

Secondary School Grant Application

APPLICATION GUIDELINES

Secondary schools can apply for a grant up to a \$1000.00 to address a health topic within your school.

You must use a [Healthy School Approach](#) which includes the creation of a group/use of an existing group to address the health topic. Please visit [School Health \(bchu.org\)](#) for more resources to become a healthy school.

The group working on the health topic must have representation from students and staff. It is also encouraged to have representation from parents/guardians and/or community partners.

Preference will be given to projects that demonstrate sustainability (the project/the benefits of the project are able to continue beyond the planned project time frame and benefit future students/staff/school community members)

Each secondary school will only receive a total of \$1000.00 for the 2022/2023 school year.

APPLICATION FORM

- Please complete the application and email to schools@bchu.org by December 15, 2022.
- Applications will be reviewed, and all schools will be notified of their application status by January 9, 2023.
- The grant money will be provided to schools on January 13, 2023.

SCHOOL INFORMATION

Secondary School Name:

Name of Applicant(s):

Name of Principal:

Signature of Principal:

PROJECT INFORMATION

Name of Project: Stopping Stigma!

What health topic is your project addressing? Stigma of Mental Health

Purpose for project (Why do you believe this is an important topic to address in your school? What sparked this idea?):

The purpose of this project is to address and minimize the stigma surrounding mental health in our school. We believe that students in high school do not have enough information on mental health, and therefore develop a stigma. We think that by educating our peers on mental health and ways to decrease stigma, will make our school better.

Goals of the project (What impact are you hoping to have in your school community? The more specific you can be in this section, the better):

- Educate our peers on mental health
- Decrease stigma surrounding mental health
- Engage our peers in a fun/meaningful way
- Invite and engage parents/community
- Attempt to sustain this information on stigma by continuing with workshops in the following semesters to come

Project Action Plan with Timeline

Month 1 – What is Mental Health? (February)

Our team will have a mental health fair in the gym. We will introduce mental health to our peers with different booths ran by our team. Ex: depression, schizophrenia. Our idea is to make our peers and school community more familiar with these disorders and language surrounding MH.

Example of a lesson: [hTt-How-Does-Stigma-Affect-Us-All_Lesson-Plan_EN.pdf \(ottawapublichealth.ca\)](https://www.ottawapublichealth.ca/~/media/1177/1177-How-Does-Stigma-Affect-Us-All_Lesson-Plan_EN.pdf)

Ideas:

Jars of positivity – jars with positive messages that students can take all month

Journals – hand out journals with a small presentation on journaling

Month 2 – Experts Opinions (April)

We would like to find and approach a mental health expert in our community and ask them to volunteer to speak at our event. We will provide snacks to participants to increase engagement. We would like to focus on the issue of stigma in high schools.

Month 3 – Mindfulness (May)

Our team will run a “mindfulness” workshop to classrooms/students/teachers interested. We will provide healthy snacks to participants and prizes to increase engagement. An e-mail newsletter will also be sent to parents/school community to share helpful tips about mindfulness. We believe hosting this during exam period will be beneficial for participants. Examples: yoga etc. Students, and or teachers, or parent volunteers receive training to continue providing opportunities to students and staff for practicing mindfulness throughout the school year. Or they sign up to organize and set up mindfulness video sessions for students/staff at times throughout the year.

How will you measure your success? (How will you know if your project has made a difference? What changes will you see, hear and/or feel in your classroom, school and/or community?):

To measure our success, we will ask our peers opinions by asking them to complete a short paper survey after event or create a QR code for survey that students can do on the phone on how much they learned and took away from our project. We will be able to gage our success in our peers' thoughts.

Please draft a budget with anticipated costs of resources and materials (Note: Do not forget to save money to celebrate your success with your group!)

Supplies for information booths – \$100 – Bristol board, chairs, tables (printed materials)

Games for health fair: \$50-\$100 (trivia, quizzes)

Snacks and refreshments for all 3 events - \$200 (Water, granola bar, bananas)

Yoga mats x 40?? - \$200

Prizes: \$50 (5 \$10 gift cards)

Journals: \$100

Celebration: \$200 (lunch)

= projected total of \$950

Share any project steps along the way and final success with us through social media (@BrantHealthUnit)

Please email schools@bchu.org or call 519-753-4937 ext. 459 if you have any questions or are looking to discuss any parts of the application/process.