

**First Nations Operated****Mental Wellness Campaign  
Fall 2006**

<b>School</b>	<b>Description</b>
'72 MEMORIAL HIGH SCHOOL	Personal Development - We will have a mental wellness day. We will have PowerPoint workshops, a guest speaker, and role play scenarios.
DONALD AHMO SCHOOL	Social Development - We will have a school-wide rally with our parents involved with a floor hockey tournament, lunch and sing song. There will be posters all over the school with themes describing the advantages of integrating and communicating with one another.
GEORGE KNOTT SCHOOL	Various - We will announce daily wellness tips over the PA. We will have two guest speakers to speak to students. We will also have a poster and poem contest.
LONG PLAIN SCHOOL	Various - Our student council will create a bulletin board to post information. Our president will do daily announcements to create awareness within our community.
NEIL DENNIS KEMATCH MEMORIAL SCHOOL	Mental-Emotional Development - Right after lunch all students and staff will do 15 minutes of meditation and relaxing exercises to rejuvenate the body and mind.
SIOUX VALLEY SCHOOL	Various - The student council will be responsible for activities in the areas of personal, social, emotional development, substance use and human sexuality. Activities include: announcement on the PA, radio broadcasts, school dances, fundraising activities, other special events that promote community spirit.
WAYWAYSEECAPPO COMMUNITY SCHOOL	Social Development - Students will work on good behaviour and respect toward themselves and others. Students earn stars for "caught being good". Other activities include poster and short stories contests with an emphasis on "accentuate the positive".

**Beautiful Plains  
School Division**



**Mental Wellness Campaign  
Fall 2006**

<b>School</b>	<b>Description</b>
BROOKDALE SCHOOL	Various - Student council will organize a "Mental Wellness Campaign" by inviting a guest speaker and having the entire school participate in an activity.
CARBERRY COLLEGIATE	Various - We will have a wellness day. Students will attend information sessions on variety of topics including suicide, depression, sex, healthy relationship building, etc.
J. M. YOUNG SCHOOL	Social Development - We plan to hold a school wide Christmas lunch. The older students mentor the younger students by welcoming them, escorting them to the table, etc.
R. J. WAUGH ELEMENTARY	Social Development - We are going to focus on providing a safe learning environment for our school. We will have grade group presentations on bullying. We will send out pamphlets to parent and have a bulletin board.

**Border Land  
School Division**



**Mental Wellness Campaign  
Fall 2006**

<b>School</b>	<b>Description</b>
BLUE CLAY COLONY SCHOOL	Various - We are planning a mental health day for the students. Guest speakers will provide presentations on topics such as conflict resolution, bullying, dealing with stress etc.
ELMWOOD ELEMENTARY	Various - We do many activities in the year that promote mental wellness. These include: Terry Fox Run, anti-bullying student education in the classroom, community visits, etc.
GLENWAY COLONY SCHOOL	Various - We would like to purchase books specifically about mental health and mental illness. These would be shared with our students with discussions afterwards.
GRETNA ELEMENTARY	Social Development - We run a Safe Schools theme month. We focus on building friendships and developing skills to deal with bully-type behaviour. We also focus on virtues as part of character education.
PINELAND COLONY SCHOOL	Social Development - Our school is working on promoting Virtues this year. Every month we pick one of the 7 essential virtues and talk about it through role playing, poster making, art activities, dramas, etc.
ROSEAU VALLEY SCHOOL	Various - We will have interactive programming for students on body images. We will also have an "Absolute" high school assembly that provides messages on bullying, self-worth and positive choices.
W. C. MILLER COLLEGIATE	Various - We will purchase relevant and exciting videos and print material to support mental wellness instruction.
WEST PARK SCHOOL	Mental-Emotional Development - We will focus on three virtues, empathy, conscience, and self-control; one in each term. Students will present skits or readings in assembly, create and host a contest, and lesson plans are being created.

**Brandon  
School Division**



**Mental Wellness Campaign  
Fall 2006**

School	Description
ALEXANDER SCHOOL	Personal Development - Manitoba Theatre for Young People - "The Skinny Lie" pertains to honesty, integrity, and self-esteem issues.
BETTY GIBSON SCHOOL	Personal Development - Manitoba Theatre for Young People - "The Skinny Lie" pertains to honesty, integrity, and self-esteem issues.
CROCUS PLAINS REGIONAL SECONDARY	Social Development - Our students will be organizing a "Youth Making a Difference-Changing the World" conference. Mr. Stephen Lewis, Special Envoy on AIDS/HIV will be presenting.
EARL OXFORD MIDDLE SCHOOL	Personal Development - Manitoba Theatre for Young People - "The Skinny Lie" pertains to honesty, integrity, and self-esteem issues.
ÉCOLE NEW ERA	Personal Development - Manitoba Theatre for Young People - "The Skinny Lie" pertains to honesty, integrity, and self-esteem issues.
GEORGE FITTON SCHOOL	Personal Development - Manitoba Theatre for Young People - "The Skinny Lie" pertains to honesty, integrity, and self-esteem issues.
GREEN ACRES SCHOOL	Personal Development - Manitoba Theatre for Young People - "The Skinny Lie" pertains to honesty, integrity, and self-esteem issues.
HARRISON MIDDLE SCHOOL	Various - We are planning an afternoon of mini workshops with the healthy lifestyle theme to promote positive choices. Themes will include: stress, depression, frustration and isolation.
J. R. REID SCHOOL	Various - We are organizing a Wellness Day for the students. There will be various speakers/sessions including healthy body image, drug awareness, stress management, etc.
KING GEORGE SCHOOL	Personal Development - Manitoba Theatre for Young People - "The Skinny Lie" pertains to honesty, integrity, and self-esteem issues.
KIRKCALDY HEIGHTS SCHOOL	Personal Development - Manitoba Theatre for Young People - "The Skinny Lie" pertains to honesty, integrity, and self-esteem issues.
LINDEN LANES SCHOOL	Personal Development - Manitoba Theatre for Young People - "The Skinny Lie" pertains to honesty, integrity, and self-esteem issues.

School	Description
MEADOWS SCHOOL	Various - We have a student wellness committee that meets often to discuss school wellness issues. This committee also facilitates various events for the student body to promote safety, responsibility, respect, etc.
O'KELLY SCHOOL	Personal Development - Manitoba Theatre for Young People - "The Skinny Lie" pertains to honesty, integrity, and self-esteem issues.
RIVERHEIGHTS SCHOOL	Substance Use - Our school will hold a gym blast in conjunction with addictions week. We will be presenting on making positive, healthy choices.
RIVERVIEW SCHOOL	Personal Development - Manitoba Theatre for Young People - "The Skinny Lie" pertains to honesty, integrity, and self-esteem issues.
SPRING VALLEY COLONY SCHOOL	Personal Development - Manitoba Theatre for Young People - "The Skinny Lie" pertains to honesty, integrity, and self-esteem issues.
ST. AUGUSTINE SCHOOL	Personal Development - Manitoba Theatre for Young People - "The Skinny Lie" pertains to honesty, integrity, and self-esteem issues.
VALLEYVIEW CENTENNIAL SCHOOL	Various - We have several activities that promote mental wellness including: bag lunch day with parents, commuter day, tag day, etc.
WAVERLY PARK SCHOOL	Various - Students will be doing many activities through the year to promote mental wellness. Some examples include: Safe Kids Forum on bullying, guest speaker on addictions, suicide prevention speaker, etc.



School	Description
COLLÈGE RÉGIONAL NOTRE-DAME	Développement social - À l'heure du dîner, les élèves seront invités de venir jouer à des jeux de société dans la bibliothèque. Le but serait de lier des amitiés avec autres jeunes de d'autres niveaux et de développer des estimes.
ÉCOLE CHRISTINE-LESPÉRANCE	Développement social - Nous travaillons sur notre priorité d'inclusion. Nous avons des bacs que nous remplissons avec des objets tels pour les récréations. Nous avons aussi des aides auxiliaires qui surveillent les récréations et qui ont comme tâches le bien-être des enfants.
ÉCOLE COMMUNAUTAIRE GILBERT-ROSSET	Développement affectif - Nous voulons offrir une série de 6 sessions de yoga à tous les élèves afin de les enseigner des techniques variées pour gérer le stress et apprendre à se relaxer.
ÉCOLE COMMUNAUTAIRE RÉAL-BÉRARD	Développement social - Il s'agit d'une « marche de confiance » dans la communauté de Saint-Pierre-Jolys. Les élèves seront jumèles par niveaux.
ÉCOLE ÉLÉM. NOTRE-DAME-DE-LOURDES	Développement social - Nous allons créer des chansons et annonces publicitaires afin de transmettre le message de l'importance des processus de résolutions de problèmes.
ÉCOLE LA SOURCE	Variées – Nous allons donner des conseils de bien-être quotidiens au moyen du micro de l'école, créer un babillard avec des dessins et messages sur le thème du bien-être et interpréter une pièce de théâtre.
ÉCOLE LACERTE	Développement social - Les élèves suivent le programme « Ver le pacifique » pour développer leur empathie et leurs habiletés de communication interpersonnelles nécessaires à la résolution de conflits sans violence.
ÉCOLE POINTE-DES-CHÊNES	Développement social - Le conseil étudiant conjointement avec le personnel organisent des journées d'activités de bien-être.
ÉCOLE PRÉCIEUX-SANG	Variées - Devant l'école, créer des œuvres d'arts sur 9 carreaux en métal sous les fenêtres. Ces dessins représenteront la sante mentale et les actions prises pour maintenir une bonne santé mentale.
ÉCOLE ROMÉO-DALLAIRE	Variées - Nous allons avoir la construction de « Quinzees » dans la cour de l'école, marches en plein air dans un forêt urbaine et consommer de goûters-santé.

School	Description
ÉCOLE SAINTE-AGATHE	Développement affectif - Nous avons des jeux organisés à l'heure du midi et des activités de marche tous les mercredi pour les élèves.
ÉCOLE SAINT-JOACHIM	Variées - Nous allons faire une journée santé mentale pour nos élèves secondaire. Nous allons avoir des divers organismes qui vont parler de plusieurs sujets.
ÉCOLE SAINT-LAZARE	Développement personnel - Nous allons faire une cérémonie d'appréciation des qualités des élèves au mois de décembre. Chaque élève reçoit un prix pour sa qualité.
ÉCOLE TACHÉ	Développement affectif - Nous voulons avoir quelques sessions de yoga/pilates avec un professionnel. L'exercice et la relaxation sont deux moyens de promouvoir le bien-être mental, la réduction de stress et l'amusement.

**Evergreen  
School Division**



**Mental Wellness Campaign  
Fall 2006**

<b>School</b>	<b>Description</b>
GIMLI HIGH SCHOOL	Various - We will hold a mental wellness week. We will have daily announcements with wellness tips, create a bulletin board, have daily physical activities, and conduct a healthy living survey.
RIVERTON COLLEGIATE	Various - We will proclaim a school "focus on wellness" week which we could do the following: have PA tips daily, have displays with local resources available, and watch films on the importance of wellness in class.
SIGURBJORG STEFANSSON EARLY SCHOOL	Mental-Emotional Wellness - A community yoga instructor will visit our school and teach the students skills to help strengthen their mental-emotional development by learning to manage their emotions and stress by stretching and breathing with positive visualization.
WINNIPEG BEACH SCHOOL	Social Development - We will organize a "Pay it Forward". This event will involve helping in the community, creating hampers, and doing good deeds.

**Flin Flon  
School Division**



**Mental Wellness Campaign  
Fall 2006**

<b>School</b>	<b>Description</b>
MANY FACES EDUCATION CENTRE	Social Development - We will hold a meet the teacher and bring out your family chilli night in October and again in December to meet staff and share a meal and evening of activity.
RUTH BETTS SCHOOL	Various - We have a number of activities that promote mental wellness including: the Virtues program, skills for living classes, a "Just for Girls Group", bullying awareness, etc.

**Fort la Bosse  
School Division**



**Mental Wellness Campaign  
Fall 2006**

<b>School</b>	<b>Description</b>
GOULTER SCHOOL	Social Development - We are planning to have a walk-a-thon with parents and family members invited to join us building a strong sense of "family" and making excellent connections between home and school.
OAK LAKE COMMUNITY SCHOOL	Various - We plan to have many activities including a kick-off event by having a student vs. teachers and RCMP to encourage families to come to the event. We will have an evening with guest speakers (RCMP and mental health).
RESTON ELEMENTARY	Substance Use - We have a Drug Abuse Resistance Program for our students. The RCMP organizes the program and covers peer pressure and living a drug-free life.
VIRDEN JUNIOR HIGH	Social Development - We are planning to train our "Leo Helpers" in peer counselling throughout the course of the first 4 months of this year. This group is an organization that facilitates and organizes a number of charitable events / school spirit events in the year.

**Frontier  
School Division**



**Mental Wellness Campaign  
Fall 2006**

School	Description
BROCHET SCHOOL	Various - During Mental Health Week our school will work in partnership with the community nurse and the community substance abuse counsellor to provide week-long activities to students regarding prevention of substance use and mental illness.
COLD LAKE SCHOOL	Various - We will have a youth counsellor from the Women's Resource Centre come to the school once a month to provide substance abuse and mental illness programs to our students.
CORMORANT LAKE SCHOOL	Various - We will have a RAK Club (Random Acts of Kindness) that encourages acts of kindness. They will create a mascot for the club. We will also have: a walking club; "What are your Strengths" poster contest; daily wellness tips; and a guest speaker.
CRANBERRY PORTAGE ELEMENTARY	Personal Development - To promote self-esteem, confidence and pride in all students will have a student-run assembly each month.
D. R. HAMILTON SCHOOL	Mental-Emotional Development - In conjunction with Mental Health Month, our local grief counsellor is coming every Wednesday to provide students with tools and strategies to effectively deal with grief.
DUCK BAY SCHOOL	Social Development - Our school will have a Kindness day where students will be given tokens when they are demonstrating acts of kindness. A presentation from the crisis centre will be given on respect, teasing, bullying and gossiping.
FRONTIER COLLEGIATE INSTITUTE	Substance Use - We will have our teens against drinking and driving group and our student council run an information campaign about drug use prevention during national Addictions Week.
JACK RIVER SCHOOL	Personal Development - As part of our school plans pertaining to developing character, the school is having 7 teachings. Activities will include: storytelling, writing, drams, art, song, and we will have a celebration involving the community.
MATHESON ISLAND SCHOOL	Social Development - Once a week all students will meet to develop understanding of values such as respect, caring, etc. Discussions, videos, role playing activities will be used to help build understanding in these areas.
MINEGOZIIBE ANISHINABE (PINE CREEK) SCHOOL	Various - Our students will each pick 1 of the 5 outcomes and make an information booth (similar to a science fair). The younger students will go from booth to booth for more information or to listen to a presentation.

School	Description
MINISTIC SCHOOL	Various - We are planning on three activities to promote mental wellness. They include: a pow wow workshop, a guest speaker and a sweat lodge.
MOUNTAIN VIEW SCHOOL	Personal Development - Students will develop self-esteem through the display of their art show to family, friends, and community.
PHILOMENE CHARTRAND SCHOOL	Various - We will create a bulletin board with each grade focusing on a different topic including: healthy foods, physical activity, positive choices, drug awareness, bullying, etc.
PIKWITONEI SCHOOL	Personal Development - Our school has a family reading night where students and parents are invited to the school where the students read books to their parents. Every book they read they get a coupon to play a game.
PINE DOCK SCHOOL	Social Development - We will create a bulletin board on what parents/families can do to promote mental health for their children. Students will create poems and cartoons on building a sense of connectedness with family and community.
SAN ANTONIO SCHOOL	Social Development - We will have tea and coffee in the gym with students and parents invited. Students will make posters and poems and there will be a short presentation on mental wellness.
SKOWNAN SCHOOL	Substance Use - Our students will have presentations on Addiction's Abuse from Elders and proper eating habits through public health.
STEVENSON ISLAND SCHOOL	Personal Development - We would like to build positive self-esteem in the students by having them identify and celebrate their own strengths and the strengths of their classmates through a new school initiative the "Our Star Student" Program as part of character education.
WANIPIGOW SCHOOL	Mental-Emotional Development - We will be holding a mental health symposium. During the afternoon, guest speakers will present to students on the topics of depression and anxiety/stress. In the evening families can attend a session on grieving.
WATERHEN SCHOOL	Social Development - Students will be trained to be conflict resolvers and will promote communication skills, critical-thinking, decisions, interpersonal and coping skills.
WEST LYNN HEIGHTS SCHOOL	Various - We will have one week set aside to highlight mental wellness through a poster contest, suicide awareness sessions for students and staff, and mental wellness tips over the PA.

**Funded Independent  
School Division**



**Mental Wellness Campaign  
Fall 2006**

School	Description
ALHIJRA ISLAMIC SCHOOL	Personal Development - We have mental wellness quotes of the month. Students express their thoughts on these quotes in their journals. We also have a bulletin board posting information related to mental wellness.
AUSTIN CHRISTIAN ACADEMY	Various - We will have guests speakers on mental wellness, parents will be invited to attend. Students also will make posters.
BALMORAL HALL SCHOOL	Social Development - We have a school bullying prevention program. Classroom meetings every two weeks are scheduled to discuss ways to create a safe learning environment.
CALVIN CHRISTIAN SCHOOL	Various - We provide students with courses on social skills and managing emotions.
CHRIST THE KING SCHOOL	Social Development - Our school will dedicate a day to picking up garbage around the school community. We will also have a community walk-a-thon which the grade 6 class organizes.
COMMUNITY BIBLE FELLOWSHIP CHRISTIAN	Various - We will have an anti-bullying program and support positive character building. We will also have parent and teacher meetings to discuss substance use.
LAKESIDE CHRISTIAN SCHOOL	Various - We will be having a mental wellness week with an assembly, wellness tips on the PA, create a puppet show, and information in the newsletter.
MENNONITE COLLEGIATE INSTITUTE	Social Development - We are planning a presentation on wellness with a focus on de-stigmatizing mental illnesses.
MENNVILLE CHRISTIAN SCHOOL	Social Development - Each morning we discuss good characteristics that we should have as a community. Also, each Friday the whole school will gather to listen or watch a weekly object lesson (skit, story, presentation, etc.)
MONTESSORI LEARNING CENTRES INC.	Various - A staff member went to a conference on Bullying-Prevention/Intervention. We will also have a newsletter for parents that will include tips regarding all aspects of wellness.
OHR HATORAH SCHOOL	Various - We will have many activities that promote mental wellness including: presentations, bulletin board display, and the promotion of diversity, personal and social development.

School	Description
OUR LADY OF VICTORY SCHOOL	Social Development - We word of the month (kindness, compassionate, self-esteem, etc) is selected and presented to the students. They then create specific bulletin boards, poster, poems, etc.
ST. MAURICE SCHOOL	Social Development - During bullying awareness week, staff will undertake lessons with students addressing the topic. A survey will be given to the students.
ST. PAUL'S HIGH SCHOOL	Social Development - We will have an anti-bullying poster campaign and student bullying survey. Students will be involved in generating the poster slogans and questions for the survey.
WINNIPEG SOUTH ACADEMY	Social Development - Our school will create a poster display showing children having a tug-a-war. A discussion on tolerance, respect for others, and self-esteem will be the focus. Activities will be linked to the L.A. program "Let's Talk About It."

**Garden Valley  
School Division**



**Mental Wellness Campaign  
Fall 2006**

<b>School</b>	<b>Description</b>
BORDER VALLEY ELEMENTARY	Social Development - We have various family evenings including mother/daughter spa night and boy's night out.
J.R. WALKOF ELEMENTARY	Personal Development - B.U.G (being ultra good) and "Caught you Caring" are two programs we will initiate on a weekly basis at our school to build self-concept.
PARKLAND ELEMENTARY SCHOOL	Social Development - We are planning to have peer-to-peer sessions to discuss friendship/bullying issues over a healthy breakfast. These sessions will happen over the course of a week and on the last day we will have a fun day where we will seek to build and strengthen relationships through laughter.

**Hanover  
School Division**



**Mental Wellness Campaign  
Fall 2006**

School	Description
BLUMENORT SCHOOL	Social Development - We will have a gym riot with activities that encourage teamwork and will be planned and run by student council.
BOTHWELL SCHOOL	Personal Development- We plan to have the MTYP present "The Skinny Lie" performed for our students.
CRYSTAL SPRINGS SCHOOL	Personal Development- We plan to have the MTYP present "The Skinny Lie" performed for our students.
ELMDALE SCHOOL	Personal Development - Classes will discuss building confidence. Posters will be made and displayed on the bulleting board. There will also be a presentation at an assembly at the end of the month.
GREEN VALLEY SCHOOL	Various - We will create a bulletin board to promote mental wellness. We will have a poster and writing contest. We will also have PA announcements promoting mental wellness and tips.
KLEEFELD SCHOOL	Personal Development- We plan to have the MTYP present "The Skinny Lie" performed for our students.
LANDMARK COLLEGIATE	Various - We are having a "student issues" week where guest speakers will lead sessions on topics such as bullying, drunk driving, addictions, and AIDS.
LANDMARK ELEMENTARY SCHOOL	Personal Development- We plan to have the MTYP present "The Skinny Lie" performed for our students.
MITCHELL ELEMENTARY SCHOOL	Social Development - We would like to have a winter carnival. Students will get the chance to work with children from other grades and classrooms in an enjoyable situation. There are relationships that are being developed and the cooperative games are excellent for problem-solving.
MITCHELL MIDDLE SCHOOL	Personal Development - We have applied to have a member of the "Esteem Team" visit the school to address physical fitness, overcoming challenges, creating self-esteem, avoiding common temptations, and working and achieving dreams.
NIVERVILLE COLLEGIATE	Substance Use - We will present a message to a student assembly. The science and health classes will do a one-week unit on the risks of drug use. There will be PA announcements each morning to draw attention to addiction and we will have a display of information.

School	Description
NIVERVILLE ELEMENTARY	Social Development - We will be having Western Days. The students will go in teams to many stations what will test their skills physically and mentally.
SOUTH OAKS ELEMENTARY	Social Development - We will be hosting a rally to continue to work toward creating a safe learning environment and addressing aggressive behaviour. Students, staff and parents will be involved.
SOUTHWOOD SCHOOL	Various - We will have presentations on drug awareness, personal care and wellness. We will also purchase resources for assemblies.
STEINBACH JUNIOR HIGH	Social Development - We would like to address the importance of diversity. We would like to have a poster contest that will help illustrate the importance of respecting all cultures. Our council of student leaders will also hold an Ethnic Culture Week.
STEINBACH REGIONAL SECONDARY	Various - We will encourage our grade 10 students to take care of themselves by not using drugs, making healthy choices, getting involved in their community, etc. Students will discuss this in class and present to their classmates.
WOODLAWN SCHOOL	Social Development - To create a sense of community we will organize a series of events called House Hooplas. Multi-age groups would work on a school-wide art project in classrooms throughout the year.

**Interlake  
School Division**



**Mental Wellness Campaign  
Fall 2006**

School	Description
BALMORAL SCHOOL	Various - We will focus on Addiction Awareness using the theme "The Courage to be Me". We will do many activities throughout the year including inviting grandparents and community members to join us at school where we will play card and board games, learn to knit, and sew draw-string bags to be distributed by the MCC.
GROSSE ISLE SCHOOL	Social Development - Three times a year three schools in the area combine to take part in cross-grade activities including crafts and games.
OMEGA SCHOOL	Personal Development - This year we will be highlighting the three values of promptness, respect and responsibility. Students will be creating puppet shows and posters to present to the younger students.
R. W. BOBBY BEND SCHOOL	Social Development - Our grade 3 students will teach the grade 4's chess and the 4's will teach to the 3's cribbage.
ROSSER SCHOOL	Social Development - Three times a year three schools in the area combine to take part in cross-grade activities including crafts and games.
STONEWALL CENTENNIAL SCHOOL	Various - We will have various activities promoting mental wellness through the year including: regular announcements; yoga classes; anti-bullying workshop; and Teen Talk presentation.
STONEWALL COLLEGIATE	Mental-Emotional Development - We will be having a yellow ribbon card campaign where our peer helpers will distribute cards and make presentations in class on suicide prevention.
TEULON COLLEGIATE	Mental-Emotional Development - "One in Five" is a 30-minute show that entertains and informs to promote awareness and understanding of the effects of living with a mental illness.
TEULON ELEMENTARY	Various - We have several programs to promote mental wellness. These include: social skills program, creating safe and caring school and communities, senior's day, walking program, anger management program, etc. We would like to purchase resource materials to support these programs.
WARREN COLLEGIATE	Various - We have several activities including a presentation by Teen Talk and yoga classes.

<b>School</b>	<b>Description</b>
WARREN ELEMENTARY	Various - We would like to have student council members research information about mental wellness and announce tips over the PA, have students create poster placemats to be used in community restaurants, and have activities that promote relaxation such as yoga, tai chi, etc.
WOODLANDS SCHOOL	Social Development - The students will be divided into house teams where they will compete at 15 different stations monitored by the grade 8 students. We are emphasizing school morale, citizenship, respect, decision making, self-esteem, communication, and diversity.

**Kelsey  
School Division**



**Mental Wellness Campaign  
Fall 2006**

<b>School</b>	<b>Description</b>
KELSEY ELEMENTARY	Various - We will be doing two programs with the RCMP. The first is our target group for anger management intervention counselling. The second is to have an intervention safety program related to gang and drug prevention.
OPASQUIA MIDDLE SCHOOL	Social Development - This year our school's philosophy is "Nice or Nothing". Our students and staff are dedicated to creating a welcoming, inclusive safe environment for everyone. We will be doing many activities and programs throughout the year to support this.
SCOTT BATEMAN MIDDLE SCHOOL	Social Development - We are planning to liaise with the local Mental Health and Child and Adolescent workers to deliver a group discussion on bullying and its effects, followed by a poster making session.

**Lakeshore  
School Division**



**Mental Wellness Campaign  
Fall 2006**

<b>School</b>	<b>Description</b>
ALF CUTHBERT SCHOOL	Social Development - Create a youth lounge as a way to build community and relationships. We will create murals on the walls that reflect the virtues that are important.
ASHERN CENTRAL SCHOOL	Personal Development - We will have a presentation on the seven aboriginal values and the medicine wheel and its four directions.
ASHERN EARLY YEARS SCHOOL	Social Development - Our grade 3 and 4 students will learn how to defuse conflicts through a program taught by the guidance teacher. They will then be conflict managers on the playground. We will also have wellness tips on the PA.
ERIKSDALE SCHOOL	Social Development - We would like to initiate a very structured program targeting each student having the responsibility to build their self-esteem and celebrate the strengths of the other students.
FISHER BRANCH COLLEGIATE	Social Development - We are incorporating a virtues project into our school plan. We are holding a 1/2 day PD session for staff.
FISHER BRANCH EARLY YEARS SCHOOL	Mental-Emotional Development - Our schools will be holding a walking pilgrimage. The walk will promote health and wellness as it provides students with fresh air, exercise, and positive mental health.
INWOOD SCHOOL	Social Development - This year our school has started the virtues program. This is being delivered by staff and students.
MARBLE RIDGE COLONY SCHOOL	Personal Development - We are going to host a Health Fair that will encompass topics for all of our various age groups. We will have a speaker in to discuss how to overcome test anxiety and a session on bullying.

**Lord Selkirk  
School Division**



**Mental Wellness Campaign  
Fall 2006**

School	Description
DAERWOOD SCHOOL	Social Development - We begin each year with a school wide bullying program. We teach students about self-esteem and way to feel positive. During the year students in each grade learn our virtues program.
ÉCOLE BONAVENTURE	Various - We have many activities throughout the year that promotes mental wellness. These include: conflict mediators, wellness quotes read in PE class every day, helping with the food bank, etc.
HAPPY THOUGHT SCHOOL	Various - We are doing a number of activities throughout the year including: celebrating "Peace Day", running a virtues program, painting a mural at the women's shelter, and organizing a spirit week.
LOCKPORT SCHOOL	Social Development - We sent students to a 5-day peer support training program. These students will act as peer helpers in our school and will help deliver certain parts of the health curriculum with the assistance of teachers.
NETLEY SCHOOL	Social Development - We are planning a parent and school get together. Students will be presenting poems, sing songs, and other musical elements.
ROBERT SMITH ELEMENTARY	Social Development - We will be using the program "Positive School Culture" with students who have been identified as having bullying behaviours.
RUTH HOOKER SCHOOL	Social Development - we are going to gather as a big team to play one big game of tag for 30 minutes at the end of the day. Parents are invited to play. The focus will be on team building.
SELKIRK JUNIOR HIGH	Social Development - We will implement a "house system" in which all students belong to one of six "houses". This system helps to ensure that each student is known well at school by at least one adult, assists students to belong to a peer group, helps students find ways to be successful and promotes connections between home and school.
ST. ANDREWS SCHOOL	Various - We do many things throughout the year to promote mental wellness including: a virtues project, weekly assemblies celebrating students' achievements, extra-curricular activities and clubs, etc.

<b>School</b>	<b>Description</b>
STUDENT SERVICES CENTRE	Mental-Emotional Development - We would like to invite colleagues that work for Child and Family Services and our Regional Support Centre who work with at risk students to join us for 4 sessions of yoga.
WILLIAM S. PATTERSON SCHOOL	Social Development - Students will create a front page of a newspaper that encourages students to get to know one another to celebrate how each person is unique.



School	Description
DAKOTA COLLEGIATE	Mental-Emotional Development - The student services is currently working on connecting some of our more at risk students to the school community. We will connect the students with community members so they can build trusting relationships with adults.
ÉCOLE GUYOT	Various - We will have bi-weekly walks for staff, students and parents. These will create a sense of belonging, contribute to building self-esteem, practice goal setting, and to be "in motion" and reduce stress.
ÉCOLE HENRI-BERGERON	Personal Development - Students in grades 2 to 5 will explore issues of self-esteem, body image, and peer pressure by attending MTYP production of "The Skinny Lie".
ÉCOLE HOWDEN	Various - Implementation of the Developmental Intervention Program, enabling staff to assess a child's social-emotional development. Theraplay sessions for families based on attachment theory.
FRONTENAC SCHOOL	Various - We have our leadership students working every lunch and recess with the other students. We will have morning wellness facts over the PA and well will do a school-wide 2nd Step and Kids in the Know programs.
GLENLAWN COLLEGIATE	Mental-Emotional Development - We have a girl's wellness course where the students are introduced to relaxation/stress reduction, goal-setting and decision making workshops.
GLENWOOD SCHOOL	Social Development - We will have our guidance counsellor do presentations on conflict resolution and the social goal of "Peace-Ability". Students and parents will have an opportunity to attend a presentation on bullying and harassment.
LAVALLEE SCHOOL	Mental-Emotional Development - In conjunction with the nutrition program, we will address mental health factors and design a program to help students identify stress and coping strategies, as well as examine how nutrition and mental health are linked. The grade 8 students have been targeted as a pilot project.
MARION SCHOOL	Various - We will invite a guest speaker to talk about mental health with a focus on anxiety. We will also have an information evening for parents, an article in the newsletter, and a bulletin board display.

School	Description
NELSON MCINTYRE COLLEGIATE	Substance Use - We will be having three sessions on drug use/awareness for our students, staff and parents.
NORDALE SCHOOL	Personal Development - We will participate in the Go Active Canada program that promotes active living and positive self-esteem.
VICTOR H.L. WYATT SCHOOL	Various - We will have guest speakers; learn games from different cultures; and the leadership students will help run intramural events.
VICTOR MAGER SCHOOL	Mental-Emotional Development - Our mental wellness initiative will focus on stress management and dealing with our emotions. We plan on having an information bulletin board and a school-wide relaxation event.
WINDSOR SCHOOL	Social Development - We will hold a school wide celebration to recognize our peer helpers and to introduce the program.

**Mountain View  
School Division**



**Mental Wellness Campaign  
Fall 2006**

School	Description
DAUPHIN REGIONAL COMP SECONDARY	Mental-Emotional Wellness - Our school is encouraging full participation in our intramural program. This will help students will stress management.
ÉCOLE MACNEILL	Various - To promote mental wellness in our school we plan to have Running Fridays, La Belle Poubelle (classrooms that work together to keep the room clean), and Prix de Soleil (a bulletin board where students and staff can display good deeds).
ETHELBERT SCHOOL	Social Development - We will introduce and implement the "Together we Light the Way" respect program to staff, students and parents.
GOOSE LAKE HIGH	Various - We are organizing a full day workshop called "Awareness Day". We are surveying students to assess their needs and will have guest speakers run workshops and sessions on these needs.
HENDERSON ELEMENTARY	Social Development - Students will be encouraged to draw a cartoon and create captions. The focus of this cartoon will be to promote social responsibility such as respect for others and empathy, conflict resolution, and good decision making skills.
LT. COL. BARKER V C SCHOOL	Personal Development - We will have a newsletter of self-esteem, girls groups and guest speakers.
OCHRE RIVER SCHOOL	Various - We will be announcing wellness tips over the PA, students will make posters, skits and role-plays will be done in the classrooms focusing on the five outcomes.
WHITMORE SCHOOL	Personal Development - We will have a Career Day to promote goal setting and how education and the way you live your life can all help your future career choices.
WINNIPEGOSIS ELEMENTARY	Mental-Emotional Development - We will have healthy active programs through the year such as Manitoba in motion, Go Active, and Jump Rope for Heart, to help students understand the connection between physical and mental health.

**Mystery Lake  
School Division**



**Mental Wellness Campaign  
Fall 2006**

School	Description
BURNTWOOD ELEMENTARY	Various - We will have classroom presentations throughout the year on self-esteem, bullying, stress management, drugs and alcohol awareness, goal setting etc. There will also be a bulletin board display on these topics.
DEERWOOD SCHOOL	Personal Development - We would like to implement the "I'm Thumbbody" program. It instils the importance of a positive self-image and positive self-esteem at a young age to both the students and families.
JUNIPER SCHOOL	Social Development - We are planning to extend our buddy system to promote mental wellness. We will have a kick-off assembly, "wall of honour" for students who treat others with kindness, and stickers given to students who show exemplary behaviour.
RIVERSIDE SCHOOL	Personal Development - We would like to implement the "I'm Thumbbody" program. It instils the importance of a positive self-image and positive self-esteem at a young age to both the students and families.
WAPANOHK-EASTWOOD COMMUNITY SCHOOL	Social Development - We will organize after school cultural programming, Families and Schools Together and the Virtues Project.
WESTWOOD ELEMENTARY	Social Development - We will have a youth committee to look a bullying and come up with strategies to keep children safe. The committee may design posters, make a video, do classroom presentations, etc.

**Non-Funded Independent  
School Division**



**Mental Wellness Campaign  
Fall 2006**

<b>School</b>	<b>Description</b>
GLADYS COOK EDUCATION CENTRE	Various - Students will be encouraged to produce posters, dioramas, poems, and stories illustrating mental wellness.
LIGHTHOUSE CHRISTIAN SCHOOL	Various - Our students will be led through a discussion and activities about mental wellness. Students will also be receiving activity/information packages on how to support good mental health.
MANITOBA SCHOOL FOR THE DEAF	Personal Development - We will have a luncheon where the children will be seated in banquet setting. They would like the students to take this time to celebrate their own strengths and those of their classmates. There will also be entertainment and motivational speeches.
WINGHAM SCHOOL	Substance Use - We are currently planning an addiction workshop dealing with how addiction affects people physically and mentally and how the body develops dependence upon drugs.

**Park West  
School Division**



**Mental Wellness Campaign  
Fall 2006**

School	Description
BINSARTH ELEMENTARY	Social Development - We will host a Cultural Fair in which classrooms and students will showcase various cultures around the world. The theme will be diversity and tolerance.
BIRTLE COLLEGIATE	Mental-Emotional Development - We plan to purchase the FRIENDS (reducing anxiety among students) program.
BIRTLE ELEMENTARY	Various - We work daily to address the character education and virtues. We use restitution and bully beware as well.
DECKER COLONY SCHOOL	Social Development - We are planning a culture awareness day with our students. We hope to get a broader understanding of the culture of ourselves and others.
HAMIOTA COLLEGIATE	Mental-Emotional Wellness - We would like to provide Dance Dance Revolution to our school this year. This will promote social interaction, relaxation techniques and focus.
HAMIOTA ELEMENTARY	Personal Development - We will have an "interest clubs" for students to join including sketching, folk singing, aerobics, clay sculptures, etc.
MAJOR PRATT SCHOOL	Personal Development - We are planning to have a celebration of success where the priority is positives and student achievement. Parents and community members can tour the school visiting various classrooms and stations displaying students' work.
MINIOTA SCHOOL	Mental-Emotional Wellness - We have arranged to have a presenter come in to teach tai-chi to the students.
ROSSBURN COLLEGIATE	Social Development - In order to create an atmosphere of cooperation and a sense of community we take a wellness break on the last Friday of each month. We also build mental wellness through our divisional Assets program.
ROSSBURN ELEMENTARY	Various - We will have a one day mini-conference to promote mental wellness. Guest speakers will talk to students about drug and alcohol abuse, eating disorders, bullying and other topics. Pow wow dancers will involve students in a friendship dance.
SHOAL LAKE SCHOOL	Mental-Emotional Development - To promote relaxation, enjoyment of music and physical activity, we would like to offer all of our students a variety of music to dance to.



School	Description
ARTHUR A. LEACH JUNIOR HIGH	Substance Use - We will have a police officer come in to talk to the grade 8's on internet safety and the grade 9's on drug awareness.
BEAVERLODGE SCHOOL	Mental-Emotional Development - We will have a stress management workshop for staff and another for parents.
CHANCELLOR ELEMENTARY	Various - We provide a leadership program for our students. These roles promote leadership skills and promote a positive school climate.
CHAPMAN SCHOOL	Social Development - We have many activities throughout the year that promotes mental wellness. These include: indoor and outdoor activities, older students providing leadership to younger students, multicultural games, etc.
DALHOUSIE SCHOOL	Various - We will have 3 community evening suppers for students, parents and the community. We will also have guest speakers at these events to speak on mental wellness topics.
ÉCOLE CRANE	Personal Development - Our school counsellor will attend a divisional workshop on the Alert Program to learn more about self-regulation. The counsellor will introduce this to the students and teachers in each class.
ÉCOLE SAINT-AVILA	Social development - We will have a theatre presentation focusing on the seven moral intelligences with a focus on social responsibility.
HENRY G. IZATT MIDDLE SCHOOL	Mental-Emotional Development - The counsellor will do a unit on stress management.
OAKENWALD SCHOOL	Social Development - Students, staff and parents will help with the creation of Native Manitoba Gardens in our school yard. This will help build a sense of connectedness and community through planting our school garden.
R.H.G. BONNYCASTLE SCHOOL	Personal Development - We are creating an early years intervention to promote attachment and literacy in at-risk children in grades K-2. Seniors from our community will read and be read to on a daily basis with the students.
RALPH MAYBANK SCHOOL	Mental-Emotional Development - We have created a play therapy room in our school for use by our counsellor who will also be offering a 8-week parent child relationship therapy training program to parents.

<b>School</b>	<b>Description</b>
RYERSON ELEMENTARY	Social Development - Our Teaching and Learning to Care program teaches students to be proactive through the use of games and activities.
WESTGROVE SCHOOL	Social Development - TLC is a 10-week program that teaches children basic skills in empathy, self-care and social responsibility.
WHYTE RIDGE ELEMENTARY	Social Development - We will be having a presentation called "Let's Stamp out Bullying Together". Teachers will be given information to discuss with their classes.

**Pine Creek  
School Division**



**Mental Wellness Campaign  
Fall 2006**

<b>School</b>	<b>Description</b>
AUSTIN ELEMENTARY	Social development - The school will adopt a virtue program to recognize students' virtues. Monthly virtues will be used. We will also host an open house with information stations on mental wellness for parents.
MACGREGOR ELEMENTARY	Personal Development - We will have daily wellness tips over the PA delivered by students. We will also have daily messages on the school's message board.
PLUMAS ELEMENTARY	Personal Development - We are having many events that will promote personal development including the Terry Fox Run, daily walk/run program, and healthy eating.
WEST PLAINS SCHOOL	Various - We will hold a social event where people from the community will come and students can showcase their talents.
WILLIAM MORTON COLLEGIATE	Social Development - Our peer helper group has been introduced to the school this fall with a two day training session. The group plans on bringing in speakers for the whole school on teen problems as the year progresses.



School	Description
ARTHUR MEIGHEN HIGH SCHOOL	Various - We are in the process of planning a number of workshops. There will be a full day of activities that aid in relaxation and self-expression.
BRANTWOOD SCHOOL	Various - We propose a parents' day display on wellness with posters and reading materials.
BRENNAN SCHOOL	Social Development - We would like to work on creating a positive and safe learning environment by introducing the Canadian Charter of Rights and Freedoms, creating posters, and presenting the posters to the parents as our open house.
CRESCENTVIEW SCHOOL	Social Development - We plan to work to promote mental wellness by aiding the students in becoming a well-rounded citizen that cares for others and thus improves their own self-esteem or wellness. We have a theme for each month.
FORT LA REINE SCHOOL	Personal Development - We currently hold a monthly student assembly to acknowledge student achievement. This helps highlight various interests and promotes self-esteem.
INGLESIDE SCHOOL	Social Development - We will have a youth worker from Mental Health visit the school to talk about bullying and the power of words.
LA VERENDRYE SCHOOL	Social Development - Our school is implementing "Together we Light the Way" program. This involves getting the students, staff and parents involved in developing respectful agreements throughout the school.
NORQUAY COLONY SCHOOL	Various - During the month of February we will be doing various activities to promote mental wellness. This includes: a display at the school's entrance, parent information, participating in a sharing circle, bully proofing program etc.
NORTH MEMORIAL SCHOOL	Various - We will be having a "gym blast" to promote self-esteem, teamwork and problem solving skills. Children will be encouraged to celebrate their own strengths, as well as learn to appreciate strengths of others.
NORTHERN BREEZE COLONY SCHOOL	Personal Development - We would like to run a 4-week art program. Students will be able to explore the concept of how we see ourselves and the world around us using different themes and media.

School	Description
OAKVILLE SCHOOL	Social Development - We will have for the month of November skating for the students and staff. We feel this will provide a casual liaison between staff and students in the hopes that students will feel comfortable in sharing their feelings with the adult.
PORTAGE COLLEGIATE	Personal Development - We will have an event called "Adventure Horizons". Students who have been identified as being at-risk will be chosen to participate. The students will be invited to attend a camp where they will participate in outdoor activities ending with a campfire where they will do reflection exercises.
SOMMERFELD COLONY SCHOOL	Various - We will have a Harvest Party to celebrate student accomplishments; continuous work on having a bully free school; and encouraging fair play and respect in physical activities.
VICTORIA SCHOOL	Social Development - We will have a parent/child/staff B-B-Q to introduce staff to parents and to invite parents to use the school.
WESTROC SCHOOL	Social Development - We are focusing on positive actions towards each other. This includes saying and doing good things in and out of school. We are also teaching the importance of self-talk and how this can help you succeed in life.
WOODLAND COLONY SCHOOL	Mental-Emotional Development - We will set aside time each week when all students will get together to do stress-free activities such as crafts, games, books, etc.
YELLOWQUILL SCHOOL	Social Development - We will have an activity called "Respect and Hospitality". Each class will invite a community member of their choice to speak about respect and the impact it has made on their life.

**Prairie Rose  
School Division**



**Mental Wellness Campaign  
Fall 2006**

School	Description
CARMAN COLLEGIATE	Substance Use - We will have a presentation on impaired driving and the promotion of making healthy decisions.
CARMAN ELEMENTARY	Personal Development - We propose to celebrate the birthdays of our students. Each month the students celebrating a birthday will be recognised.
ÉCOLE SAINT-EUSTACHE	Social Development - We have undertaken a year-long "Moral Intelligence" character education program. We are planning self-control and empathy units as well as a parent evening.
ELM CREEK SCHOOL	Social Development - We will be hosting "Kids on the Block" to address issues on emotional disturbance, ADHD and bullying.
GRAYSVILLE SCHOOL	Substance Use - We will be doing activities on the Lion's Quest program focusing on substance use and abuse prevention.
POPLAR POINT COLONY SCHOOL	Various -Parents will be invited to speak over lunch hours to talk about the importance of role modelling and building strong relationships with their children. We will also be implementing the Lion's Quest Program.
ST. FRANCOIS XAVIER COMMUNITY SCHOOL	Social Development - As part of our ongoing character education, the staff are introducing the "Virtues Project" to students and parents this year.
ST. LAURENT SCHOOL	Social Development - We will have peer to peer activity sessions including suduko, puzzles, brain teasers, role-playing etc. Staff, all students, and community members will be encouraged to join us.
ST. PAUL'S COLLEGIATE	Social Development - Our peer helper program has developed a plan to promote mental wellness by reducing bullying and increasing respect among the students in our school. We will have a "Pay it Forward" assembly.

**Prairie Spirit  
School Division**



**Mental Wellness Campaign  
Fall 2006**

School	Description
BALDUR SCHOOL	Social Development - We are working on the seven virtues of Moral Intelligence.
CARTWRIGHT SCHOOL	Various - We will be hosting a Wellness Day for the seniors in the community. Students will be helping with the promotion and organization of the event.
ÉCOLE SOMERSET SCHOOL	Social Development - Our student council has planned many events that promote mental wellness. In October they had a spirit week and we also had a "Pumpkin Pie Classic" for students and community members.
EVERGREEN COLONY SCHOOL	Mental-Emotional Development - We will use the 22 Steps to Lower Stress. We will focus on a different step each week.
GLENBORO SCHOOL	Social Development - We will create a bulletin board at the front office to promote school spirit. The electronic board will depict the life and times at our school.
HOLLAND ELEMENTARY	Various - We have incorporated several activities to promote mental wellness including: the Lion's Quest Program, sessions on making positive decisions, cross-grade activities, etc.
NELLIE MCCLUNG COLLEGIATE	Social Development - We will have peer sessions using physical activities in the gym.
SHADY LANE SCHOOL	Social Development - We are beginning a foster counselling program and would like to follow up with school-wide activities such as making posters, co-operative games, etc.
ST. CLAUDE SCHOOL COMPLEX	Personal Development - We will promote our read and run program to encourage a regular habit of walking and reading.
STE. MARIE SCHOOL	Various - Throughout the school year we have planned to promote mental wellness through "Character Education" on a monthly themed basis. Each month staff and students are covering topics that are involved in personal and social development.
TREHERNE ELEMENTARY	Social Development - We would like to do puppet theatre with a focus on anti-bullying.
VALLEYVIEW SCHOOL	Personal Development - We will invite a guest speaker to do activities and initiate discussion with students on some of the following: knowing yourself, building characters, and being a healthy citizen.
WILLOW CREEK COLONY SCHOOL	Social Development - We would like to host a Family Fun Night to develop relationships between the school and the colony.

School	Description
WINDY BAY SCHOOL	Social Development - Our school will be inviting a guest speaker to do a presentation to the school and community on bullying. The school is currently starting a program to address this major issue.

**Red River Valley  
School Division**



**Mental Wellness Campaign  
Fall 2006**

<b>School</b>	<b>Description</b>
DOMAIN ELEMENTARY	Social Development - Kids on the Block players will be presenting three plays focussing on bullying, visual impairment, and problem solving.
ÉCOLE HÉRITAGE IMMERSION	Social Development - We will be implementing the Kids in the Know program this year.
INST. COLL. SAINT-PIERRE	Variées - Nous organisons une journée sante ou il y aura des invités qui viendront présenter différents sujets aux élèves.
J. A. CUDDY ELEMENTARY	Social Development - We will have the presentation "Beyond the Hurt" that discusses peer harassment and bullying.
MORRIS SCHOOL	Various - Our leadership students plan community building active living events. We will be inviting a guest speaker for human sexuality and drug and addictions.
SUNCREST COLONY SCHOOL	Social Development - We will have a two-week school-wide rally with the older students pairing up with the younger students and participating in daily challenges. We will have a celebration at the end with a healthy lunch.
VERMILLION COLONY SCHOOL	Social Development - Kids on the Block players will be presenting three plays focussing on bullying, visual impairment, and problem solving.

**River East Transcona  
School Division**



**Mental Wellness Campaign  
Fall 2006**

<b>School</b>	<b>Description</b>
ANGUS MCKAY SCHOOL	Social Development - We are working on the seven virtues of Moral Intelligence in our buddy clubs.
BIRD'S HILL SCHOOL	Various - We will have posters throughout the school promoting mental wellness including: bullying hurts, valuing diversity, and decision making.
COLLÈGE PIERRE-ELLIOTT-TRUDEAU	Social Development - Our student council is planning a "Journée d'accueil" for all students and staff. We will be bussed to Kildonan Park for a day of activities.
DR. F.W.L. HAMILTON SCHOOL	Social Development - We have a planned spirit week for the whole school that promotes healthy lifestyles and a sense of belonging. We will also have the "Esteem Team" come to our school.
ÉCOLE CENTRALE	Various - We organize a series of events that promote mental wellness. Some examples are: organizing a walk-a-thon, guest speakers, family group activities, etc.
ÉCOLE MARGARET-UNDERHILL	Various - We will have skating days throughout the winter. On those days, the students will skate and walk during the day and will experience together the benefits of physical and mental wellness.
HAMPSTEAD SCHOOL	Personal Development - We are planning to have a wellness fair during our parent/teacher conferences.
HAROLD HATCHER SCHOOL	Mental-Emotional Development - We will announce daily wellness tips over the school PA system.
JOHN W. GUNN MIDDLE SCHOOL	Various - We would like to have posters throughout the school that display areas of mental wellness including: feelings and emotions, stress management, self-esteem and conflict resolution.
MAPLE LEAF SCHOOL	Personal Development and Mental-Emotional Development - Grade 4 students will discover the skills they need to become confident and successful learners. A series of 6 lessons will show students how to get organized, read a textbook, and develop an outline for written reports.
POLSON SCHOOL	Various - We have in place peer-to-peer sessions with our multi-grade social responsibility classes. We will also have a bulletin board and a speaker from the Esteem Team.

School	Description
PRINCESS MARGARET SCHOOL	Social Development - We run an "Adopt-a-kid" program where at-risk students are "adopted" by a staff member. The students don't know about it but these relationships are critical in helping to develop resilient children.
RADISSON SCHOOL	Social Development - We have a period called social learning community where students from all grades meet in the gym for guest speakers, recognition time, or grade group activities.
SALISBURY MORSE PLACE SCHOOL	Mental-Emotional Development - We will use Brain Gym to help reduce stress within the classroom.
SHERWOOD SCHOOL	Social Development - We have a school wide PALS program where multi-age groupings of students meet to discuss respect, responsibility, and other virtues.
VALLEY GARDENS JUNIOR HIGH	Social Development - We would like to initiate a "Pay-it-Forward" program in our school. We already have a safe and caring schools committee and would work with them to do this activity.
WAYOATA SCHOOL	Social Development - We have an initiative to build a sense of belonging and community in our children. We have "Family Groups" that consist of students from all grades with an adult leader.
WESTVIEW SCHOOL	Social Development - We are planning a multi-cultural awareness/games day where the students will participate in multi-age level groupings designed to build school community friendships.

**Rolling River  
School Division**



**Mental Wellness Campaign  
Fall 2006**

<b>School</b>	<b>Description</b>
ERICKSON COLLEGIATE INSTITUTE	Personal Development - We will be organizing a talent night to showcase our student body's talents. There will be a variety to performances.
FORREST ELEMENTARY	Substance Use - We will have a speaker from the BRHA talk to our students about crystal meth.
OAK RIVER ELEMENTARY	Social Development - We are planning to host a "Snow Day" at school where staff and students dress in comfy, cozy clothes and participate in board games, games in the gym, outside activities, and listen to music and dance.
ONANOLE ELEMENTARY	Various - We will have many activities promoting mental wellness including: student council run spirit days; reading buddies in the school; community groups within the school; code of conduct and mission statement to have a safe and caring environment; and a wellness seminar and yoga event.
RAPID CITY SCHOOL	Various - We will be having a mental health day that will include the local mental health worker as well as school-wide restitution discussions.
RIVERS ELEMENTARY	Social Development - We will participate in the Virtues Project that stresses to reduce bullying and to be responsible citizens. We will also do the "I'm Thumbbody" with the grade 3 classes.
TANNER'S CROSSING SCHOOL	Various - We will have a "Get off the Couch" event where the mayor will be on a couch and moved after the group does an exercise. The emphasis will be working together to achieve a goal, positive reinforcement, and stress reduction.

**Seine River  
School Division**



**Mental Wellness Campaign  
Fall 2006**

School	Description
ARBORGATE SCHOOL	Various - We plan to hold a day with a focus on drug awareness. Students will also watch a video and do skits on anti-bullying.
ÉCOLE ÎLE-DES-CHÊNES	Various - We will have a mental health awareness week where each day we will be giving mental wellness tips over the PA, have a poster contest, and facilitate classroom-based workshops.
ÉCOLE SAINTE-ANNE IMMERSION	Social Development - We will be focusing on character education and personal skill building for students. Our three key areas will be honesty, empathy, and respect. We would like to use the "Bully Free Classroom" and Friends for Life" programs.
ÉCOLE ST. ADOLPHE	Social Development - We will be focusing on character education and personal skill building for students. Our three key areas will be honesty, empathy, and respect. We would like to use the "Bully Free Classroom" and Friends for Life" programs.
LA BARRIERE CROSSINGS SCHOOL	Personal Development - We will have classroom discussion of wellness, attitude, stress and positive character traits. Students will create banners and posters using various media.
PARC LA SALLE SCHOOL	Social Development - To supplement the Kids in the Know program we have invited a speaker to present on personal safety, bullying and harassment, and gang awareness.
STE. ANNE COLLEGIATE	Personal Development - We will have a whole-school "personality dimensions" activity. Each member of the school will participate in a 2 hour workshop.

**Seven Oaks  
School Division**



**Mental Wellness Campaign  
Fall 2006**

School	Description
ARTHUR E. WRIGHT COMMUNITY SCHOOL	Social Development - The Family Feast and Celebration will provide our school with an opportunity to build a greater sense of connectedness and community. Parents, students, staff and community participate.
COLLICUTT SCHOOL	Various - Our leadership students help organize the intramurals. The activities in our gym promotes development of skills, team building, and feeling a sense of belonging.
ÉCOLE BELMONT	Mental-Emotional Development - We will be beginning a school wide yoga program, tai-chi, and at the end of each gym class we do some relaxation exercises.
ÉCOLE LEILA NORTH COMMUNITY SCHOOL	Mental-Emotional Development - We will have daily wellness announcements on the PA. Students will also participate in relaxation activities such as yoga, tai chi, etc.
ÉCOLE RIVERBEND COMMUNITY SCHOOL	Mental-Emotional Development - We will have daily wellness announcements on the PA. Students will also participate in relaxation activities such as yoga, tai chi, etc. We will also have a body awareness program.
ELWICK COMMUNITY SCHOOL	Mental-Emotional Wellness - We will have workshops that focus on emotions, coping strategies of negative feelings, with anger as the target feeling.
FOREST PARK SCHOOL	Mental-Emotional Development - We will have two activities during a one-week period - DEAR "Drop Everything and Relax" and joke of the day.
GOVERNOR SEMPLE SCHOOL	Various - Our leadership students help organize the intramurals. The activities in our gym promotes development of skills, team building, and feeling a sense of belonging.
H. C. AVERY MIDDLE SCHOOL	Social Development - Our student leadership team will be running a variety of on-going events and programs over the year to encourage community involvement, positive attitudes and good mental health.
JAMES NISBET COMMUNITY SCHOOL	Social Development - We will have a "Peace Symposium" for our students that will be trained to be peace leaders for our school. The peace leaders will then help all other students in our "Seeds of Peace Grow Here" program.
O.V. JEWITT ELEMENTARY	Mental-Emotional Development - Each Friday students and staff participate in "Fabulously Fit Fridays" which promote physical activity, nutritious foods, and stress reduction. We will include meditation workshops, yoga classes, and de-stressing as a school-wide basis.

School	Description
R. F. MORRISON SCHOOL	Mental-Emotional Development - At the end of each gym class we do relaxation exercises. We will also have wellness tips over the PA 3 days a week.
SEVEN OAKS MIDDLE SCHOOL	Personal Development - We will have the Red Cross come to do several presentations to help the students build self-esteem. They include Relationship Violence Prevention, Prevention of Bullying and Peer Harassment; and Child Abuse Prevention.
VICTORY SCHOOL	Mental-Emotional Development - We are planning to introduce the Triple P Parenting Program to our parenting community through our school's Preschool Program.
WEST KILDONAN COLLEGIATE	Mental-Emotional Development - We will add daily wellness tips to the school's daily bulletin as well as taking time at the start of each PE class to focus on mental wellness.
WEST ST. PAUL SCHOOL	Social Development - We will have Jay Stoller and Casimiro Nhussi in residency with us for two weeks focusing on cultural experiences such as drumming, dancing, and story telling (of African culture).

**Southwest Horizon  
School Division**



**Mental Wellness Campaign  
Fall 2006**

School	Description
DELORAINÉ SCHOOL	Various - We have a number of events and activities that will promote mental wellness. Examples are: a character development program, presentations, cross-grade mentorship, etc.
MELITA SCHOOL	Personal Development - As part of our Character Counts program, we will be promoting mental wellness by having the students create a mural using this topic.
NATURE VALLEY COLONY SCHOOL	Various - Teachers will help students create an information board in school dealing with mental wellness. We will focus on class cooperation, empathy toward fellow students and proper ways of handling students' anger.
NEWDALE COLONY SCHOOL	Social Development - We will have a bullying awareness week and encourage healthy relationships at school. We would like to carry this on throughout the year encouraging and promoting healthy safe relationships.
PIERSON SCHOOL	Personal Development - We will survey the students for interest in activities not currently available to them. We will then provide the most popular to students at no cost.
SOURIS RIVER COLONY SCHOOL	Personal Development - We would like to invite a guest speaker to teach juggling and at the same time help the students build self-esteem. They use the skills to promote positive thinking and encourages others to help each other.
SOURIS SCHOOL	Social Development - Our grade 3 class is participating in the Roots of Empathy program to promote prosocial behaviour and emotional health of children and the impact it has on reducing aggression.
WASKADA SCHOOL	Substance Use - We are having a speaker come to our school to make a presentation on the effects of teenage drinking and driving; substance use; and peer pressure.
WAWANESA SCHOOL	Various - We will have a guest speaker from the Mood Disorders and Anxiety Disorders speak to the students. We will also do class work on bullying, self-esteem, positive attitudes, as well as hold a poster contest.

**St. James-Assiniboia  
School Division**



**Mental Wellness Campaign  
Fall 2006**

School	Description
ATHLONE SCHOOL	Social Development - Through an assembly involving a guest speaker and follow-up sessions we would like to provide practical skills and strategies to communicate, negotiate, and consolidate conflict resolution procedures.
BROOKLANDS SCHOOL	Various - We will have a Wellness Fair to provide information to area parents of the importance of 'early years' development and to locally promote the existing services available.
BRUCE MIDDLE SCHOOL	Various - We will have a running program for our students. This will help promote personal and social development, as well as mental-emotional development. We will also have a bulletin board with information on mental wellness.
BUCHANAN SCHOOL	Various - Each month a different character trait is highlighted. Students have will make classroom posters, teachers will nominate students who demonstrate good character and on Fridays will have "club character".
CRESTVIEW SCHOOL	Various - We have a "Leader of Respect" program in our school. There will be daily announcements to remind students about respecting others; classroom posters made; nomination program for students; and a bulletin board display.
ÉCOLE ASSINIBOINE	Personal Development - We will have our student leaders help organize the intramural program.
ÉCOLE BANNATYNE	Various - We will play classical music after lunch in order to calm the students down from the morning routine, lunch recess, and prepare them for their afternoon. We will also have a quote of the day on the PA. Teachers will discuss the importance and meaning of the quote.
ÉCOLE GOLDEN GATE	Various - We will host a Healthy Living Symposium. Activities will include: yoga, Safe teen presentation, ChildFind presentation, etc.
ÉCOLE ROBERT-BROWNING	Personal Development - We have invited speakers from the Women's Health Clinic to present sessions on: body image, healthy eating, positive self-esteem, etc.
EDUCATIONAL SUPPORT SERVICES - JAMESWOOD	Mental-Emotional Development - Students will be given the opportunity to go to the YMCA to experience positive methods of dealing with stress in their lives and to encourage healthy lifestyles and mental health.

School	Description
GEORGE WATERS MIDDLE SCHOOL	Various - We will purchase a bulletin board and label it "Current Issues". On this board will be presentations done by students and staff regarding bullying, smoking, drugs, etc. The topics will change each month.
HEDGES MIDDLE SCHOOL	Various - The art students will prepare a bulletin board to post creatively designed wellness tips. We will follow up with wellness tips on the PA and classroom discussions regarding feelings, emotional health, etc.
HERITAGE SCHOOL	Social Development - We will have a presentation "Kids on the Block" puppet program. The sessions will focus on bullying, learning disabilities, and anxiety and depression.
JOHN TAYLOR COLLEGIATE	Various - Our Student Advisory Committee has organized a school-wide event titled "Piper Pride" which is an opportunity for students to attend sessions during the school day that focuses on mental health.
LAKEWOOD SCHOOL	Mental-Emotional Development - We will be organizing a PD session for all teachers on "brain gym" techniques. These will be implemented in the classrooms for mental wellness, relaxation, and stress management.
LINCOLN MIDDLE SCHOOL	Social Development - We have a teacher advisory program initiated "Lazer-a-Palooza". The purpose of this event and the follow up activities is to promote the celebration of individual differences and responsible citizenship.
LINWOOD SCHOOL	Mental-Emotional Development - We will discuss with students different types of feelings and how they can be influenced by those around you. Teachers will create a class poster with word splashes which will be displayed in the school.
NESS MIDDLE SCHOOL	Social Development - We will do a variety to team building activities designed to encourage friendly competition between house teams while promoting peer and student/teacher relationships.
PHOENIX SCHOOL	Personal Development - We will be incorporating "brain gym" activities. These will practise simple and safe movements to tune up your vision, hearing, and memory.
SANSOME SCHOOL	Mental-Emotional Development - We would like to offer Dance Dance Revolution for students to use during times when they can release excess energy. This activity will help students manage stress more effectively and provide them with skills that will enhance their self-esteem.
SILVER HEIGHTS COLLEGIATE	Social Development - We are planning to be laminating and placing posters with a variety of messages on this theme around the school. We also run a Youth for Diversity Club and Unesco Club to become involved in activities promoting diversity.

School	Description
ST. JAMES COLLEGIATE	Personal Development - We are planning on having a presentation for the students at our school by Absolute Leadership Development, an organization that exists to help students realize their incredible value and potential.
STEVENSON SCHOOL	Various - We will have a Wellness Family Evening. We will have various activity centres located around the school. Families will get a passport and will work through each centre. The final step will be a community meal.
STRATHMILLAN SCHOOL	Personal Development - We have Positive Choice Recesses where the students build a sense of connectedness and school community in all students through in-school activities such as puzzles and games, crafts, cartooning, knitting, puppets, etc.
STURGEON CREEK COLLEGIATE	Mental-Emotional Development - We would like to offer a session on mental preparation in sport.
VOYAGEUR SCHOOL	Mental-Emotional Development - We would like to run a Yoga Club for students. Yoga is an activity that would benefit the mind and body of our students.
WESTWOOD COLLEGIATE	Various - We will invite a speaker from ChildFind to address the topic of safety and the internet. We will also purchase curriculum material that corresponds to personal development, social development, and human sexuality.

**Sunrise  
School Division**



**Mental Wellness Campaign  
Fall 2006**

School	Description
ANOLA SCHOOL	Social Development - We would like to have guest facilitators to discuss anti-bullying messages. We will continue our "Safe and Caring School" by bringing positive messages to our student body.
CENTENNIAL SCHOOL	Mental-Emotional Development - We will have a staff workshop on yoga, progressive relaxation and reduction in aggressiveness in students. The staff will share these strategies with students.
ÉCOLE DUGALD SCHOOL	Personal Development - We will be organizing a girls group that will meet to discuss various issues such as self-esteem, body image, decision-making, etc.
EDWARD SCHREYER SCHOOL	Various - We are planning a mental wellness awareness week that will include announcements, speakers and displays.
GILLIS SCHOOL	Personal Development - The students, with the assistance of volunteers, will learn how to make healthy lunches.
HAZELRIDGE SCHOOL	Social Development - The "Hazelridge Helpful Hounds" is a core group of students that help promote a positive climate in and around school. This will provide and promote cooperation, courteous behaviour, kindness, etc.
HOFER SCHOOL	Various - These events will be done year-round. We will promote healthy eating, create posters, bulletin boards, family information events, etc.
LAC DU BONNET SENIOR	Various - We will have a mental wellness week. Activities will include: daily announcements, bulletin board display, low-organized games in the gym, and student posters.
OAK BANK ELEMENTARY	Social Development - Kids on the Block players will be presenting three plays focussing on bullying, visual impairment, and problem solving.
RICHLAND SCHOOL	Various - We will do research projects on mental wellness and have them presented at our assembly. We will also create a bulletin board.
SPRINGFIELD COLLEGIATE	Social Development - We have a peer support group who meet weekly to learn about a number of topics related to mental health so that they are better equipped to provide help to fellow students.

<b>School</b>	<b>Description</b>
SPRINGFIELD MIDDLE SCHOOL	Social Development - We will focus on a positive learning environment by incorporating and reinforcing the information from the respect program, "Together we Light the Way" into the different activities that occur throughout the year.
WHITEMOUTH SCHOOL	Social Development - We will have a guest speaker from the Red Cross Respect Program. They will do a presentation on the effects of bullying.



<b>School</b>	<b>Description</b>
BIRCH RIVER SCHOOL	Various - We will have a breakfast program and running club to help support mental wellness. We also have peer mediators and have a bulletin board that features student pictures and sample work.
BOWSMAN SCHOOL	Social Development - Our student council will present puppet shows to the other students regarding social responsibility.
ÉCOLE SWAN RIVER SOUTH SCHOOL	Social Development - Every month our school posts the birthdays of students on the bulletin board in the front hallway. We also have wellness sayings on our bulletin boards which the students have the opportunity to read every day.
HEYES ELEMENTARY	Various - Our school theme is living well for life. Each month we focus on a habit/skill which helps create and maintain balance in our lives.
MINITONAS EARLY YEARS SCHOOL	Various - We do many activities in the year that promote mental wellness. These include: brain breaks, intramural program, fiddling program, education week, virtues, thumbbody, etc.
MINITONAS MIDDLE YEARS SCHOOL	Various - We have implemented a positive living skills elective course this year. The focus is on self-esteem, improving relationships and making better choices.

**Turtle Mountain  
School Division**



**Mental Wellness Campaign  
Fall 2006**

<b>School</b>	<b>Description</b>
CAN AM COLONY SCHOOL	Various - We are planning a poster contest within our school and display information on the display board.
HOLMFIELD COLONY SCHOOL	Various - We would like to hold a family information night on mental wellness. As well students study mental health in their Lionsquest program and prepare presentations based on what they learn to display for their parents.
MAYFAIR COLONY SCHOOL	Various - Every week we have peer-to-peer session, a bulletin board on health and wellness, and activities promoting physical activity and healthy eating.

**Turtle River  
School Division**



**Mental Wellness Campaign  
Fall 2006**

<b>School</b>	<b>Description</b>
ALONSA SCHOOL	Social Development - We want to develop a peer helper program focusing on teaching our students to develop skills around assertiveness and self-respect.
MCCREARY SCHOOL	Social Development - Student council and staff members are planning two family dances to promote exercise, family involvement, and teamwork.
STE. ROSE SCHOOL	Various - We have a wellness week. Students will create a bulletin board, purchase resources for our library, and provide a nutrition course for our younger students on how to prepare healthy snacks.

**Western  
School Division**



**Mental Wellness Campaign  
Fall 2006**

<b>School</b>	<b>Description</b>
MINNEWASTA SCHOOL	Social Development - Our school wide event will be an activity where children from various grades are placed together in teams to work on math activities.
MORDEN COLLEGIATE	Personal Development - We will have an in-class presentation on "Examining the Influence of Sexuality in the Media". We will also have a workshop, "Killing me Softly".

**Whiteshell  
School Division**



**Mental Wellness Campaign  
Fall 2006**

<b>School</b>	<b>Description</b>
F. W. GILBERT SCHOOL	Various - We have a number of events and programs that promote mental health. Examples are: presentation by AFM, citizenship in partnership with the Terry Fox Foundation, mothers and daughters in touch, etc
PINAWA SECONDARY SCHOOL	Mental-Emotional Development - A suicide awareness program will be presented with the assistance of public health. Students will create PSAs, bulletin boards, and classroom information pamphlets.



School	Description
ANDREW MYNARSKI V.C. SCHOOL	Personal Development - One lunch hour each cycle all students are invited to attend a lunch club. Many students who attend are those who infrequently take part in other school activities. We focus on the promotion of a respectful and welcoming atmosphere with a view to promote a healthy self-image.
ARGYLE ALTERNATIVE HIGH SCHOOL	Various - We will have workshops and guest speakers on substance use and emotional wellness. Activities include: hosting a presentation by Teen Talk, creating a bulletin board to post resource information, having informal student discussion groups, and helping students recognize their achievements to build self-esteem and confidence.
BROCK-CORYDON SCHOOL	Mental-Emotional Development - Ten minutes will be set aside during PE class to allow students to focus on the acquisition of body/mind relaxation techniques.
CARPATHIA SCHOOL	Personal Development - To promote a healthy self-esteem our school has developed monthly self-esteem themes which are incorporated into everything we do school-wide. At the end of the month we have a draw to recognize students who have been caught demonstrating ways they are "responsible, respectful, etc."
CHILDREN OF THE EARTH HIGH SCHOOL	Substance Use - We will have an Addictions Awareness Week. Activities will include: a presentation from an Aboriginal Role Model, professional pow-wow dancers, etc.
CHURCHILL HIGH	Mental-Emotional Development - We will be bringing in a yoga/aerobics instructor to lead classes through a workout.
COLLÈGE CHURCHILL	Social Development - We have invited the Rainbow Resource Centre to present a workshop on anti-homophobia. This promotes acceptance of diversity and will contribute to the social development of our students.
DAVID LIVINGSTONE SCHOOL	Various - We would like to purchase the resource package "Mind Matters a Mental Health Promotion Resource for Secondary Schools". The resource includes lessons dealing with bullying and harassment, loss and grief, resilience, understanding mental illness, school matters, etc.

School	Description
DUFFERIN SCHOOL	Social development - We are planning a "Celebration of Unity". The emphasis will be made on the importance of respecting and valuing diversity. The concept of fair play will be introduced to the students through a drama performance.
EARL GREY SCHOOL	Various - We do many activities to promote mental wellness. These include: ongoing support and instruction in "Bully-Free" school, teacher advisor groups, monthly wellness tips in the newsletter, math and reading buddies, etc.
ÉCOLE GEORGE V	Social Development - We are planning to implement a Mentorship program. Older students will be matched up with younger students. The mentors will meet once a week to learn new games, review old ones and learn conflict resolution.
ÉCOLE J.-B. MITCHELL	Social Development - We will have an anti-bullying week that will emphasize the importance of anti-bullying.
ÉCOLE LA VÉRENDRYE IMMERSION	Mental-Emotional Development - We will have open gym every morning. This benefits the students through decreased depression and anxiety, and improved mood states.
ÉCOLE LANSDOWNE IMMERSION	Social Development - We plan to hold several safe school assemblies to teach the core skills we wish students to practice to avoid being a victim of bullying (talk, walk, and squawk). In addition, we will have each class devise and sign an anti-bullying pledge.
ÉCOLE SACRÉ-COEUR	Various - We have a number of activities that promote mental wellness including: the student group called HASTA (Hopeful Aware Students Taking Action), adopted the seven teachings, peer mediators program, etc.
ELMWOOD HIGH	Substance Use - We would like to organize a drug awareness, half-day presentation. The Winnipeg Police will be presenting.
FORT ROUGE SCHOOL	Mental-Emotional Development - Through role play activities, the students in grades 4 and 5 will become more aware that others feel what they themselves feel. Children will be more conscious of helping others who are in need. They will learn to respond to others in a friendly and caring way.
GARDEN GROVE SCHOOL	Social Development - We are incorporating aspects of our social skills program with the seven teachings. We will hold assemblies for each of these teachings and have a display on our main bulletin board.
GLADSTONE SCHOOL	Various - We provide various intramural programs and clubs throughout the year to promote personal and social development. We also have guest speakers speak on a number of topics.

School	Description
GLENELM SCHOOL	Social Development - We are hosting a bullying awareness week and the event is being planned by a group of grade 5 and 6 students. Some events will include: article in the newsletter, anti-bully squad, a song of the month, Peace Day, etc.
GORDON BELL HIGH	Social Development - We would like to put in place an after-school program that would be teenage friendly where the could come to relax and make new friends and get acquainted with the school. We would strive to breakdown stereotypes and build new bonds.
GRANT PARK HIGH	Various - Our school would like to create a health bulletin board. We would like to decorate our board and have health tips and student projects that promote mental wellness.
GREENWAY SCHOOL	Mental-Emotional Development - We have Yoga Days in the class to help promote the integration of exercise and physical learning with intellectual growth, music and arts.
GROSVENOR SCHOOL	Mental-Emotional Development - We will offer a noon-hour yoga club for students, staff and parents.
HARROW SCHOOL	Personal Development - We will have a year-round promotion of the 7 aboriginal teachings including respect, courage, honesty, truth, humility, wisdom, and love. We will have posters, monthly assemblies, speakers, videotapes, etc.
HUGH JOHN MACDONALD SCHOOL	Social Development - We will host a spirit week/fundraiser. This will give students a positive experience in giving to the community.
INKSTER SCHOOL	Various - We will have a psychiatric nurse do workshops entitled "Standing up for Yourself". These will cover peer pressure, substance use, and making choices.
JOHN M. KING SCHOOL	Personal Development - In February all staff, community members and special interest groups will plan together to create a plethora of activities the children can explore. Each child will select options and these classes will be run in the school day.
KELVIN HIGH	Substance Use - We are planning an Addictions Awareness Week and have invited speakers from numerous agencies to present to our students.
KENT ROAD SCHOOL	Various - We will have a presentation on Drug Abuse Prevention. We will also run Mentorship program to provide a supportive adult that the targeted child can become connected to.
KING EDWARD COMMUNITY SCHOOL	Personal Development - We are hosting an information night focusing on the topic of ADHD and strategies to assist these children in being successful learners.

School	Description
LAURA SECORD SCHOOL	Social Development - One of our goals is "Building a Caring Community". We have many programs such as Reading Buddies, Recess Pals, Intramural sports, clubs, etc. We would like to get resources to support these programs.
LUXTON SCHOOL	Mental-Emotional Development - Once a day we play a music composition after recess. The students share information about the composer and feelings behind the music.
MACHRAY SCHOOL	Social Development - We would have a daily PALS program, where our older students run recess activities for the younger students. We also will have a spirit week which will promote school spirit through a variety of activities.
MEADOWS WEST SCHOOL	Social Development - In an effort to promote mental wellness and as an extension of our approach to positive behaviour support, we will hold a cross-grade healthy snack break. Our practice is to buddy classrooms of younger and older students. They read together, work in the computer lab, and work on gross motor skills.
MONTROSE SCHOOL	Social Development - We will have a friendship assembly, create a banner for the students to sign, and address bullying by stating our peaceful intentions.
MULVEY SCHOOL	Personal Development - We will have speed stack activity days to help increase self-esteem.
NORQUAY SCHOOL	Personal Development - We are planning to host a health fair for our students and the community. We plan to invite community health agencies to set up displays. Participants will have a bingo card to complete by visiting the stations.
PRAIRIE ROSE ELEMENTARY SCHOOL	Mental-Emotional Development - We will create a "Parent Lending Library" with books and DVDs on parental interests such as raising emotionally healthy children, strategies to help children through difficult times, etc.
PRINCIPAL SPARLING SCHOOL	Social Development - The counsellor will do Bullying Awareness sessions in each classroom of the school. The money will be used to purchase the "Be Cool" series.
R.B. RUSSELL VOCATIONAL SCHOOL	Social Development - Throughout the year our school puts tremendous effort into making our students feel welcome and giving them a sense of belonging. We will begin the year with a whole-school trip to the corn mazes in hopes that students can connect with teachers and other students which will carry over into a year.
RALPH BROWN SCHOOL	Personal Development - Students will organize and implement a student event around favourite nursery rhymes. Activities will include decision making, communication, empathy, coping and critical thinking.

School	Description
RIVER ELM SCHOOL	Social Development - We will invite the University of Manitoba Bisons to our school to present "Bisons Against Bullying".
RIVER HEIGHTS SCHOOL	Substance Use - We would like to organize an addictions prevention week with a number of speakers, films, and events.
ROBERT H. SMITH SCHOOL	Various - Our school builds a sense of connectedness and community through extensive extra-curricular activities such as sports, media club, chess club, etc. We will have daily wellness announcements.
ROBERTSON SCHOOL	Social Development - We will invite family members to visit the school and participate in school/classroom activities. We are encouraging community connections, especially with seniors.
SARGENT PARK SCHOOL	Social Development - We will make lists on chart paper of examples of bullying and post it in the hallways. We will also make a list of how to cope with bullying.
SHAUGHNESSY PARK SCHOOL	Social Development - A guest speaker singer/songwriter will be invited to give two presentations on "Stamping out Bullying".
SISLER HIGH	Personal Development - We plan to create a bulletin board/display case in the library for other whole school population to see. The message we want to get across is that through proper nutrition and an active lifestyle your mental wellness is improved. The students creating the display will build their self-esteem and identify and celebrate their own strengths and creativity.
SISTER MACNAMARA SCHOOL	Personal Development - We will provide an exercise club for girls. This will help promote self-esteem, setting goals, stress management, and physical health.
ST. JOHN'S HIGH	Personal Development - We are starting a breakfast and lunch program for the students who have need for healthy meals. We are promoting and connecting healthy eating with learning and academic success.
STRATHCONA SCHOOL	Social Development - Intramurals take place from October to May at lunch hour. Appropriate behaviours are reinforced during these games like cooperation, team work, patience and fair play.
TECH-VOCATIONAL HIGH	Social Development - We have had to operate without a gym for the first 2 months of school. We are going to hold a re-opening celebration with a week of spirited energy and energized spirit. This will help restore our pride, spirit, and mental wellness.
TYNDALL PARK COMMUNITY SCHOOL	Social Development - We have "Family Groupings" when students from different grades are assigned to each teacher. This group gets together throughout the year to talk and do fun activities.

School	Description
WESTON SCHOOL	Social Development - We have a number of community service activities that helps build a sharing community based on the Lion's Quest program. Activities include: peer helpers, reading buddies, kindergarten buddies, leadership, patrols, etc.
WILLIAM WHYTE SCHOOL	Mental-Emotional Development - A targeted group of students (girls) will meet weekly for 6-8 sessions to work on the area of anger understanding and management.
WOLSELEY SCHOOL	Social Development - We would like to build a sense of belonging and community among all classrooms and grades. Activities will include: child and parent volleyball, family evenings, parent and child badminton, etc.
LORD NELSON SCHOOL	Social Development - At monthly school-wide assemblies, certificates are presented to students who have shared their gifts/personal qualities/strengths with their classmates.
WINNIPEG ADULT EDUCATION CENTRE	Substance Use - We will have a presentation from the Addictions Foundation of Manitoba. They will speak about alcohol, drugs and gambling addictions.
WINNIPEG ADULT EDUCATION CENTRE	Social Development - We will collaborate and organize a pancake breakfast and BBQ lunch. At these events there will be numerous activities to provide staff and students with opportunities to interact in a positive way.
CHAMPLAIN SCHOOL	Various - Our school will have a performance assembly to celebrate "Good Mental Health" which will finish with a healthy snack. We will have a school-wide poster/poem contest based on the Seven Teachings.