of empathy and caring and has been developed in the hope of promoting these virtues within the classroom and larger school community. It is for a classroom setting designed for students in K-2, providing opportunities for children to be nurturing to one another, and thus form stronger, more positive relationships with peers, teachers and other significant adults in the community. The program will start with grade one and two classrooms with sessions that run once per cycle for approximately 6 weeks for 30-45 minutes on Wednesdays. It was patterned after the Theraplay Model in that it involves activities that are fun, playful and interactive, teaching the fundamental building blocks of caring for one another.
HAPPY THOUGHT SCHOOL	Girl's Club: From January to June 2011 meeting with a group of 24 girls. We will work on building self-esteem, friendship issues and encouraging a positive self image in a physically active environment. Will engage in activities such as yoga, dance, and bowling. Funds will be used for buying equipment and brining in instructors.
LOCKPORT SCHOOL	School Counsellor and Peer Helpers will prepare and schedule Grade 7 and 8 Risky Behaviours Awareness Presentations (These would be behaviours that lead to unhealthy lifestyles). Risky behaviours that we will cover include: substance abuse, gang affiliation, poor mental and nutritional health, behavioral issues and lack of positive role models. Our goal is to foster self-esteem, educate them on mental and nutritional health and an awareness of positive social connections. We also plan to promote resiliency and appropriate communication.
MAPLETON SCHOOL	Yoga instructor come to the school to teach students different yoga positions which will help them relax and slow down
RUTH HOOKER SCHOOL	The plan for staff has a monthly "Wellness Wish" theme. The plan for students is a whole school block type activities including: peer playground program - grade 4s leading young students in recess games and activities. Grade 5&6 boys offering young brothers of red nation workshop to address self-esteem, bullying, violence and peer relationships. A 10 session program throughout the year. PD for students, classroom guest speakers to deal with special needs kids. Staff plan (Thanksgiving luncheon, zumba, mobile wellness program, healthy eating, fitness, walking club)
ST. ANDREWS SCHOOL	Building Relationships/Empathy: Cooperative projects: The projects would be appealing to students and create an opportunity for teachers/mentors to discuss strategies that apply to cooperating with others, friendship building and communication skills. The teacher/mentor will monitor interactions and model/reinforce good interpersonal skills while the students engage with each other and learn to grow towards a healthy productive future.
WILLIAM S. PATTERSON SCHOOL	Youth in Philanthropy leadership group will enhance and promote leadership skills of selected grades 4-6 students.

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Louis Riel School Division**

ARCHWOOD SCHOOL	Fun Fitness Seminars: I am a teacher who believes in incorporating healthy living and physical fitness practices into the classroom. At Archwood Elementary School, we believe in getting students involved and interactive. We begin our mornings with class meetings and furthermore begin every week with a whole school assembly. The goal is to buy thin rubber tubing to be used as a cost effective resistance bands for exercise activities in the classroom and during assemblies with the entire school.
COLLÈGE BÉLIVEAU	Social Emotional Learning Framework (S.E.L.F.) partnership with LRSD and WHRA. Want to expand mental health lessons by developing lessons for students in grade 10 (dealing with stress, anxiety and decision making) in the PE/HE framework to continue from grade 9 lessons. Funding will be used to release teachers to develop/write lessons and secure any teacher/student resources needed. (also in servicing)
COLLÈGE JEANNE-SAUVÉ	Are planning a yoga workshop for our grade 10 & 11 students
DAKOTA COLLEGIATE	Social Emotional Learning Framework (S.E.L.F.) partnership with LRSD and WHRA. Want to expand mental health lessons by developing lessons for students in grade 10 (dealing with stress, anxiety and decision making) in the PE/HE framework to continue from grade 9 lessons. Funding will be used to release teachers to develop/write lessons and secure any teacher/student resources needed. (also in servicing)
DARWIN SCHOOL	Proactive Student Services Review profiles range of mental health needs of the students. Enhancing collaboration of Student Services and Clinical Services. LRSD promotes mental health: The Social Emotional Learning Framework (S.E.L.F) of LRSD and WRHA. Capacity -building workshops, school site visits environment scan and professional development of LRSD staff. "Responsive Classroom" training through professional development workshops The Power of Our Words K-G8 to all schools.
DR. D. W. PENNER SCHOOL	Proactive Student Services Review profiles range of mental health needs of the students. Enhancing collaboration of Student Services and Clinical Services. LRSD promotes mental health: The Social Emotional Learning Framework (S.E.L.F) of LRSD and WRHA. Capacity -building workshops, school site visits environment scan and professional development of LRSD staff. "Responsive Classroom" training through professional development workshops The Power of Our Words K-G8 to all schools.
ÉCOLE GUYOT	Proactive Student Services Review profiles range of mental health needs of the students. Enhancing collaboration of Student Services and Clinical Services. LRSD promotes mental health: The Social Emotional Learning Framework (S.E.L.F) of LRSD and WRHA. Capacity -building workshops, school site visits environment scan and professional development of LRSD staff. "Responsive Classroom" training through professional development workshops The Power of Our Words K-G8 to all schools.
ÉCOLE HENRI-BERGERON	1) Sharing Circles, yoga, deep breathing/relaxation techniques with France Adams in our Peace room. 2) Leadership program organized by the phys-ed teacher. Students will help organize and supervise various events such as intramurals (older students help/supervise the younger students) & presentations in the gym. 3) Have Plurielles, a community group come and do presentations on "Creating & maintaining healthy relationships, Helping young people to develop healthy self-esteem and creating awareness about bullying 4) Caught doing Good campaign
ÉCOLE HOWDEN	Proactive Student Services Review profiles range of mental health needs of the students. Enhancing collaboration of Student Services and Clinical Services. LRSD promotes mental health: The Social Emotional Learning Framework (S.E.L.F) of LRSD and WRHA. Capacity -building workshops, school site visits environment scan and professional development of LRSD staff. "Responsive Classroom" training through professional development workshops The Power of Our Words K-G8 to all schools.
ÉCOLE JULIE-RIEL	Proactive Student Services Review profiles range of mental health needs of the students. Enhancing collaboration of Student Services and Clinical Services. LRSD promotes mental health: The Social Emotional Learning Framework (S.E.L.F) of LRSD and WRHA. Capacity -building workshops, school site visits environment scan and professional development of LRSD staff. "Responsive Classroom" training through professional development workshops The Power of Our Words K-G8 to all schools.
ÉCOLE MARIE-ANNE-GABOURY	One yearlong project being done involves dividing all students into "home" groups. Groupings are created by combining students from each grade level. Two staff members are responsible for each group and activities are planned to encourage partnerships, development of leadership skills and building a warm culture and climate within the school.
ÉCOLE PROVENCHER	Proactive Student Services Review profiles range of mental health needs of the students. Enhancing collaboration of Student Services and Clinical Services. LRSD promotes mental health: The Social Emotional Learning Framework (S.E.L.F) of LRSD and WRHA. Capacity -building workshops, school site visits environment scan and professional development of LRSD staff. "Responsive Classroom" training through professional development workshops The Power of Our Words K-G8 to all schools.
ÉCOLE SAINT-GERMAIN	Proactive Student Services Review profiles range of mental health needs of the students. Enhancing collaboration of Student Services and Clinical Services. LRSD promotes mental health: The Social Emotional Learning Framework (S.E.L.F) of LRSD and WRHA. Capacity -building workshops, school site visits environment scan and professional development of LRSD staff. "Responsive Classroom" training through professional development workshops The Power of Our Words K-G8 to all schools.
ÉCOLE VAN BELLEGHEM	Proactive Student Services Review profiles range of mental health needs of the students. Enhancing collaboration of Student Services and Clinical Services. LRSD promotes mental health: The Social Emotional Learning Framework (S.E.L.F) of LRSD and WRHA. Capacity -building workshops, school site visits environment scan and professional development of LRSD staff. "Responsive Classroom" training through professional development workshops The Power of Our Words K-G8 to all schools.

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

ÉCOLE VARENNES	Proactive Student Services Review profiles range of mental health needs of the students. Enhancing collaboration of Student Services and Clinical Services. LRSD promotes mental health: The Social Emotional Learning Framework (S.E.L.F) of LRSD and WRHA. Capacity -building workshops, school site visits environment scan and professional development of LRSD staff. "Responsive Classroom" training through professional development workshops The Power of Our Words K-G8 to all schools.
GENERAL VANIER SCHOOL	Proactive Student Services Review profiles range of mental health needs of the students. Enhancing collaboration of Student Services and Clinical Services. LRSD promotes mental health: The Social Emotional Learning Framework (S.E.L.F) of LRSD and WRHA. Capacity -building workshops, school site visits environment scan and professional development of LRSD staff. "Responsive Classroom" training through professional development workshops The Power of Our Words K-G8 to all schools.
GEORGE MCDOWELL SCHOOL	Proactive Student Services Review profiles range of mental health needs of the students. Enhancing collaboration of Student Services and Clinical Services. LRSD promotes mental health: The Social Emotional Learning Framework (S.E.L.F) of LRSD and WRHA. Capacity -building workshops, school site visits environment scan and professional development of LRSD staff. "Responsive Classroom" training through professional development workshops The Power of Our Words K-G8 to all schools.
GLENLAWN COLLEGIATE	Social Emotional Learning Framework (S.E.L.F.) partnership with LRSD and WHRA. Want to expand mental health lessons by developing lessons for students in grade 10 (dealing with stress, anxiety and decision making) in the PE/HE framework to continue from grade 9 lessons. Funding will be used to release teachers to develop/write lessons and secure any teacher/student resources needed. (also in servicing)
GLENWOOD SCHOOL	Proactive Student Services Review profiles range of mental health needs of the students. Enhancing collaboration of Student Services and Clinical Services. LRSD promotes mental health: The Social Emotional Learning Framework (S.E.L.F) of LRSD and WRHA. Capacity -building workshops, school site visits environment scan and professional development of LRSD staff. "Responsive Classroom" training through professional development workshops The Power of Our Words K-G8 to all schools.
HASTINGS SCHOOL	Proactive Student Services Review profiles range of mental health needs of the students. Enhancing collaboration of Student Services and Clinical Services. LRSD promotes mental health: The Social Emotional Learning Framework (S.E.L.F) of LRSD and WRHA. Capacity -building workshops, school site visits environment scan and professional development of LRSD staff. "Responsive Classroom" training through professional development workshops The Power of Our Words K-G8 to all schools.
HIGHBURY SCHOOL	A spirit week will be held in January for all students in Kindergarten to Grade 8 and will complement our school wide social goal for the month - Teamwork. The week will focus on the importance of caring for ourselves and those around us. Activities will highlight how together we are better. Classrooms will be given challenges during the week that promote working together, building relationships, and showing their unique spirit. Activities may include such things as: daily clues related to teamwork announced over the PA with the expectation that each classroom provide one guess. Each class decorate their classroom door to express their unique spirit, classroom energizer breaks each day, we have also requested a presentation from the Winnipeg Blue Bombers focusing on teamwork.
ISLAND LAKES COMMUNITY SCHOOL	Proactive Student Services Review profiles range of mental health needs of the students. Enhancing collaboration of Student Services and Clinical Services. LRSD promotes mental health: The Social Emotional Learning Framework (S.E.L.F) of LRSD and WRHA. Capacity -building workshops, school site visits environment scan and professional development of LRSD staff. "Responsive Classroom" training through professional development workshops The Power of Our Words K-G8 to all schools.
J. H. BRUNS COLLEGIATE	Social Emotional Learning Framework (S.E.L.F.) partnership with LRSD and WHRA. Want to expand mental health lessons by developing lessons for students in grade 10 (dealing with stress, anxiety and decision making) in the PE/HE framework to continue from grade 9 lessons. Funding will be used to release teachers to develop/write lessons and secure any teacher/student resources needed. (also in servicing)
LAVALLEE SCHOOL	Proactive Student Services Review profiles range of mental health needs of the students. Enhancing collaboration of Student Services and Clinical Services. LRSD promotes mental health: The Social Emotional Learning Framework (S.E.L.F) of LRSD and WRHA. Capacity -building workshops, school site visits environment scan and professional development of LRSD staff. "Responsive Classroom" training through professional development workshops The Power of Our Words K-G8 to all schools.
MARION SCHOOL	Proactive Student Services Review profiles range of mental health needs of the students. Enhancing collaboration of Student Services and Clinical Services. LRSD promotes mental health: The Social Emotional Learning Framework (S.E.L.F) of LRSD and WRHA. Capacity -building workshops, school site visits environment scan and professional development of LRSD staff. "Responsive Classroom" training through professional development workshops The Power of Our Words K-G8 to all schools.
MINNETONKA SCHOOL	Rental of novel piece of physical education equipment for use during the holiday season to keep students active while other events are on in the gym. Used for stress reduction during a busy time of the school year
NELSON MCINTYRE COLLEGIATE	Guest Presenter from : TJ Wiebe Foundation re: Drug Alcohol Awareness Prevention
NIAKWA PLACE SCHOOL	Proactive Student Services Review profiles range of mental health needs of the students. Enhancing collaboration of Student Services and Clinical Services. LRSD promotes mental health: The Social Emotional Learning Framework (S.E.L.F) of LRSD and WRHA. Capacity -building workshops, school site visits environment scan and professional development of LRSD staff. "Responsive Classroom" training through professional development workshops The Power of Our Words K-G8 to all schools.

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

NORDALE SCHOOL	Proactive Student Services Review profiles range of mental health needs of the students. Enhancing collaboration of Student Services and Clinical Services. LRSD promotes mental health: The Social Emotional Learning Framework (S.E.L.F) of LRSD and WRHA. Capacity -building workshops, school site visits environment scan and professional development of LRSD staff. "Responsive Classroom" training through professional development workshops The Power of Our Words K-G8 to all schools.
SAMUEL BURLAND SCHOOL	Proactive Student Services Review profiles range of mental health needs of the students. Enhancing collaboration of Student Services and Clinical Services. LRSD promotes mental health: The Social Emotional Learning Framework (S.E.L.F) of LRSD and WRHA. Capacity -building workshops, school site visits environment scan and professional development of LRSD staff. "Responsive Classroom" training through professional development workshops The Power of Our Words K-G8 to all schools.
SHAMROCK SCHOOL	Proactive Student Services Review profiles range of mental health needs of the students. Enhancing collaboration of Student Services and Clinical Services. LRSD promotes mental health: The Social Emotional Learning Framework (S.E.L.F) of LRSD and WRHA. Capacity -building workshops, school site visits environment scan and professional development of LRSD staff. "Responsive Classroom" training through professional development workshops The Power of Our Words K-G8 to all schools.
ST. GEORGE SCHOOL	Having class sessions with the students discussing the issues and concerns involved with bullying and self-esteem, as well on how to resolve conflicts appropriately and effectively with peers, adults and family members
VICTOR H.L. WYATT SCHOOL	Proactive Student Services Review profiles range of mental health needs of the students. Enhancing collaboration of Student Services and Clinical Services. LRSD promotes mental health: The Social Emotional Learning Framework (S.E.L.F) of LRSD and WRHA. Capacity -building workshops, school site visits environment scan and professional development of LRSD staff. "Responsive Classroom" training through professional development workshops The Power of Our Words K-G8 to all schools.
VICTOR MAGER SCHOOL	Proactive Student Services Review profiles range of mental health needs of the students. Enhancing collaboration of Student Services and Clinical Services. LRSD promotes mental health: The Social Emotional Learning Framework (S.E.L.F) of LRSD and WRHA. Capacity -building workshops, school site visits environment scan and professional development of LRSD staff. "Responsive Classroom" training through professional development workshops The Power of Our Words K-G8 to all schools.
WINDSOR PARK COLLEGIATE	Social Emotional Learning Framework (S.E.L.F.) partnership with LRSD and WHRA. Want to expand mental health lessons by developing lessons for students in grade 10 (dealing with stress, anxiety and decision making) in the PE/HE framework to continue from grade 9 lessons. Funding will be used to release teachers to develop/write lessons and secure any teacher/student resources needed. (also in servicing)
WINDSOR SCHOOL	Proactive Student Services Review profiles range of mental health needs of the students. Enhancing collaboration of Student Services and Clinical Services. LRSD promotes mental health: The Social Emotional Learning Framework (S.E.L.F) of LRSD and WRHA. Capacity -building workshops, school site visits environment scan and professional development of LRSD staff. "Responsive Classroom" training through professional development workshops The Power of Our Words K-G8 to all schools.

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Mountain View School Division**

ÉCOLE MACNEILL ELEMENTARY	SMILE club: club consists of students that choose and invite others that can use boost for mental health, target prevention strategies, leadership skills, positive social skills, problem solving, understanding social situations, make and keep friends, develop interests and hobbies, etc.
ETHELBERT SCHOOL	Mini workshop on "feeling good about yourself", sessions on bullying and how we can attempt to bully-free our school, student produced posters for the hallways.
GILBERT PLAINS COLLEGIATE INSTITUTE	Put on a small readers-theatre play that addresses how students can stand up to bullying in our school. Purchase color shoelaces students can wear to show support of eliminating bullying.
GILBERT PLAINS ELEMENTARY	Exercise in the form of Yoga or personal fitness: Gilbert Plains Elementary would like to offer a morning exercise program, open to students and staff in order to relieve stress. Many studies have been proven that exercise relieves mental stress associated with every day life. The program would run from 7:45-8:45. Materials are needed to facilitate yoga and personal fitness programs.
GOOSE LAKE HIGH	Reconnecting Youth: A class designed for students at risk for school dropout. Life skills are taught, modeled, practiced and applied to real life situations outside of the class/group context. Emphasis on: positive peer culture and adult support systems that bolster personal growth, increase school achievement, drug use control and mood management, problem-solving coping, and support resources. Funding for instructor training, material and resources.
LT. COL. BARKER V.C. SCHOOL	Barker school will be holding a school wide dance once a month during the noon hour. Student and staff are all welcome to participate. It is a great activity to release stress, a great activity for all ages to participate together, great for self esteem and personal expression. It will also be a great workout.
MACKENZIE MIDDLE SCHOOL	2 Day event which will include: speakers - mental health, public health, law enforcement, smoking, nutrition, fitness and yoga instructor. And swimming bowling and an activity in the gym
OCHRE RIVER SCHOOL	Continue "catch a kid being good" program. Students are given ballots for helping peers or younger students. Also have conflict managers on the playground with school staff.
ROBLIN ELEMENTARY	Hold a talent show which would showcase student talents, hobbies, interests in visual and performing arts as a means of recognizing talents and strengths.
WHITMORE SCHOOL	First Nations Cultural Awareness: Will bring in a First Nation artist to create authentic art/craft with spiritual relation. We hope that this will help promote understanding and self image in our First Nations population. Speeches regarding history and culture.
WINNIPEGOSIS COLLEGIATE	Every morning on PA system a celebrity is outlined or described who has mental difficulties. Students are asked to research a person and then are entered into draw for daily prizes.

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**School District of Mystery Lake**

BURNTWOOD ELEMENTARY	Classroom presentations re: self esteem, bullying, decision making, healthy relationship and stress management. Grade 7-8 suicide prevention, partnering with community mental health. Would like to purchase resources that can be used during classroom presentations/small groups. Health fair.
DEERWOOD SCHOOL	Hold a peer mediation program to support students with problem solving dealing with conflict. There will be training in the peer mediation a process and conflict resolution steps. They will assist at recess with primary students when appropriate. There will be peer teaching at the end o9f the program, students can share their knowledge and experience with other students.
ÉCOLE RIVERSIDE SCHOOL	Stress Reduction: Will teach students (and staff) the benefits of daily exercise to assist in stress reduction. Will purchase a class set of pedometers, every class and teacher in the school will wear fro a day during our "Count your steps-stomp your stress" campaign
JUNIPER SCHOOL	Have presentations for grades 7-8 in regards to handling stress. As a school, focusing on the Virtues project to help build character (prizes to recognize students). Purchase resources on self-esteem, substance abuse, etc.
R. D. PARKER COLLEGIATE	The architectural heart of our school is the currently underutilized forum. We have an Adolescent Health Education Centre in our school that includes Public Health Nurses and Practitioners, Social Workers, and RCMP liaison, school counsellors, a Native Student Advisor and an AFM worker. This group meets at least five times a year with community stakeholders (BRHA, Mental health, CFS, Suicide Prevention Network, Safer Choices Northern Network, Boys and Girls Club, Gang Prevention, etc) to share information, collect data and promote adolescent health in the areas of sexual and reproductive health, mental health, tobacco and drug reduction, suicide prevention, etc. We are planning a wellness campaign that focuses on documentary and multimedia presentations in our "forum" in conjunction with national weeks and initiatives. Our first event could be National Aboriginal Addictions Awareness Week"

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Park West School Division**

BINSCARTH ELEMENTARY	We do daily announcements that promote citizenship, healthy tips, quotes, quips and jokes to promote a healthy state of mind. We will offer a healthy snack /breakfast item prior to 8:45 for students. The belief: a healthy body/heart develops a healthy mind. This food will be provided free of charge, two days per week. Our hope is to offer this until Christmas and assess the response; general feeling of wellness in the students to determine if it will continue.
BIRTLE COLLEGIATE	School Wide Gym Blast: Youth for Christ Group from Brandon will come to do a healthy lifestyle/healthy choices gym blast with our entire school. Activities and exercises, self-respect/respect for others guidance component that is woven throughout the activities during the day as well.
BIRTLE ELEMENTARY	Body Image Workshop: Our Child & Adolescent Mental Health Worker will present a healthy body image workshop primarily focusing on grades 4-6. Following the workshop, our guidance counsellor will facilitate small group activities on individual aspects related to the topic. Groups will discuss, and later present their information via banners, posters, power points etc. During the presentation week, healthy snacks will be provided, games played and messages on balanced lifestyle and healthy body image reinforced.
DECKER COLONY SCHOOL	Students would like to purchase a thread mill so that each student can use it throughout our school day at least once. Students want use it when they are stressed out to help them overcome the stress and reenergize their brain power.
HAMIOTA COLLEGIATE	Wellness Board and Healthy Living School: We have a whiteboard where we put healthy living messages every week.
HAMIOTA ELEMENTARY	mental health day at hamiota community center: guest speakers, group activities and comedian at end of day
MAJOR PRATT SCHOOL	Peacemaker (conflict resolution) training for all grade 5 students to assist on the early years playground. Rewards and organization for a school wide caught being kind (random acts of kindness) program
ROSSBURN ELEMENTARY	"Caught being Kind" Any student "Caught" doing a random act of kindness (this can be simple, encouraging words being helpful, etc) will have their name entered in a weekly draw

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Pembina Trails School Division**

CHANCELLOR SCHOOL	Propose to "catch students caring" and to acknowledge these conspicuous acts of caring and kindness in a variety of ways (certificates, personal recognition, some kind of personal moments or party)
CHAPMAN SCHOOL	Be The Change: Classes taught by counsellor/enrichment teacher will go through several lessons from the Be The Change program and utilize the Milestones Project (created by Ontario School Library Association) that promotes children to see that it is their responsibility to protect the human rights of all; and will strive to make a positive difference in the world. Students will see that we are all more alike than different as humans, and to be tolerant, friendly, kind and respectful to others as we celebrate our differences.
DALHOUSIE SCHOOL	Organize sessions on healthy coping and conflict resolution skills for the entire school. Creating peer leadership, mentorship and conflict mediation programs at the school.
ÉCOLE CRANE	The Kids on the Block are nearly life size puppets who dress and act like real children. Each character has definite likes and dislikes, hopes and fears, talents and limitations-some have disabilities, others do not. The goal of the Kids on the Block is to raise awareness and increase the acceptance and appreciation of everyone's individuality. Typically, each show features three disabilities and is geared specifically to each school's needs. Show topics include: cerebral palsy, emotional disorders, visual impairment, ADHD, learning disabilities, bullying, autism, Down Syndrome, depression, spina bifida and problem solving. Some of the volunteer puppeteers share the same disabilities as their puppets and can answer questions directly related to their own personal experience.
FORT RICHMOND COLLEGIATE	Host a healthy lifestyles week (joint with addictions awareness committee and charity club). Include displaying posters on substance abuse, self esteem, etc. publicizing this through PA announcements/FRC daily news, an interactive library display with books/DVDs/student projects, hosting the MTYP play "liars" and a "pay it forward" event, and a scavenger hunt contest for drug/alcohol info from posters.
LINDEN MEADOWS SCHOOL	Caught You Caring Campaign: School Wide: Student Leadership of 27 students from grades 7 & 8, meet with teacher advisors to share student voice and express what they felt were issues most needing exploration. They were asked to discuss an initiative, the team came up with a number of proposals but chose to focus on promotion of a kind and caring environment through a school wide Caught You Caring campaign. Staff will be asked to observe and record students being kind and caring to each other in all settings in the school. The names of students would be submitted to the office by staff daily to nominate students for being kind and caring. Every two weeks leadership students will host a Caught You Caring celebration for students.
OAKENWALD SCHOOL	All grade 6 students take part in leadership training to conduct multi-aged "family groups" throughout the school year. Student leaders prepare lessons, organize materials and lead small groups on topics such as responsibility, respect, caring for self and the environment. Hope to provide off-site leadership workshop for all grade 6 students to further enhance abilities.
ROYAL SCHOOL	Roots of empathy program is in its 4th year at royal school so that all students can experience the program. Also creating parent and baby bond by showing "milestones" in newsletter updates and ROE bulletin board.
WHYTE RIDGE ELEMENTARY	School wide focus on respect, kindness and compassion. Activities are planned such as "fill a bucket Fridays" (focus on doing good deeds for others), respect assemblies, family, multi-age groupings and mentorship. All based on philosophy in Carol McCloud's book "Have you filled a bucket today"

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Pine Creek School Division**

AUSTIN ELEMENTARY	A guest speaker will talk to the students about understanding and listening to their own bodies when they become stressed. The students will be able to enjoy a fun team building activity and then they will also learn a variety of relaxation techniques.
FOREST HOME SCHOOL	Students will choose topics like depression, peer pressure, etc. and make "powerful" presentations and present them to parents and other community members as well as the school staff.
GLADSTONE ELEMENTARY	Purchase Music Express Magazine. We intend to use this magazine as a resource to help build students self esteem, experience pleasure and enjoyment, and channel energy into something positive.
LANGRUTH ELEMENTARY	Purchase resources relating to bullying and self esteem
MACGREGOR COLLEGIATE	Think Day - 1 hour motivational presentation focusing on responsibility, hope and giving
WEST PLAINS SCHOOL	Hosting a thumbody workshop to promote student self-esteem. A volunteer is coming to give an interactive presentation.
WILLIAM MORTON COLLEGIATE	In school dance to promote friendships/anti-bullying. Guest speaker (TADD or MADD, etc) to promote not drinking and driving. Warriors for change - peer mentoring/philanthropy group

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Portage La Prairie School Division**

BRENNAN SCHOOL	Will implement the concept of restitution and peaceful ways of resolving conflicts. Throughout the implementation we will work on creating a set of posters on the above top, using pictures of peaceful ways of resolving conflicts taken by the students. The grant money we receive will be used to pay for the printing of these posters
ÉCOLE ARTHUR MEIGHEN SCHOOL	Have a student support group that organizes activities such as Addictions awareness week (FASD presentation, smoking presentation, Hugs not Drugs activity). Also heroes program for spotting bullying, Mental health presentation to grade 8s and internet safety presentation to grade 7s
ÉCOLE CRESCENTVIEW SCHOOL	Caught doing good campaign. Nifty Note Pizza Program. When a student is caught doing something good, they are handed a note by staff and given a bingo chip where they put on a chart for a pizza lunch, when a straight line is reached then staff orders pizzas for the students who had done good. At lunch the staff go over the notes with the students and how each was achieved and review proper manners when eating. The actual note itself is sent home in the student's agenda with a personal comment from the principal/vice principal.
FORT LA REINE SCHOOL	To further support our schools "fair play" (anti-bullying program) we will be purchasing the strong start k-2 and 3-5 series books for staff and counsellors to use with our students. (Social and emotional learning curriculum).
INGLESIDE SCHOOL	Host Wellness day: have youth worker come and discuss feelings, relationships and stress. Purchase print materials and posters, and prizes for each grade level
NORQUAY COLONY SCHOOL	There will be different theme days during the week leading up to spring break. We will buy posters/resources for library that promote mental health and have prizes for a "caught being good/kind" day.
NORTH MEMORIAL SCHOOL	Host a community involved "Keep Mentally Healthy" day - have different mental health stations (positive self-esteem, positive friendships, exercise/eating habits, self-care, bullying).
NORTHERN BREEZE COLONY SCHOOL	I would like to have weekly activities once a week to introduce conflict resolution strategies. We would play games and complete activities so the kids learn how to solve conflicts in a better way. Activities will happen once a week for 8-10 weeks starting January 14, 2011
OAKVILLE SCHOOL	Will be celebrating community and friendship at our school with a Friendship Day celebration in May. It will include team-building activities for staff and students and prizes for cooperation. Staff and student council and parent council will be planning it together.
PORTAGE COLLEGIATE INSTITUTE	Healthy snack program. Daily small group meetings to review personal issues/develop life skills. Yoga sessions twice per month. Community service activities such as Lion's Manor elder's lodge. N.O.T. group meetings related to cigarette cessation. Anger management group for boys followed by weight lifting sessions. Outbound group activities such as skiing, hikes, camping, etc.
SOMMERFELD COLONY SCHOOL	Virtues program, peer mentoring and Pay It Forward.
SUNNYSIDE COLONY SCHOOL	Staff at Sunnyside School will be setting up an event on Bullying where they will be addressing, raise awareness, and implement bullying prevention and/or reduction techniques from Kindergarten through to Grade 12. The program will launch on the given date and will be reviewed and re-evaluated on an on going basis throughout the school year and hopefully for school years to come.
WESTROC SCHOOL	Currently teaching morals as part of our health unit. This includes activities related to self-control (anger management) friendship (kindness and empathy)
WOODLAND COLONY SCHOOL	Buy materials that promote good mental health. May include books, games, bulletin board displays.

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Prairie Rose School Division**

BOYNE VIEW SCHOOL	Purchase books on bullying, self esteem, and character education to be used during class.
CARMAN ELEMENTARY	Esteem Team: Sports is a universal language with the powerful ability to shape and heal. Participation can break down racial and economic barriers and restore pride and dignity. Sports speaks a language that children of all backgrounds can relate to and understand. At CES we will use the funding we hope to receive from the Mental Health Campaign to sponsor an athlete(s) to present to several school groups on sportsmanship and competition (k-2, 3-4, 5-6). These smaller groups are more effectively engaged by presenters. The notion of integrating compassion and character building/self-esteem with the sports platform has been a very effective strategy for our school in the past. Our contact with other schools that have hosted the Esteem Team has been very positive.
CLEARVIEW COLONY SCHOOL	Going to be working on self-control, one of the 7 essential virtues outlined in M. Borba's book. Going to determine personal levels of self-control, talk about what it looks like, sounds like and feels like.
ÉCOLE SAINT-EUSTACHE	Run a Boys Club at the school, one similar to The Boys Club from the Book, "The Wonder of Boys" that uses art, games, and theraplay to teach boys about healthy decision making, positive friendships, and building a support network. Topics include dealing with anger, helping others, building friendships and positive self-esteem as well as dealing with bullies. The group would consist of grade 5 and 6 boys who are the most-at-risk in our school.
ELM CREEK SCHOOL	"No Offense" We will build on the guest actor group "No Offense", which grade 7-12 students saw on Oct. 29. We will pull in another guest (to be confirmed) to refocus on bullying, racism, conflict resolution, and empathy skills. The "No Offense" play started the conversation-February activities will build on homeroom discussions occurring November through January. Money will be used to offer an honorarium to the guest speaker, as well as to purchase books on conflict resolution for our student and parent resource section in our library.
JAMES VALLEY COLONY SCHOOL	Anti-Bullying Week: Engage students in both projects and presentations on the effects of bullying and how to stop bullying in our community. Parents will be invited and act as judges for contest portion.
LAKESIDE COLONY SCHOOL	Purchase books and resources related to bullying and positive self esteem, as well as yoga for kids videos
ROLAND ELEMENTARY	November will be Bullying Awareness Month, that will include a variety of activities such as: assemblies, videos, surveys, in class lessons, "Pink day", etc.
ST. FRANCOIS XAVIER COMMUNITY SCHOOL	To promote self-esteem, school will recognize student's birthdays by presenting each student with bookmark and pencil. Each month students with birthdays will be invited to front of school assembly.
ST. PAUL'S COLLEGIATE	S.P.C Peer Helper group: Bullying and bystander bullying as a primary focus. Circle of Courage based on "belonging". The Peer Helpers will imitate a "SOS: Save One Student" plan whereby they each identify one student whose sense of belonging is possibly suffering. In a Pay it Forward type of campaign, spread kindness throughout the school.
STARLITE COLONY SCHOOL	Bring in a guest speaker to talk about bullying prevention and/or purchase resources to support goals on this theme.

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Prairie Spirit School Division**

BALDUR SCHOOL	Rachel's Challenge group has booked a "Me to We" speaker, Mr. Raymond Ablack to provide students with a motivational presentation. Interactive session to involve students in self-awareness campaign focusing on positive self-worth
CARTWRIGHT SCHOOL	Attend a presentation on substance abuse at Thomas Greenway Middle school. Play about alcohol abuse and its effects on families and teens put on by MTYP
CRYSTAL CITY EARLY YEARS SCHOOL	We plan to have someone speak to parents and community members re: healthy snacks and lunches. We are implementing the Balanced School Day this year, so this will coincide and contribute to mental health promotion.
FAIRHOLME COLONY SCHOOL	Teach health to students on ITV (distance education medium). Want to have a full day workshop by having them all come together and bring in a speaker to talk about motivating students intrinsically to do the right thing.
PILOT MOUND SCHOOL	Members of the SAFE Workers of Tomorrow organization come out to the school to put on a presentation to our grade 11 and grade 9 students. They educate the students on the importance of safety at the workplace. In the afternoon the grade 11 students then are able to tour of 5 of the local businesses and evaluate some of the safety precautions that would be required at that particular work site. This safety practicum is very important to educate our students with because it prepares them for the upcoming Job Shadowing experience in grade 9 as well as internship opportunities in grade 11 and 12.
ST. CLAUDE SCHOOL COMPLEX	Throughout the year, the students and staff at St. Claude School complex will be working together to promote kindness, respect, compassion, making the school a better place and making the world a better place by using various activities. The Student council and Friends of Rachel groups will help facilitate these learning opportunities for the students. New Students Program-When new students arrive in the school it will be the FOR (Friends of Rachel) group members who greet the new students, show them around, invite them to join their group, etc. Mix it up Day-one day a month, encourage every clique to sit with another clique at lunch; make sure no one sits alone lunch. Target Letters Program-Once a month target a different group to express appreciation to (cafeteria workers, custodians, coaches, etc), write individual notes of appreciation to different people. Chain Reaction Project-At this point in time a chain reaction project has not been decided on. Atmosphere of Kindness Program
STE. MARIE SCHOOL	We are offering our students weekly yoga classes, with a qualified instructor, as part of our Phys.Ed. Program. Yoga is excellent for body awareness and balance. Breathing exercises can help students feel calmer and concentrate better in class. We will use the grant money to purchase two programs that will allow us to continue once the instructor's time is finished. For the younger students, we will use "Yoga Kits for Kits" by Imaginasium. For older students we will use "Breathe Yoga for Teens" by Mary Kaye Chryssicas.
THOMAS GREENWAY MIDDLE YEARS SCHOOL	We are trying to arrange for Manitoba Theatre for Young People to come to our community to present a play called "Liars" about alcohol abuse and its effects on families and teens. The cost will be between \$800 and \$1200, depending on facility rentals, transportation costs, etc. We have invited two other schools from our division-Cartwright School and Pilot Mound Collegiate-and I will encourage them to apply for this grant as well. Hopefully we can offset the cost to students. Parents and community will be invited to attend, if space allows for additional seating.
TREHERNE COLLEGIATE	Presentation to promote responsible decision making with regards to one's health and well-being. Following the presentation students wanting to make a change for themselves can participate in a workshop. The workshop then has follow-up sessions for 28 days and are initiated and monitored by school personnel.
WEST VALLEY ELEMENTARY	Develop a morning walking group that includes students, staff, parents and preschoolers. Offers opportunity for communication among colony people and teachers, weight reduction offers better self-image and greater self-esteem, offers balance in their life as they do not get out much, and walking by the river and sitting listening to the water is relaxing and stress-reducing
WILLOW CREEK COLONY SCHOOL	We will plan a mental health afternoon with a guest speaker and activities for students, staff and parents.
WINDY BAY SCHOOL	Attend the Festival du Voyageur for outdoor fun day of sledding, sleigh ride, snow sculptures and healthy snacks. Tie in with healthy eating/body image curriculum and how physical activity is good for the body and mind

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Red River Valley School Division**

ÉCOLE HÉRITAGE IMMERSION	Purchase resources related to bullying and building self esteem. This would be followed by discussions and role playing for students.
ÉCOLE SAINT-MALO SCHOOL	Implement a yoga education program in the school (hire a specialist trained in education yoga)
INST. COLL. SAINT-PIERRE	Implement an interactive presentation in response to information we have from the Youth Health Survey (2008), as well from the "Framework for Suicide Prevention Planning in MB" (2006). Introduce prevention activities and promote connections with family, school, culture, communities, etc. The activities will range from literacy, sports, music, electronic media, and lots in between!
J. A. CUDDY ELEMENTARY	Wellness Fair: Students research and present different ways on how to attain personal wellness. Divisional event.
PEACE VALLEY SCHOOL	Students, staff and community members will participate in a full day of events to encourage working together/cooperation
SANFORD COLLEGIATE	MADD will be presenting their multi-media Assembly called "wasted". This one hour presentation will focus on peer pressure, binge drinking, realities about impairment caused by smoking marijuana, mixing alcohol, and marijuana an accepting rides from alcohol and drug impaired drivers. Pre-activities and post activities will be conducted with teachers facilitating small groups of students.
STARBUCK SCHOOL	Plan to celebrate the 100th Anniversary of Starbuck Consolidated School. Several activities include "wellness" including a lunch, music, horse wagon rides etc. All these activities will promote school unity and celebrate our history.

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**River East Transcona School Division**

ANGUS MCKAY SCHOOL	Having issues with students controlling their anger and getting along with others at recess. Para professionals have been mentoring these students at recess times and lunch. Equipment will be purchased for these students to use, reinforcing the rules of games and teaching them conflict resolution strategies is the focus
ARTHUR DAY MIDDLE SCHOOL	Students are given Wolf Pride tickets when they are caught by staff doing something that positively contributes to the school environment. Every Friday 5 names are drawn from the ticket box and students get a chance to spin a wheel for prizes
BIRD'S HILL SCHOOL	Purchase whiteboards to post outside classrooms/gym/library so teachers can post information about individual students positive behaviour to enhance their self-esteem
CHIEF PEGUIS JUNIOR HIGH	Each week: Sports Team of the Week: have spectators show support and increase school spirit. Contest, prizes, giveaways and draws. Intramural program for student stress release, energy and to add more activity to their day.
DONWOOD SCHOOL	Year long program of "catch them doing something right". Staff, lunch supervisors and administrators will be on the lookout for appropriate behaviours. Specific behaviours will be highlighted and taught through our Social Learning Groups, morning announcements, etc. Paper tokens handed out to students, and there will be draws for winners
DR. F.W.L. HAMILTON SCHOOL	Playground leaders - training and preparing older students to ref teach games and have fun at recess with younger students. Also theme of Golden Rule, to prevent bullying and focus on positive behaviours
ÉCOLE JOHN HENDERSON	Creating a girls club to meet once/week to discuss issues around self-esteem, body image, healthy eating and health attitudes amongst peers. Hoping to generate peer leaders to disperse amongst general population to predict and discuss main issues.
ÉCOLE REGENT PARK	Nous allons commencer le Yoga pendant les classes d'éducation physique et le midi nous aimerions avoir un club pour ceux et celles qui aimeraient approfondir les techniques. Nous aimerions acheter des ressources pour pouvoir nos aider mettre en marche notre projet.
HAMPSTEAD SCHOOL	Will be hosting a Yoga instructor for the students
JOHN DE GRAFF SCHOOL	School wide empathy program including: common classroom activities for all grades, assembly, school displays, "catching" empathy behaviour with rewards, integrating concepts into classroom activities.
JOHN W. GUNN MIDDLE SCHOOL	At the grade 6 level we will be completing a Unit on Bully-Proofing. At the Grade 7 Level we will be completing a Unit on Self-Esteem and Dealing with Adversity and at the grade 8 levels we will be completing a Unit on Decision-Making skills. These are existing units that we complete on a yearly basis at JWG. The grant money will allow us to further develop these units with additional resource materials and student supplies.
KILDONAN-EAST COLLEGIATE	Created a friendship group that meets every lunch hour. Offers students that would not otherwise engage with peers a chance to be interactive and have friends. Students are given special invitation
MAPLE LEAF SCHOOL	Older grade students are paired up with younger grades to assist them with reading/math skills. Each grade is responsible for overseeing various leadership opportunities
MILES MACDONELL COLLEGIATE	Through our phys.ed classes we will have a Yoga instructor to do a three class workshop for our students. This will be an optional activity but we expect more than half of our school population will participate.
PRINCE EDWARD SCHOOL	Using curling rink built by staff at school we host families for an evening of curling/gym activities/community BBQ. Last year we had over 120 attendees. Hoping to build on this. This supports our Grade 4-6 school curling program and promotes activity living/family based activity, and use of school facility within the community.
PRINCESS MARGARET SCHOOL	Will offer yoga classes/session to promote relaxation for our students. Sessions will also promote calming techniques, self awareness, body awareness in space, stretching, flexibility and balance. (at lunch hours or before/after school)
RADISSON SCHOOL	Full school assembly to recognize variety of student achievements (cross country team, flag football, peacemakers, leaders)
RIVER EAST COLLEGIATE	A weekly mentorship with 14 students of River East Collegiate matched with 14 students (high needs) from Donwood Elementary. We meet every Wednesday at lunch and do crafts, etc. to forge a bond with young students. A Christmas party with food and gifts for mentors as well as theme parties all year. We do a wrap-up party in June and hand out appreciation certificates to mentors and mentors who are moving on.
SALISBURY MORSE PLACE SCHOOL	1. Wpg. Police presentations re: personal safety, cyber bullying 2. Student councils will be creating posters promoting: kids help phone, 7 root safety strategies from "Kids in the Now". 3. Early years council has conflict managers to help with peer problems during recess. 4. A school wide initiative is in place to reward students who show safety, responsibility and respect for all.
SHERWOOD SCHOOL	During the week of Feb 14-18 we will announce daily wellness tips over the PA. We will also hold relaxation classes during the week including yoga. During that week will hold a "Caught Doing Good" and end off with a whole school activity learning about how to be a good friend and self-esteem.
SUN VALLEY SCHOOL	Presentation called "The Power of One": Dramatic presentation that focuses on anti-bullying and strategies for children to deal with bullying.
TRANSCONA COLLEGIATE	Introduce Yoga to the school PE program as a means for students to deal with the stress they encounter in their lives. We would like to purchase some materials that we could use in our cardio area within the gym. (DVD set, mats)
WAYOATA SCHOOL	Peer Monitoring: School theme: "Belonging". After school program called "Kids Helping Kids" involving a variety of leadership roles. The school is divided into cross grade family groups that meet 8 times a year as a family group to discuss topics such as: empathy, honesty, and courage. Each class is partnered with another to promote leadership. Activities of grade 2 and grade 5 partnerships include assisting with computer work, art projects, menu planning for school kitchen.
ÉCOLE MARGARET UNDERHILL	Personal Expression: The 2010-2011 school year is the first year École Margaret Underhill has a Guidance Counselling program. As we are still developing this program, we would like to use the funding from this Mental Health Campaign to provide some materials for the students to use to help with personal expression (material such as puppets, figurines, social skills games and art supplies). We will be running 2 groups in the winter-one for "Anger Management" and one for students experiencing anxiety at school-we hope that the material purchased will be helpful to both groups.

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Rolling River School Division**

DOUGLAS ELEMENTARY	Positive mental health week: each day will be a different theme (e.g. Monday stress reduction, Tuesday conflict res, Wednesday friendship). Small prizes will be given out to students participating each day and a healthy snack will be provided to each class each day
ERICKSON COLLEGIATE INSTITUTE	Planning activities and events for National Addictions Awareness Week. Bringing in guest speakers (AFM, Mental Health, RCMP, A person with "life" experience, eating disorders, etc.). The plan is to have short sessions with as much interactive discussions with students as possible. Also planning one day where all divisional high schools meet for events with various speakers.
FORREST ELEMENTARY	Presentation from Body Image Network: they do a fantastic job of bringing the issues to students awareness in a fun and educational (interactive) way.
OAK RIVER COLONY SCHOOL	Host a parent information event where students staff and school social worker reenact conflict resolution and anger management scenarios and use "restitution" principles to try to resolve social issues.
OAK RIVER ELEMENTARY	Pancake Breakfast, School Spirit Activities involving parents and community. Host an information session on activities planned for the year.
ONANOLE ELEMENTARY	"fill our buckets" campaign: fill each others buckets with kindness, covers topics on self-esteem, friendship, bullying and paying it forward. Want to provide a copy of the book to families and purchase teacher resources and incentive items
RIVERS COLLEGIATE	Currently have a peer pal/peer mentoring program where grades 7 and 8 students are paired with Grades 11 and 12 students. We would use the money to buy craft supplies, games and puzzles for the students to work on together. We know that building these positive peer relationships helps the students in our school. Students typically get together for a half hour each cycle and at lunch times
RIVERS ELEMENTARY	School will have a health fair that will include some of our staff and some mental health workers talking to small groups of kids in 20-25 minute blocks about things like stress, relationships, anger, bullying, body image/self esteem, and problem solving. It will be done in school and brain food will be provided as well. It will be a one day event that is part of a month long virtues school wide theme.
TANNER'S CROSSING SCHOOL	Letters sent home describing pay-it-forward event. Parents will be instructed to discuss what "random acts of kindness" means. Students will be asked to discretely perform kind acts as many times as they can that week. Each classroom will have kindness jar where one penny will be deposited for each act. At end of the week the money will be donated.

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Seine River School Division**

ARBORGATE SCHOOL	School Mural-done by Grade, each grade will "add" to the final topic (mural will be illustrated plus mental health options) - Daily announcements - healthy tips/suggestions read by student body.
COLLÈGE SAINT-NORBERT COLLEGIATE	presenter-Mona Stott will presenting the students about mental health-suicide prevention. Past September the discussion was so powerful that we decided we wanted her to talk to the entire school. She talked about how to help their peers, if they are depressed or thinking about suicide. She focuses on helping others and listening.
DAWSON TRAIL SCHOOL	Anti-bullying resources for guidance program (DVDs, books, puppets for skits) to enhance presentations.
ÉCOLE ÎLE-DES-CHÊNES SCHOOL	Purchasing books for guidance or office library on Mental Health topics, I.e. depression, anorexia, cliques etc.
ÉCOLE LORETTE IMMERSION	Training for yoga education to introduce yoga in the daily classroom routine to enhance mind-body wellness, responsible behavior and academic achievement.
ÉCOLE SAINT-NORBERT IMMERSION	Plan and create activities for our school Mental health Week (March7-11) Daily activities/peer presentations on local mental health services anxiety, ADHD, anger mgmt., friendship and wellness Daily morning announcements on wellness tips, Wellness survival kit one per student (Gr.5-8) Mid week pizza luncheon celebration of our Big Brother/Sister Peer Mentorship Program September 2010- June 2011 (17 Pairs of CSNC and ESNI (grade 6-8 students)
LA BARRIERE CROSSINGS SCHOOL	Students will be attending Rachel's Challenge. The school staff will be working with students on a Pay It Forward challenge. A group of grade 8 students will be doing drug awareness presentations. Using the Friends for Life program and Social Times Magazines to help students make positive choices.
PARC LA SALLE SCHOOL	The "Don't Laugh at Me" program, Friends for Life program, and Volcano in my Tummy will be taught to classes. Friendship groups, circle of friends and social skill development groups will be run to help students recognize and identify feelings in a variety of situations
RICHER SCHOOL	To host a school "Safe Schools Event". In consultation with the Student Leadership Team, topics to be considered could include: Healthy Eating/Lifestyle, Bully Prevention, Drug Awareness/Addictions, Internet Safety, Developing a positive self esteem/self confidence etc. The day would be planned "conference style" with groups of students rotating through all of the sessions. Lunch would be provided with possible entertainment promoting a healthy lifestyle. The conference could conclude with a guest speaker-former Olympian etc. to speak on pursuing our goals and dreams. The students would complete an Exit slip to provide feedback on their reactions to the day's events, what they learned and how this information will help them in the future.
STE. ANNE COLLEGIATE	As a part of the school's citizenship goal, we are hosting the Rachel's Challenge presentation in October <a href="http://www.rachelschallenge.org/">http://www.rachelschallenge.org/</a> . A part of this campaign involves several students being trained to run a "Friends of Rachel" club, which is designed to create school-wide activities that will promote kindness, compassion, empathy and recognize acts of responsible citizenship. Funding would be given to the Friends of Rachel student club to run various activities for the remainder of the year. Possibilities include supplies for activities, prizes for campaigns (gift cards to recognize "random acts of kindness"
STE. ANNE ELEMENTARY SCHOOL	The grade 8 students will continue to work on a variety of mental health areas this year; big focus on drug awareness and healthy choices. Have noticed a lack of self awareness and self care, our students make unhealthy decisions for coping and entertainment (self harm, drugs, sexual activity). Plan a day of self-awareness/mental health activities such as yoga, exercise, reflection, healthy eating, etc. Want to give them healthy coping strategies

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Seven Oaks School Division**

ARTHUR E. WRIGHT COMMUNITY SCHOOL	Propose to use funding to purchase materials and resources to support a multi-session YogaKids parent-and-child program. With a focus on correct breathing, posture and mind/body awareness to promote stress reduction and management
COLLICUTT SCHOOL	Peer mentoring as a part of the movement skills program (teaches younger students basic movement skills and leadership skills to older students)
ÉCOLE CONSTABLE EDWARD FINNEY SCHOOL	Daily Wellness Tips over the school PA system -Leadership Activities-Peer Pressure/Fair Play/Self Esteem conversation/promotion
ÉCOLE LEILA NORTH COMMUNITY SCHOOL	What I like about you day and Pay it forward day: Each student will have a What I Like About You booklet and all day other students and staff will write something positive in their booklets. Pay it forward day will encourage students to do a good deed and for its recipients to pass it on. Also, daily wellness tips, relaxation classes and speakers.
ÉCOLE RIVERBEND COMMUNITY SCHOOL	Restitution and Choice theory principles - through instruction and conversations with children around notions of basic needs, quality world paradigms, classroom beliefs, choice theory principles to aid views of the world.
ÉCOLE SEVEN OAKS MIDDLE SCHOOL	Hiring a yoga/pilates instructor for the day to have the whole school participate to maintain our mental well-being
EDMUND PARTRIDGE COMMUNITY SCHOOL	We have invited MTYP into our school to perform "Liars" is written specifically to reach teens. The play raises the issue of parental alcohol abuse through compelling theatrical effects and a true-to-life scenario. The performance is costly but the message is solid, well presented at a level for all our students, and relevant. Because of the focus and content, we, at EPCS, feel all our students will benefit from exposure to this production.
FOREST PARK SCHOOL	During the week of November 22-26 will have: joke of the day on the PA, Daily "wellness tips" on the PA that students come up with, and D.E.A.R. time (Drop Everything and Relax) throughout the day. Students will stop, music will come on the PA and students will do a variety of relaxation exercises/techniques
GARDEN CITY COLLEGIATE	Promote positive self-esteem in girls and educate students on women's issues, both locally and globally.
H. C. AVERY MIDDLE SCHOOL	80 minute sessions for all 7-8 classes once per school cycle at 4 different times throughout the year. Topics that will be discussed are: Self Esteem, Body Image, Values, Stress and Stress Management, Depression. Students will be able to identify what each topic is, learn ways to cope or manage problems that may arise and learn strategies to get help for a friend or family member that may be suffering from a mental illness
JAMES NISBET COMMUNITY SCHOOL	Every second day during the whole month of November, a daily wellness tip will be announced during the morning announcements. Staff will be encouraged to briefly talk to their students about each daily tip to promote the importance of mental health.
MARGARET PARK SCHOOL	We are going to focus our event on hobbies and how hobbies are good as stress-relievers and for a positive outlook. We will plan a morning in June where a variety of hobbies are available for the students to do. We will have a cultural connection to some of the hobbies which also reinforces a positive self image.
O. V. JEWITT ELEMENTARY	student-led/developed/facilitated spirit week, designed to promote positive play interaction/language of encouragement and recognition and opportunities for cooperation and teamwork. Provide opportunities to express-encourage and share our daily development of school spirit of respect and inclusion through poster making announcements and healthy positive language/communication. Daily themes and activities (sports day, movie star/singer day. Finishing up with gym rally of activity stations/activities for whole school
VICTORY SCHOOL	Grade 4 and 5 self select talents for a performance for peers and parents, each student writes message to present before performing on motivation. Emphasis for the event is confidence, self-esteem and participation

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Southwest Horizon School Division**

HARTNEY SCHOOL	How contributions to Community and School affects our personal life in a positive way.
NATURE VALLEY COLONY SCHOOL	Bee-ing Our Best: the activity will be an on-going program with monthly themes to focus on being the best we can possibly be. Each month will focus on a new character trait and recognition will be given to those who meet the goals of the lesson. Bee stickers will be awarded for good behaviour. Students will work for Student on the Month, Most Improved Student and Busiest Bee Award. Each month 2 students will be selected to "catch students doing good deeds" (this will apply to both in and out of school as the student is encouraged to do good deeds in the community as well in the classroom). An informational evening will be held for the community to come and see what the students have accomplished and to explain what their goals are. Instructional materials will need to be purchased as well as supplies for the Bee cards and prizes.
NEWDALE COLONY SCHOOL	We are promoting Mental Wellness in our school by holding interactive group sessions (classroom based) to encourage students to be a good friend, how to deal with peer pressure and hold a parents information evening on keeping students and themselves mentally healthy.
PIERSON SCHOOL	Talent show to showcase hobbies/talents or air band concert for K-12 to work together
WASKADA SCHOOL	Hold school spirit weeks and award points to students who participate. All students will be placed into house teams to promote positive school environment. Will run different events that promote teamwork, and give the students a sense of school community. At the end of year team with most points will win a pizza party to celebrate their efforts to maintain a positive school atmosphere.
WAWANESA SCHOOL	Our school will travel to Turtle Mountain Lake and participate in a wellness day.

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**St. James Assiniboia School Division**

ATHLONE SCHOOL	Invited Cathy Spack (yoga instructor) on January 27 to visit all classes. Going to teach a routine for each age group. As a follow-up, will address the importance and benefits of yoga/relaxation
BRUCE MIDDLE SCHOOL	Peer Mentorship: Pairing up our younger students (Grade 6 and 7) with older students (Grade 7 and 8) for a mentorship role. Students will do bonding/team building activities and share a healthy snack together to build connections with each other, as well as with the staff members running the program.
BUCHANAN SCHOOL	Themed remembrance day ceremony as "our quality world." teachers have asked their class to pick one word that represents their quality world (fun, belonging, freedom, power, love, safety, basic needs, diversity, peace, unity, health, respect). Students are writing this on a piece of a world map that will be cut up and re-pieced together at our ceremony. Also like to purchase resources to work with our students, possibly a speaker to talk about how students can create their quality world.
ÉCOLE BANNATYNE	Cathy Spack to return to instruct yoga for kids program and relaxation teaching
ÉCOLE GOLDEN GATE	We are planning a wellness evening for our community and student population. It will consist of a media presentation on cyber bullying and Facebook information. Then the wellness component will follow. Some of the activities that will be held are yoga, an open gym, and some meditation.
ÉCOLE ROBERT-BROWNING	Yoga/relaxation classes for students-Introduction sessions for each class
GEORGE WATERS MIDDLE SCHOOL	Mental Health Awareness Week: December 2010, daily wellness tips announced over the PA, student produced mural education students about topic, guidance involvement and guest speaker: topics stress management , yoga etc.
HEDGES MIDDLE SCHOOL	Student leaders will present on nutrition and its importance in mental health. Provide healthy snack for every student each morning of the week and caught eating healthy tickets which are entered in a draw
HERITAGE SCHOOL	Purchase books to support "bucket filling" which symbolizes caring and compassion. Purchase books on self-esteem, friendship and bullying
JAMESWOOD ALTERNATIVE SCHOOL	Students would like to create a mural on the subjects of self-esteem and empathy. Many of our students-being an alternative high school -have faced greater hardships in life. The ability to work together to create a terrific piece of art would be extremely helpful in helping to overcome some of these mental health issues.
JOHN TAYLOR COLLEGIATE	Bring in speakers to talk to support groups run by our guidance component. Also random acts of kindness week for which "incentives" will be purchased.
LAKEWOOD SCHOOL	Parent event/student event on bully prevention (promoting conflict resolution and anger management)
LINCOLN MIDDLE SCHOOL	Yoga, relaxation and stress-busting activities at lunch/gym classes. Purchase some videos on yoga, pilates and relaxation. Have announcements promoting mental health and incorporate a "caught doing good" campaign with prizes
LINWOOD SCHOOL	What helps you become a team player and increase your self-esteem? Posters will be put up in the gym. For the month of October students are invited to write down things that happened in gym class that made them feel good about themselves. At the end of the month place cards will be made (from the posters) which will be hung up in the halls. This will remind students to encourage and help everyone feel positive about themselves.
NESS MIDDLE SCHOOL	Stress Awareness Week. Stress reduction ideas shared with the kids.
PHOENIX SCHOOL	Booking guest speaker for bullying presentation
SANSOME SCHOOL	Get Moving on Monday assemblies: get bodies moving, come together as a unit and have presentations from students/staff/parents/guests on topics including empathy, conflict resolution, bullying, friendship, etc.
ST. JAMES COLLEGIATE	School wide wellness fair: keynote speaker will kick off event, students will sign up to participate in 3 breakout sessions hosted by doctors/nurses/pharmacists/personal trainers/yoga instructors, etc.
STEVENSON-BRITANNIA SCHOOL	Purchase a Restitution Resource Kit for the school to enable all teachers to teach lessons in Restitution where students learn to recognize their personal needs and seek appropriate ways to get their needs met.
STRATHMILLAN SCHOOL	Implementing Olweus Bullying Prevention program. Grant money will be used to purchase multiple books about bullying
VOYAGEUR SCHOOL	school is designing an anti-bullying campaign based on the story "Have you filled your bucket today?" Goal is to create a positive, supportive workplace strengthen, encourage and support families to become bucket filling families. To create a safer, kinder, more respectful school culture where children are ready to learn, create a community where all children grow up confident, resilient, caring and responsible.
WESTWOOD COLLEGIATE	"girls' groups" - run for 6 weeks facilitated by school counsellor/afm counsellor, girls come together to discuss topics related to self-esteem, body image, healthy relationships, internet safety, dating safety, self-care.

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Sunrise School Division**

ANOLA SCHOOL	The Kids on the Block program (Independent Living Resource Centre) will present two puppet shows: K-4 on bullying, problem solving and cerebral palsy, 5-6 on learning disabilities, ADHD and cerebral palsy
BEAUSEJOUR EARLY YEARS SCHOOL	At our school we are currently doing the steps to Respect Bully Prevention lessons/program. We feel that a great way to enhance + support this learning would be through a <u>kids on the block</u> presentation on bullying and acceptance. We would focus on our grades 4 and 5 students as leaders of our school Life size puppets help children develop skills through puppeteer performances/school scenarios, followed by a question and answer period for students.
CENTENNIAL SCHOOL	Kids in Care is a group of 11 students who live in foster families. Our group meets weekly with the school counsellor and school division social worker. The focus of the group is to create a sense of belonging and to acknowledge that "a family is a family". Storytelling, art games and field trips, especially those teaching the traditions of first nations culture, are the core of the activities. Creating a network for foster families is also key.
EDWARD SCHREYER SCHOOL	Friendship Club: Students who may be experiencing trouble building and maintaining friendships will be provided the opportunity to interact with other students to develop social skills while learning how to be a friend. Students will also be working with the Friendship club will be developing skills as facilitators building communication skills, and working with others.
GILLIS SCHOOL	Create a mural based on respect: build community in the school as students will be separated into house teams with a mixture of all grades (grade 8s use leadership skills to explain to others). Also a "caught doing good" campaign.
HAZELRIDGE SCHOOL	Introduce yoga/relaxation strategies for all students. Yoga instructor will come and invite seniors in the community to join as well.
HOFER SCHOOL	Practice yoga once a week using a smart board video and teacher guidance
LAC DU BONNET SENIOR	Host a 2nd Annual Wellness Day with guest speakers to speak on topics such as healthy body image, depression, gambling, healthy eating, etc
OAKBANK ELEMENTARY	Purchase the Friends for Life Anxiety Prevention program beginners kit
POWerview SCHOOL	Community Christmas Dinner: Dec.08/2010, EPVS will be hosting our 2nd annual community Christmas dinner. This started last year as a way to extend good will and foster a little cheer in a community suffering greatly following the closure of the paper mill- the only major industry here. Virtually all families were affected and many faced unemployment and difficult and depressing circumstances. School staff volunteered to provide a full Christmas feast, entertainment, door prizes and children's gift bags to more than 600 people in a festively decorated school gym. Community morale skyrocketed and Christmas spirit could finally be felt here. it was such a huge success and wonderful feeling for all that we are again going to provide dinner for the community of Powerview-Pine Falls. Funding will be used for supplies, gifts etc. are just few of the ways we could spread the goodness throughout our entire community again. Merry Christmas from EPVS!
SPRINGFIELD COLLEGIATE	School would like to hold several half-day sessions throughout the year with students from all grades and across social groupings to equip them with skills to support their peers with good mental health. We would like to train them on suicide prevention with SAFE talk training as well as session on healthy dating/relationships, positive communication skills to be a helper, internet safety and strengthening our connection with Teenlinks.
SPRINGFIELD MIDDLE SCHOOL	The Peer Mentor Group at SMS will plan and deliver a 2-part series on "Bullying". Mentors will deliver the workshops to their respected grade levels during their regularly scheduled health classes. An interactive approach will be taken in the development of the bullying workshop, including but not limited to, the creation of a Power-point presentation, class/group discussion, worksheets and supplementary activities. The students will develop an understanding of why some students act in intimidating ways, strategies on how to deal with bullying behaviors (include cyber bullying) and preventative strategies to help reduce the day-to-day harassment and teasing attributed to bullying.
WHITEMOUTH SCHOOL	Whitemouth School's is currently involved with the Rachel's Challenge campaign. We would like to adapt this program to meet the needs of our students in grades K-4. To do this we will be sending staff members to the Rachel's Challenge presentations and then creating age/grade appropriate activities to mirror our Gr.5-12 goals. Some of the proposed activities are as follows: Caught Doing Good campaign, counsellor mediated sessions on conflict resolution and coping strategies, etc.

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Swan Valley School Division**

BENITO SCHOOL	Will use the money to purchase picture books and information items dealing with self-esteem and bullying. We will store the books in a separate section in the school library. Books will be available to students, teachers for teaching purposes and for Parents for Remediation required for home.
BOWSMAN SCHOOL	Purchase books to put in the library and to pass around to each classroom to open up conversation about self-esteem and bullying
ÉCOLE SWAN RIVER SOUTH SCHOOL	Substance Abuse: This year we are having different programs to help students make right choices about smoking, drinking and other substance abuse. This seems to be among the major issues at this school.
MINITONAS EARLY YEARS SCHOOL	Campaign will continue throughout the school year. We have a "bullying" and "respect" program, Virtues and Lions Quest programs where respect, self-esteem, bullying, friendship, conflict resolution and empathy are emphasized. Hold regular school assemblies celebrating our successes with our students. Healthy Living week promoting physical activity/healthy eating which also play a role in good mental health.
MINITONAS MIDDLE YEARS SCHOOL	The resources to be purchased are as follows. 1)the 7 habits of highly effective teens-book and student material(Sean covey) 2)Reviving the wonder (76 activities that touch the inner spirit of Youth) Ric Stuecker and Suze Rutherford
SWAN VALLEY REGIONAL SECONDARY SCHOOL	Offer yoga classes at lunch hour to help improve mental health and personal focus.
TAYLOR ELEMENTARY	Wellness week activities which will focus on mental health, physical fitness

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Turtle Mountain School Division**

BOISSEVAIN SCHOOL	Our K-4 students participate in a student organized day: consisting of random and light physical activity involving parents and students such as skipping, jogging, agility, hand eye coordination events and healthy games involving food awareness and healthy choices. It is a day long annual event that includes an awesome healthy lunch for the whole family noon hour picnic.
CAN AM COLONY SCHOOL	To complement "Building a culture respect" school goal, organizing a "caught doing good" campaign will help strengthen interpersonal skills between students, students and community members and also students with teachers.
HOLMFIELD COLONY SCHOOL	Will host a Mental Health Week from February 7-11, 2011. We will have different activities each day that promote being mentally healthy. One day will have the school division psychologist and speech language pathologist come and give a workshop on how to be a good friend, good mental health, self esteem and bullying. Another day we will have students create a group mural to promote awareness of good mental health based on what they had learned at the previous day's workshop. Have a class on relaxation techniques and spend some time doing yoga. Spend two days focusing on hobbies such as drawing, scrap booking, and card making that are relaxing and promote good mental health. Throughout our mental health week we will have a "Caught Doing Good Things" campaign. The Mental Health Grant will be spent on supplies and prizes for our week promoting mental health.
KILLARNEY SCHOOL	The activity involves a grade 7-12 assembly with absolute, live band and personal testimonials about various mental health issues and self confidence/self esteem etc. It will also deal with teen choices and risky behavior. Follow up with a small group workshop.
MAYFAIR COLONY SCHOOL	To make 3 activity bags (bullying, friendship, feelings) to be sent home with each family in the school to share and participate in activities.
MINTO SCHOOL	Half day Soccer Tournament to Promote Friendship. In the younger grades we promote friendships, conflict resolution, communication and leadership. A grade 5 class from Boissevain will join our grade 3-6 students for the tournament, and grade 7&8 students will assume leadership roles by being coaches of the teams and referees.
WELLWOOD SCHOOL	Have an instructor come to the school to teach yoga/relaxation techniques

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Turtle River School Division**

ALONSA SCHOOL	Gang awareness for parents (all students will also be present) Guest speaker.
ÉCOLE LAURIER	Take students to a sledding hill for the afternoon and hot chocolate for after. Fun relaxing activity to relieve stress and tension.
GLENELLA SCHOOL	Teens against Drunk Driving presentation.
PARKVIEW SCHOOL	Occur over a one week period-Daily wellness tips. "Being a good friend"-Day 1. "Time Management"Day2. "Good Mental Health"Day3. "Conflict Resolution Skills" Day 4. "Self-Esteem" Day 5. Develop Peer Mentor Program
STE. ROSE SCHOOL	Grade 9 students will have speaker come and present on teens and drinking, and teen talk. Resources such as videos may be required

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Western School Division**

MINNEWASTA SCHOOL	Running noon clubs for many EAL students to learn English, get to know other students, develop a sense of belonging and feel good about themselves.
-------------------	---

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**School District of Whiteshell**

F. W. GILBERT SCHOOL	Pay it Forward Club - Rachel's Challenge Club: working on being kind and compassionate to students and adults. Will meet every couple of weeks to plan events throughout the year to inspire students to be kind.
PINAWA SECONDARY SCHOOL	Write letters of appreciation to staff and community members acknowledging work well done and impact on students. Create a chain link for acts of kindness (goal is to have enough links to join high school with elementary school). Start a "pay It forward" reaction to promote kindness towards all individuals

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

**Winnipeg School Division**

ANDREW MYNARSKI V.C. SCHOOL	Anti-bullying week to highlight the importance of fostering good relationships and provide safe places to promote Mental Health. Through the planning and preparation of the anti-bullying week we aim to give them a sense of ownership in relation to the weeks activities
ARGYLE ALTERNATIVE HIGH SCHOOL	2 students from each advisory group will participate in a communication skills training workshop. The activities and information will in a similar format to the Peer Support Training model including attending skills, active listening, questioning techniques, boundaries and limits, values assessment, skills from NLP will also be incorporated i.e.: developing rapport, representational systems and languages. The goal is to assist students who naturally lead and reach out already to develop their skills and help them become stronger helpers. We will then do follow up skill practice sessions at lunch.
BROCK-CORYDON SCHOOL	Creating a chess and checker club to operate once a week during the lunch recess for grades 1-6. It would engage students in a healthy interactive hobby to enable children of various ages to relate to others and expand their social network while learning to play challenging games.
CARPATHIA SCHOOL	"Have You Filled Your Bucket Today?" - A guide to daily happiness for kids by Carol McCloud, we will focus on developing our students into "bucket fillers" thereby creating a safer, more respectful culture. The program is based on the philosophy that every person has an invisible "bucket" that is filled by doing kind things for others.
CECIL RHODES SCHOOL	Peer Fitness Mentoring Program: In conjunction with our "Caught You Caring" N-9, school wide initiative we would like to develop a peer fitness mentoring program where older students work with younger students through fitness activities to better understand each other and the importance of fitness. i.e.: noon hour recess activities. This activity will encourage our students to be active and build relationships with each other.
CHAMPLAIN SCHOOL	Invite guest speakers to talk to students on the topic of goal setting and importance of health/physical activity.
CLIFTON SCHOOL	Student council will engage in activities to promote tolerance and acceptance at the school and community level. Students will continue to develop skills in accepting and respecting others and will model social responsibility through our reading ambassadors, assemblies, morning announcements, guest speakers, classroom discussions. Also purchase resources/library books that highlight tolerance, diversity, anti-bullying and friendship.
DAVID LIVINGSTONE SCHOOL	Spring Dance: We would like to promote mental health and wellness in our school community by organizing a spring dance. Parents, students and school staff will be invited to the dance. In the past when we have held school dances, it was a catalyst for creating friendships, a sense of community and physical well being.
DUFFERIN SCHOOL	Have 16 students participating in a series of 45 minute workshops on vital topics such as bullying, anger management, positive decision making, and conflict resolution
EARL GREY SCHOOL	On-going initiative directed at reducing the number of bullying incidents and more importantly an attempt to fore-stall bullying situations by building and maintaining healthy peer relationships.
ÉCOLE LA VÉRENDRYE IMMERSION	A healthy brunch will be served to students from N-6, prepared by grades 5 and 6 students. A nominal fee will be charged and all funds raised will be donated to UNICEF. Issues that will be addressed are social justice, economic responsibility and physical/mental health.
ÉCOLE LANSDOWNE IMMERSION	Our Grade 7 students will be hosting a Mental Health Wellness Day for all students in our school, Nursery to Grade 8. Grade 7 students will study and explore strategies that promote positive mental health, with particular emphasis on dealing with stress. Students will then organize the Mental health Wellness Day for January 2011. The day will be broken down into 30 minutes sessions that will promote positive strategies and activities that reduce stress. These sessions will be provided to all other students and teachers by grade level.
ÉCOLE J. B. MITCHELL SCHOOL	School participates in an anti-bullying week. During the week the school has assembly, host presenters, and have various activities that teachers work on with their students.
ELMWOOD HIGH	Overnight retreat for girls in our school. Will have presenters from Clinic to talk about healthy relationships, instructor from Moksha Yoga to run a yoga practice, two clinicians from child guidance clinic to facilitate groups on sisterhood and self-esteem.
FARADAY SCHOOL	Caught doing good campaign. Pep rally. Staff and grade 6 students will hand out slips when a N-5 student is "caught doing good". Daily draws for book prizes
FORT ROUGE SCHOOL	Working with the school counsellor and classroom teachers, students will be involved in activities on decision-making, problem-solving and critical thinking. Role playing and skits will be used to demonstrate good decision-making and sensible alternatives.
GARDEN GROVE SCHOOL	In accordance with the mental health campaign focus, we plan on offering our students a new club: yoga and body poetry. Students will learn meditation, relaxation techniques and increase flexibility
GLADSTONE SCHOOL	Teacher-librarian will purchase children's books on self-esteem and positive self image
GLENELM SCHOOL	Students involved in the "Student Voice" team will take part in activities where they can act as Mentors, Leaders and Volunteers. These students will join with others to work together to accomplish goals that will foster working together, empathy and understanding of others.
GORDON BELL HIGH	Students will be given journals and sketch books and encouraged to explore and express feelings of anxiety, stress, depression, frustration, anger etc. Students may choose to share their work in their journals and sketch books with Student Services Team.
GRANT PARK HIGH	"Pirate Pride" - By using technology as a tool, we will be building and promoting self-esteem and positive self image for all Grant Park students participating in, Interscholastic sports, intramural sports, physical education classes, whole school special activities/assemblies, student leadership classes, sports clubs, grant park phys.ed/health program recently purchased a high end digital still camera and would like to display all pictures taken from the above activities in two main areas of the school using digital picture frames.
GREENWAY SCHOOL	We are going to develop a program where grade 6 Leadership students plan and implement recess games for grades 1-6 students. It will not only allow students to develop their physical skills, but also work on their social skills. Students will be able to socially interact with their peers and expand their social support network during recess.
GROSVENOR SCHOOL	students will learn to integrate yoga skills into their daily lives, enhancing learning potential and life skills. Students will practice breathing techniques, poses, games, activities, relaxation, and visualization. The program allows all students to flourish by honoring their individual learning styles. All basic curriculum areas are addressed, as well as classroom management, test preparation, fitness, and environmental and multicultural education. Yoga is traditionally associated with the development of positive traits such as confidence, compassion, respect, tolerance, patience, and nonviolence.
HUGH JOHN MACDONALD SCHOOL	Team building through "Arts Murals" through the seven Teachings. This school year our school teams have been reconfiguring to a 7, 8, 9 format. Each team has adopted its name from one of the seven teachings. This project will enable us to bring in Arts facilitators who will work with 4 teams of staff and students to create murals representing their teams.

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

INKSTER SCHOOL	Purchase materials to support our yoga program: mats, DVDs and invitation for guest speaker
ISAAC BROCK SCHOOL	All students will have opportunity to participate in an interactive workshop from "No Bully Zone".
ISAAC NEWTON SCHOOL	Order several sets of posters with motivational/inspirational words/messages on them to post around the school.
JOHN M. KING SCHOOL	Small group of students will participate in Yoga Club twice a week for 7 weeks. During lunch hour to practice relaxation poses.
KELVIN HIGH	Grade 11: purchase resources related to stress, anxiety, ocd. Grade 9&12 - purchase resources related to healthy relationships. Grades 9-12: yoga/relaxation classes (instructor or DVD led lunch hour sessions)
KENT ROAD SCHOOL	Each week girls from Gr.4/5/6 meet at lunch. As some girls begin to develop at this stage, the focus of the group is to give the girls a chance to express themselves in a safe and caring environment. Using games, activities, crafts, discussions, and videos we cover topics such as personal safety, bullying, gossip, puberty, body image, self reflection, nutrition, and friendship. Each week a healthy snack is served.
KING EDWARD COMMUNITY SCHOOL	Caught you caring campaign - students will receive a button for good caring behaviour, and could win pizza lunch from draws. Student of the day - students will have criteria outlined to them; if behaviour is good their names will go into a draw for 1 star student of the school each day. Talent show in June as well
LAURA SECORD SCHOOL	Recess buddies program matches younger and older students during recess periods. Goal of the program is to provide positive playground experiences for primary students. Intermediate students gain leadership skills along with problem solving skills and enhanced self-confidence. Will also expand to the outdoor classroom called the Learning Garden
LORD NELSON SCHOOL	Promoting character education by teaching seven virtues (new virtue each month). The virtues are self control, empathy, conscience, respect, kindness, fairness and tolerance. Students meet in family groupings of students from mixed classes/grades to work together.
LORD ROBERTS COMMUNITY SCHOOL	School will be having a Pay It Forward event during our winter term. Selected students will begin our "Pay It Forward" event by doing a good deed to any Lord Roberts student. Once a student experiences a random act of kindness, he or she will be expected to pay it forward to someone else. This will include students and staff. The funds will be used to purchase materials for our event.
LUXTON SCHOOL	Reward students for showing the target behaviour of "listening", by receiving stamps on their peace pass (10 stamps=one prize)
MACHRAY SCHOOL	School Banners: Encouraging children to voice what is important to them, helps to develop a desire to learn about themselves and their needs. Through classroom lessons and conversations based on the above statement, students will create their own personal statements, i.e.: "Playing is good for you" or "Every child needs encouragement: etc. Students will then design and paint banners which will be displayed in the schools main hallway to call attention and awareness to the importance of mental health for all children.
MEADOWS WEST SCHOOL	Students in older grades develop skills as student leaders; model for younger students how to demonstrate caring and sharing. (older students receive recognition for work and younger students see "in action" what it is to be a caring person).
MONTCALM SCHOOL	Our students all have a diagnosed mental health condition. They are often anxious and resistant to try physical activities. We plan to take these students to Sargent Park Pool where they become relaxed with the setting, take swimming lessons and become confident in canoeing skills. The final portion would be to take our students canoeing at Fort Whyte. This activity promotes mental health and physical health
MULVEY SCHOOL	Students will reflect and discuss what a positive self image means to them. Using ideas they will create images, powerful words/phrases that represent their thoughts about what is a positive self image. After developing criteria they will create artistic visual representations of what a positive self image is. Students will screen these images/words onto t-shirts which they will be able to wear out.
NIJI MAHKWA SCHOOL	Holding a weekly sharing/teaching circle with all female students in grades 7&8. Focus is to share traditional knowledge as well as explore current issues such as body image, self esteem, relationships, healthy living, depression, suicide and substance abuse
NORQUAY SCHOOL	Various community agencies set up interactive booths to educate students and parents about living a healthy life. This includes the topic of mental health. Students and parents who attend receive a healthy meal (soup, fruit, a bun and juice). It is for this meal that we are requesting the funds. We would also like to purchase resources related to bullying and self-esteem.
PINKHAM SCHOOL	School will highlight the benefits of yoga as a component of wellness for our students. We will begin by hosting a whole school assembly to "kick-off" the program, and to begin to demonstrate some of the yoga positions. With the support of a trained yoga instructor, staff will continue to practice yoga within their classrooms on a regular basis, as well as to run an after school program for kids.
PRAIRIE ROSE ELEMENTARY SCHOOL	Circle of Courage will be explored; independence, belonging, mastery. This involved the Principles of Learning (WSD). We will focus on generosity to homeless shelters and the Xmas Cheer Board. Students will visit some of these places. Funds will be used to provide supplies to homeless shelters and Xmas Cheer Board (food, soap, toothbrushes, toothpaste)
PRINCIPAL SPARLING SCHOOL	Have a yoga instructor come and teach skills/poses to students.
QUEENSTON SCHOOL	Zumba Workshop: We are going to give Queenston students the opportunity to move and groove with Zumba Fitness! It is a Latin-inspired dance fitness class that uses Latin and international music and movements creating a fun, dynamic and effective workout. Zumba promotes a sense of community and builds cooperative learning skills among participants. We feel that this exposure for students and staff would be a valuable way to build self-esteem and mental health. We should use the funding for three to five 45-minute sessions with a certified and available Zumba instructor.
R.B. RUSSELL VOCATIONAL SCHOOL	Horticulture and Art Therapy Healing Workshop: We want to host mental health workshops at our school that will be based on activities that focus on nature based horticultural and art therapy. Students will have the opportunity to relax/renew and reduce aggression and anxiety. Interaction with peers will be occurring during these activities which will encourage expanding social networking. Students will not only complete projects that will allow self-expression and that they will continue to nurture and take care of plants, in addition to promoting stress release, feelings of self are and expression and expense enjoyment in the safe nurturing atmosphere.

**Manitoba Healthy Schools  
Mental Health Campaign  
Fall 2010**

RALPH BROWN SCHOOL	Our school priority is to develop wellness activities for students. We are developing a "wellness wheel" for students, families, and staff.
RIVER ELM SCHOOL	Create an "Appreciation Bouquet Banner" where every act of kindness is being appreciated and recorded in the hallway. Train students in grade 6 to become student-leaders who model good behaviour, kindness and compassion to younger students (lead small group activities). Evening yoga and nutrition education workshops for students and parents. Teachers will teach effective communication/conflict res in Family Life Education, Lion's Quest and guidance program. One health tip statement is read everyday at morning announcements
RIVER HEIGHTS SCHOOL	Celebrating Differences aims to raise awareness about the differences that exist within our society. The hope, of course is to increase empathy. Understanding and general level of knowledge about the spectrum of diverse experiences unfolding in the lives of those around us. We are looking to encourage student participation when it comes to making active change happen in the lives of others by showcasing people/organization who not only recognize differences within Wpg. But work to create positive opportunities for those in need of support
RIVERVIEW SCHOOL	Special education students with EA's will plan, shop and make breakfast once a week for themselves and invited guests. Working on interpersonal and friendship skills between spec. education students and regular students.
ROBERT H. SMITH SCHOOL	Our Grade 6 students researched charities and presented to our student body. The children voted on a "charity" that our community breakfast would support. All proceeds will be donated to "Cancercare MB". The children will also perform at the breakfast and work at various stations. We anticipate over 1000 people to attend again and the kids and community feel really good about giving and helping others.
ROBERTSON SCHOOL	Talent show/Celebration of student talents in the school gym, all staff and parents will be invited to attend. Students will be given participation ribbons and whole school will have a healthy snack
ROCKWOOD SCHOOL	Yoga program: This will be the first year that we will be running a yoga program in collaboration with a parent instructor. Purpose to relieve stress and learn about the discipline.
SARGENT PARK SCHOOL	anti-bullying campaign-students will participate in the internet safety program-cyber bullying. Anti-bullying slogans will be developed to be read over the PA with morning announcements. Students will participate in the "don't laugh at me" program in health, the "connecting with Canadians" in social studies. Students will make anti-bullying posters to be hung, in the school halls. Students will make a series of drawings-"Imagine school without bullying" students will write stories "How I can do better to get along with others". The school will have a "wear purple day"-stand up to bullies and homophobia.
SHAUGHNESSY PARK SCHOOL	A group/program for female students in grades 7&8. This program will be facilitated by School Social worker and grade seven teacher. The focus of the group will be self-esteem, stress management, personal safety, peer pressure, etc. The program will run weekly for three months.
SISLER HIGH	After-school cooking club - learn how to cook basic food for themselves/family by using teamwork, cooperation, problem solving. Gives opportunity for kids to bond.
SISTER MACNAMARA SCHOOL	On monthly basis Middle years female students will participate in an on-going series of workshops related to self-esteem, stress management and understanding emotions. Each workshop will include opportunities for discussion and new learning as well as hand on or practical strategies, healthy food and fun
ST. JOHN'S HIGH SCHOOL	Devote an entire day to promoting and teaching about health and wellness. Plan on bringing in agencies/presenters for topics such as suicide prevention, yoga, zumba, gang/drug awareness, life on the streets, mood disorders, etc.
STANLEY KNOWLES SCHOOL	A significant component of our comprehensive development guidance program is large group guidance using media as an effective tool. Our proposal is to support and enhance our curriculum with educational DVD's on topics such as bullying, friendship, and interpersonal skills
STRATHCONA SCHOOL	Purchase copies of the book "Have you Filled a Bucket Today?" for teachers to share with students. Positive message spread throughout the school to help students explore feelings, build self esteem/positive self image, conflict resolution, stress reduction and positive school environment
TECH-VOCATIONAL HIGH	Want to start a peer support program for our students. Have seen an increase in mental health issues among students and they often turn to peers first for advice. Want to train a group of students to help link their peers to supports available in the building as well as community resources.
TYNDALL PARK COMMUNITY SCHOOL	Will host a "Mental Health Week" This will include a guest speaker, daily wellness tips over the PA system, sharing circles, yoga/relaxation and zumba dance classes and a peer mentoring program
VICTORIA-ALBERT SCHOOL	School will be hosting Spirit Week with an all-inclusive Talent Show at the end of February 2011. This promises to be a wonderful exercise in confidence-building and self-expression. All students will have a chance to participate in the talent show and Spirit Week.
WELLINGTON SCHOOL	Hoping to bring in a yoga instructor to teach/demonstrate relaxation techniques to all students and classroom teachers for a day or two depending on cast. Classroom teachers would then incorporate techniques that they are comfortable with into their school day routines. PE teachers will do the same for their class.
WESTON SCHOOL	Development of decision-making and social skills, Loins Quest Curriculum and the Seven Teachings. Friendship skills, self-esteem, community building in class programs. Students will have the opportunity to provide "Community Service through Volunteering" Celebrating "You and Me", build confidence and healthy lifestyles.
WILLIAM WHYTE SCHOOL	Purchase and share books and media resources related to gang prevention
WINNIPEG ADULT EDUCATION CENTRE	Peer mentoring - 5 students would be assigned a mentor (training for mentors occurs previous) and Talent show for students to display talents
CHILDREN'S HOUSE MONTESORRI SCHOOL	Peace Education: we would like to implement a place in our classroom that allows the children to resolve conflicts independently using materials to promote Peace Education. More specially, we would like to create an area for "Peace" and purchase resources such as, The Peace Rose book by Alica Jewell that encourages peaceful resolution between children in the classroom, as well as other books related to the subject of conflict resolution and posters to promote peace in our school.