

**Manitoba Healthy Schools
Mental Health Campaign
Spring 2009**

Beautiful Plains School Division

School	Description
BROOKDALE SCHOOL	Afternoon Event-school "tribes" will participate in fun activities organized by student council. Focus will be creating friendships within tribes and increasing physical activity.
CARBERRY COLLEGIATE	Students to attend presentations on anxiety, stress, depression/suicide, display booths.
J. M. YOUNG SCHOOL	Student Council ran two activity afternoons, one inside and one outside for the whole school. (regarding Friendship, Empathy, Stress Reduction) Groups were cross graded and everyone participated. Two more days are being planned.
RIVERSIDE COLONY SCHOOL	To purchase library books on bullying and self-esteem.
WILLERTON SCHOOL	Purchase Resources material and supplies to inform and educate staff about bullying and building empathy; Create plan to implement school-wide program; and celebrate successes with prizes at the end of each week

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Border Land School Division

School	Description
ELMWOOD ELEMENTARY	To purchase the "Be Cool" series which includes DVD's, teacher's guide and parent video and deals with coping with criticism, teasing, bullying and anger. Whole school to celebrate learning thru class skits or a reader's theatre.
EMERSON ELEMENTARY	"Keys for Kindness"-conflict managers catch their peers during random acts of kindness. The student's names are placed in a monthly draw where the winners will choose 1 of 5 keys which will open a locked box containing various prizes.
GLENWAY COLONY SCHOOL	1) School assemblies & rally 2) Family fun nights 3) Bulletin board displays Critical thinking, empowerment & communication
GRETNA ELEMENTARY	Month of April, will celebrate safe school's month with our Empathy theme. Motivational speaker will be invited. 'Roots of Empathy' program in grade 5 and plan to extend the learning to all students through cross-grade activities for perspective-taking
PARKSIDE JUNIOR HIGH	We would like to implement small group counseling around the issue of anxiety. We would use funds received to purchase the 'Life Skills' program to support this.
RIDGEVILLE COLONY SCHOOL	Speaker from Manitoba Addictions Foundation/Steinbach to present to students, parents and local residents. Funding will be for advertising and snacks, also supplies for hobbies.
ROSEAU VALLEY SCHOOL	Afternoon of activities with Mothers Against Drunk Driving, Workshops organized by student leaders (Teens against Drunk Driving Group), Handouts and pens from AFM.
WEST PARK SCHOOL	Bully Awareness Day on Feb 25th, students and staff wore pink; Feb 27th the grandparents made and served soup and cookies thru the Parent Advisory Council. April a guest speaker for Self-Care Day as part of Spring Fest.

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Brandon School Division

School	Description
BETTY GIBSON SCHOOL	Creating Multi-age groupings (students from each grade in 6 groups) for 6 different activities. Groups cycle through the activities on 6 different afternoons. Each activity is a thematic approach for an aspect of social responsibility as defined through students, parents, staff and community. The aspects of social responsibility covered in the 6 activities are: respect, compassion, empathy, life-long learning, self-restraint, moral obligations, diversity, cooperation, self-esteem, and self expression. Activities include mentoring and guidance from school staff and older students to take on leadership roles.
EARL OXFORD MIDDLE SCHOOL	Two events: 1. Run body image classes for my Grade 8. Self mutilation & suicide ideation is becoming a way to cope with stress & self-hatred. 2. Run Leadership groups for our Grade 7 students so they can experience a sense of belonging to our school & f
HARRISON MIDDLE SCHOOL	The Student Leadership Group is planning a Gym Blast. Students will participate in team activities.
J. R. REID SCHOOL	Our school is wanting to take on a Pay it Forward initiative. This initiative would include: character development, a kick off, daily reminders and activities about being good to others and making our world a better place, monthly celebrations, contests,
KING GEORGE SCHOOL	Family Fun Night to promote a positive self image through interaction with staff, parents and students. Students help to promote the night by creating posters, help to set up and run events. Supplies needed for this night.
LINDEN LANES SCHOOL	Linden Lanes School has developed a behaviour matrix based on Respectful, Responsible and Safe expectations and behaviour. Activities to promote empathy, friendship and positive interactions will include posters, announcements on the intercom, role playing
MEADOWS SCHOOL	I am planning on facilitating a Wellness Day for my grade 7 and 8 students. Throughout the day students will have an opportunity to attend various interactive sessions such as body image, self esteem, addictions, etc.
NEELIN HIGH	Neelin High School is planning to host a session on school climate issues identified by students to promote and encourage belonging and acceptance of others. The session will include student-led drama or role play and a guest speaker followed by small a and large group discussions.
O'KELLY SCHOOL	Bullying awareness week, "Safe Kids Forum" Grades 6-8, Addictions awareness week, suicide prevention week, Anti-racism, healthy body image and lifestyle, sexual abuse are part of school year. Also, students able to participate in student council, patrols and canteen, Throughout the year spirit weeks are planned to encourage school spirit. The O'Kelly School Behaviour matrix is taught (be respectful, be responsible, and be safe) and referred to each day.
RIVERHEIGHTS SCHOOL	Student Leadership organizing a "show day" where students will rotate through 6 or 7 stations including snowman building, igloo building, snow shoeing, cross-country skiing, snow soccer, etc. Stations run by student leaders and parents and community group
RIVERVIEW	Multi age groups in EBS (Effective Behavior Support) have met throughout

SCHOOL	year and participated in activities on positive behavior like Interpersonal Skills, critical thinking, communication, empowerment, decision making. To purchase "All Aboard" resource
SPRING VALLEY COLONY SCHOOL	One week dedicated to bullying-discussions, stories, video, poster contest, etc.
ST. AUGUSTINE SCHOOL	Leadership Team will have inter-grade, outdoor activities such as yard clean up, tug of war, mural painting to aid character development.
WAVERLY PARK SCHOOL	Bullying awareness week with activities and presentations; Grade 6-8 "Safe Kids Forum"; Addictions awareness week activities and presentations on smoking, gambling, etc.; Suicide prevention presentation; behavior matrix daily; Culture clubs for international students.

Campagne d'Écoles en santé
Campagne sur la santé mentale
Au printemps 2009

Division scolaire Franco-Manitobain

ÉCOLE ÉLÉM. NOTRE-DAME-DE- LOURDES	Le projet proposé par l'École élémentaire Notre Dame porte sur la relation entre une bonne santé physique et une bonne santé mentale. Nous cherchons à permettre à la population entière de l'école de participer à des leçons de natation dans une piscine intérieure. Ces leçons permettent de conscientiser nos élèves au besoin d'un développement du bien-être physique balancé afin d'adopter un mode de vie saine .L'occasion de présenter un tel sport dans une cadre du programme l'éducation physique à l'école encourage les jeunes à comprendre que diverses activités sont considérées sportives, pas seulement les sports d'équipes ou de compétition: que les activités de loisir sont aussi à leur portée. Une variété d'habiletés et d'attitudes reliées à la nation et à la sécurité aquatique peuvent être ainsi adressées. Afin de réaliser ce projet nous faisons demande pour un appui financier afin d'aider à défrayer les coûts de transport associés à un tel projet.
ÉCOLE LAGIMODIÈRE	Dans le cadre de notre projet RÊVE, nous faisons l'enseignement des valeurs de Michèle Borba - l'empathie, la justice, la gentillesse, le respect, la tolérance, la maîtrise de soi, la politesse. Cet enseignement se fait par le biais de trousseaux telles que « Vers le Pacifique » . « Pleins feux sur intimidation », « La méditation » La classe de 8 ^e année prépare des saynètes sur les sept valeurs qu'elle présente aux plus jeunes de l'école. De plus, on « attrape » les jeunes à démontrer les sept valeurs. Lors d'assemblées au gymnase, on tire des prix qui sont remis aux élèves.
ÉCOLE NOËL- RITCHOT	Programme de médiateurs de conflits – Élèves des niveaux 3e-5e reçoivent une formation initiale et un soutien continu pour pouvoir aider leurs collègues à résoudre des conflits pendant les temps de récréation.
ÉCOLE POINTE- DES-CHÊNES	Dans chacune des classes : Il y a des activités qui se font au courant de l'annonce afin d'améliorer les relations interpersonnelles : Vers le pacifique, Plein feu sur l'intimidation. Enfants avertis....De plus, pour les parents des élèves du secondaire ainsi que pour les élèves du secondaire, nous avons visionné le film « Bang Bang You're Dead » et par la suite, des discussions touchent le thème de l'intimidation ont eu lieu.
ÉCOLE ROMÉO- DALLAIRE	Les élèves de la 1 ^{ère} et 2 ^e année feront une enquête sur les intérêts des autres élèves dans l'école. (couleur préférée, animal préféré, sport préféré, ce qu'il aime) Une photo des élèves sera prise et affichée avec le résultat de l'enquête. Les enquêtes et photos seront affichées dans le couloir pour que tous puissent en prendre connaissance. C'est intéressant de voir les intérêts de tous et chacun. C'est une activité très populaire.
ÉCOLE SAINTE- AGATHE	Racines de l'empathie en classe de 5-6
ÉCOLE SAINT- JOACHIM	Nous organisons une journée anti pour les adolescents. Il y aura plusieurs invités qui viendront faire des présentations aux élèves sur divers sujets reliés à la santé globale des élèves Parmi les sujets présentés il y aura; les relations saines, le yoga, la nutrition, l'anxiété et stress, comment le gérer, la gestion financière, la dépression
ÉCOLE TACHÉ	L'école Tache veut faire l'enseignement de valeurs proposées par Michèle Borba (Les 7 vertus essentielles). Nous planifions des rencontres mensuelles au gymnase et les activités développant la prise de conscience. Les élèves mettent en pratique les valeurs proposées.

<p>ÉCOLE CHRISTINE- LESPÉRANCE</p>	<p>Cette année, notre personnel a choisi d'implanter la programme 'Vers la pacifique' qui est un programme qui a comme but de prévenir la violence par la promotion des conduites pacifiques. Il ya deux volets au programme;</p> <p>1-Le premier volet, La résolution des conflits: consiste en une série d'ateliers qui vise à développer chez les jeunes des habiletés sociales permettant l'établissement de relations interpersonnelles pacifiques et à une démarche de résolution de conflits. 2-Le deuxième volet, La médiation par les pairs: consiste en la mise en place d'un service de pairs médiateurs qui vise à enseigner aux jeunes à utiliser le service de médiation comme mode de résolution de conflits. Les élèves de la première à la sixième année participent à cette initiative. Cinquante élèves de la cinquième et de la sixième année ont reçu également la formation de médiateurs. Les médiateurs et les médiatrices se promènent dans la cour d'école et aident les plus jeunes à résoudre leurs problèmes. Vers la fin de l'année scolaire, nous allons organiser une fête pour souligner le travail de tous nos élèves. La fête rassemblera les élèves en centres d'activités leurs habiletés de conduite pacifiques. Nous allons aussi devoir acheter des programmes d'étude pour toutes les classes.</p>
<p>ÉCOLE COMMUNAUTAIRE RÉAL-BÉRARD</p>	<p>Nous avons comme conférencier Silent Witness Productions Inc (Témoignage Silencieux). Ce groupe vient de St-Jérôme au Québec. Les sujets annoncés seront; la solitude, les drogues, la violence et les pensées suicidaires.</p>

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Evergreen School Division

School	Description
ARBORG COLLEGIATE	Have guest speaker on bullying.
ARBORG EARLY/MIDDLE YEARS SCHOOL	Purchase Character Building videos for Gr. 1-4
RIVERTON COLLEGIATE	Psychology class to set up 9 stations in different rooms that deal with wellness-emotional, physical, nutritional, etc. The whole school then to participate in some or all of the activities.
RIVERTON EARLY MIDDLE YEARS SCHOOL	Cultural Celebrations March 26 & 27, to promote heritage and recognize the many cultures within the school community. Events include Friendship Centre, Arts/Crafts, beadwork, pancake breakfast and parade of traditional clothing. Aboriginal games, readings and Voyageur activities will be included throughout the event and prior to it.
SIGURBJORG STEFANSSON EARLY SCHOOL	Guest speaker (Nova Holistic Centre) in classrooms to teach relaxation/stress reduction through games and activities. Also, will present at a staff meeting.
WINNIPEG BEACH SCHOOL	To have Yoga on the Beach sessions. Local yoga instructor to hold for a week at the beach on Lake Winnipeg.

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First Nations Schools

School	Description
Abbalak Thunderswift Memorial School	Hold a workshop on bullying, hosted by a speaker from MFNERC. Group activities will take place.
Abraham Beardy Memorial School	Presentation for anger management to school staff to use in monthly health class. Sharing circle format to discuss suicide prevention, a suicide prevention officer to counsel at-risk students and Resource Teacher to discuss with each class.
Donald Ahmo School	Bully awareness day Poster contest, guest speakers from health office and child and family services.
George Knott School	Guest speakers to present and talk to students in middle and senior years from the health authority, law enforcement, local pastor and priest. Video presentation from the phys-ed teacher.
Isaac Beaulieu Memorial School	Theme to be "Friendship" by creating a mural, doing plays, skits, puppet shows, etc. for the younger students. Guest speaker from the Health Clinic or DOPS to speak to the students.
Joe A. Ross School	All classrooms have activity to educate on building positive self image and identifying their own positive traits. They will then write or present verbally and incentive prizes/certificates will be given to all students.
Keeseekoowenin School	To empower students to stand up for themselves while discouraging bullying. Priority for teachers and classroom visit from administrator to re-enforce bullying prevention. Posters for hallways and school newsletter to community.
Lake St. Martin School	Friendship Night-evening dance for N-9 students; cooperation games/activities; singing/jigging demonstrations.
Long Plain School	Gotcha' program celebration where positive behavior is targeted and students get a 'gotcha' card for being respectful, responsible and safe in hallways, classrooms or outside grounds. To celebrate with a 'feast'.
Neil Dennis Kematch Memorial School	Student Council to organize "caught you being good" week to support all the positives that are happening in our school. Will support and encourage good mental health
Otetiskiwin Kiskinwamahtoweka mik	A talent show and coffee house will be held in May to showcase and highlight student talents, individual strengths, and hobbies. This event will be open to the community. Other events will start immediately and be held on a daily, weekly, and monthly basis, including announcing daily wellness tips, guest speakers and presentations, creation of a wall mural, a "Gym Riot " spirit day, and other spirit days such as dressing up for prizes.
Peguis Central School	Art therapy sessions, stress management sessions, sharing circles with teachers and students, poster campaign-mental health, bulletin board displays on specific theme/ anger management/ positive coping skills/ friendship, parent information evening.
Red Sucker Lake School	Promote art displays through posters on mental health issues; Writing essays in high school; and provide incentive to a student that displays good healthy practice of growth. One prize for each category. N-3, 4-8, and Senior High. Awards will be during month-end assemblies.
Sakastew School	"Promoting a Positive Community" at school gym for students to see displays of organizations and be an interactive learning experience.

Waywayseecappo Community School	"Building Respect, Responsibility and Resiliency in At-Risk Adolescents" for Grades 7-9; Make posters and display in community, also guest speakers; purchase of pedometers to start stress reducing walking group; grade 7-9 transition student program.
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Flin Flon School Division

School	Description
ÉCOLE MCISAAC SCHOOL	Each week we will have presenters from different community agencies who are able to support our students as they struggle with societal issues such as drugs, alcohol, family breakup, body image etc. Connect students with agencies.
MANY FACES EDUCATION CENTRE	We are an alternate High School that is currently running a lunch hour program for our students. We have games, weight room and other physical activities to encourage the students to be physically active. We would like to also encourage healthy eating with snacks at the end of the daily program. The Healthy Schools campaign could help to fund this activity.
RUTH BETTS SCHOOL	The Peer Helpers Team (several students from Gr. 5-8) are involved in information sessions with agencies in our community, bullying prevention strategies, meditation, and organizing cooperative games for students from Gr. 1-4. They assist younger students modeling cooperative play through organized games each recess break. This program will continue for the duration of the school year.

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Fort La Bosse School Division

School	Description
BOUNDARY LANE COLONY SCHOOL	Feb 14-role playing traits of positive self-esteem, self-image and friendship through an acted out Pictionary game. Feb 27-wearing pink to stand up against bullying and discuss coping strategies that make a bigger, better person. Feb thru June is "Kids in the Know" which is designed to educate and keep children safe.
ELKHORN SCHOOL	Kay Kristjanson will do two sessions of Laughter Yoga- one with grades 4-8 and another with 9-12. Event in association with the Student Council's Wellness Day activities.
GOULTER SCHOOL	Laughter Yoga brought in by guest speaker and instructor; Mental-Emotional Development from the school counselor; Activities will include daily wellness announcements, yoga, bulletin board displays, reward program, journaling, Family Fun Night.
OAK LAKE COMMUNITY SCHOOL	Monthly literacy evenings, May will be 'Substance Abuse' targeting grade 7/8, Start with a nutritious meal, then read chapter of book with supervisors and discuss while making dessert, parents presentation by AFM and siblings in the gym.
PLAINVIEW COLONY SCHOOL	Parent and student information night with a guest speaker and video presentation.
RESTON COLLEGIATE	Have an event that looks at the lasting effects of one wrong decision. Examine drinking, drugs, partying, and peer pressure.
RESTON ELEMENTARY	Start a peer mediator program. Money would be used to train children and purchase vests and support material.

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Frontier School Division

School	Description
BROCHET SCHOOL	Social Skills Bingo k-9, exactly like bingo but in order to cover the # called, the student(s) have to give an example of a social skill
CORMORANT LAKE SCHOOL	Grade 3-10 girls sleepover to join "sleepover for Self-Esteem" with Dove. To build friendships and activities involving media, fashion, friendships and our culture affect body image and self-esteem.
CRANBERRY PORTAGE ELEMENTARY	Hold a winter festival to promote our culture. Funds will be used to purchase materials, resources and prizes.
D. R. HAMILTON SCHOOL	"Caught you doing good" - Monthly assembly activity where each classroom brings a bucket where cards have been writing about students helping others throughout the year. Prizes awarded, the cards are from Sept. to June of the school year.
FRONTIER COLLEGIATE INSTITUTE	Students write in their journals about a variety of topics including bullying, dating, abuse, etc. Guest speakers from AFM or Social Services come and discuss these topics with students.
GILLAM SCHOOL	Poster contest for each group and then gym will have a gallery walk April 13/09. Each grade/group will be awarded a 1st, 2nd, and 3rd. Winners will become part of the mural in the gym. N-3 Friendship; 4-6 Teamwork, 7+ cooperative vs. competition. The gym will have a Gallery walk April 13, 2009. Each grade/group will be awarded prizes. The winners will be displayed in the gym.
JACK RIVER SCHOOL	Have a guest speaker to share stories following the 7 sacred teachings.
JOSEPH H. KERR SCHOOL	As a school we have been working on some topics in the classroom through the school year already, early years and elementary have been forced on bullying, peer pressure and effective communication skills along with other topics. In the high school: AFM and crime stoppers. A Public Health Nurse will speak on sexuality and AFM on self care/relationship with body and mind. Early/Middle years: bullying prevention program throughout the school year
JULIE LINDAL SCHOOL	"Mental Health Week" - one mental health activity per day; invite family to participate; end week with a healthy lunch for all participants
MINEGOZIIBE ANISHINABE SCHOOL	Workshop: Anger Management Presenter: Ms V. Flatfoot - Community Health Nurse * Causes * Who it may affect * Sign/Symptoms * How it may affect your life * Ways to deal with it * * Ways to control it 3 presentations: 1. Grade 1
MOUNTAIN VIEW SCHOOL	Grade 7-8 guest speaker on dating violence to benefit our students in future relationships.
PEONAN POINT SCHOOL	Will Purchase Gordon Neufeld's video, "Power to Touch" and use for professional development.
PIKWITONEI SCHOOL	Art displays around the school and healthy display boards at the nursing station, town/community halls stress the benefits of positive mental health activities involving individuals, groups and whole community.

ROD MARTIN SCHOOL	Mini Fest - two days of activities (Winter Carnival)
RORKETON SCHOOL	May 4 - 8 we have a Health Week at our school. We practice being active by having the entire school body participating in a daily outdoor walk about the community. Usually on the Friday, we have a lunch (BBQ or pancake breakfast). This year we have a new Home Ec. Kitchen area and would like to address healthy eating. A counselor plans to attend a "Promoting Healthy Body Image, Eating and Fitness" workshop in Winnipeg and share info with the students. Mental Health: Speakers from PRHA to do presentations on Suicide Awareness.
WANIPIGOW SCHOOL	Student Leadership class will prepare, plan and run a spirit week. Four teams work together and participate in various fun activities. Teams gather points, older students teamed with younger students, participation or placement in games. Awards will be given out based on points earned. We did this activity last year and it was a tremendous success. It fostered a great spirit in the school, helped strengthen relationships with staff and students.
WATERHEN SCHOOL	On-going presentations on bullying, self esteem, decision making, self-care, substance abuse and incentives for youth. Bullying supplies/materials off-set school cost. All hands on with interactions of classes.
WEST LYNN HEIGHTS SCHOOL	Two workshops to be delivered in awareness. Grade 8-12 will have an afternoon and Adult Community members will be able to participate in an evening workshop. Focus will be in understanding the prevalence of adolescent suicide, risk factors, signs of suicide indication and intervention.

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Independent Schools

School	Description
ALHIJRA ISLAMIC SCHOOL	To purchase resources such as books, videos and bulletin board displays to educate the students on topics such as positive self-image, anger management, diversity, bullying and healthy friendships.
AUSTIN CHRISTIAN ACADEMY	Students in 3 groups to have youth workers emphasize on their identity, potential and importance of self esteem.
BALMORAL HALL SCHOOL	Guest speaker on internet safety (Constable Wilson) Kids in the Know program/ bully awareness substance abuse prevention, speaker yoga, nutrition, dance, gardicil vaccination presentation (personal development and growth)
CALVIN CHRISTIAN SCHOOL	Students will take weekly classes that cover friendship skills and anger management.
COMMUNITY BIBLE FELLOWSHIP CHRISTIAN	Do talks on self esteem, self image, and character building for all grades. Purchase supplies and resources.
GRAY ACADEMY OF JEWISH EDUCATION	Purchase materials related to bullying and self-worth. Also to pay honorarium to 3 speakers on mental illness, drugs and alcohol and wellness.
IMMACULATE HEART OF MARY SCHOOL	A week is set aside to craft, research, and concert in Ukrainian language, perogie lunch on last day with Catholic Liturgy. For students to keep their culture through only Ukrainian Catholic school in western Canada.
MONTESSORI LEARNING CENTRES INC.	We have purchased a great resource book called "Well Beings, A Guide to Health in Child Care" by Canadian Pediatric Society. Its cost is \$79.00. We celebrated Métis culture during Festival du Voyageur week with the appearance of a fiddler to sing and dance to. We are planning to invite a representative from Canadian Council of the Blind to speak to the children about living with blindness and her seeing -eye dog. We are planning to have a staff member or invited guest to do yoga with the children in an effort to practice meditation and relaxation.
OUR LADY OF VICTORY SCHOOL	A bullying presentation will be made by a guest speaker, Police Dept. and teachers.
ST. EMILE SCHOOL	Grades 5-8 activities include relection, journaling, art displays and sharing circles facilitated by Child and Adolescent Dev. Teacher once/week for eight weeks; K-4 Conflict Resolution, positive self-esteem and coping skills through journaling, art displays, sharing circles by Child and Adolescent Development.
ST. IGNATIUS SCHOOL	Pupil Organization Development Systems-small groups that meet weekly to help students make the transition from elementary to high school and succeed.
ST. JOHN BREBEUF SCHOOL	Grades 7-8 fill out DISC profile and staff; Grades K-6-Guest speaker to talk to girls specifically about friendships (relationships).
ST. MARY'S ACADEMY	Young Women's Awareness Day includes a day of sessions, activities and programming which focuses on the mental and physical well being of the students. We will be hosting a motivational speaker and offering break out sessions including mediation, yoga, tai chi, life balance, rejuvenation and healthy living. There will be a nutritional break in the morning of this event.

ST. MAURICE SCHOOL	Junior high and senior high will focus on positive effect of physical activity on reducing stress.
THE KING'S SCHOOL	Mental Health Week for each grade level picks a topic and develops a play or presentation for other the same age range. To explore using social stories, how they can provide friendship and support and encourage discussion on depression, cutting, etc.
WESTGATE MENNONITE COLLEGIATE	At training session of peer support group in fall, a portion will give the students an opportunity to do yoga and relaxation. These peer support students serve in the school as student mentors, and role models of positive behaviour.
MANITOBA SCHOOL FOR THE DEAF	Provide an opportunity for deaf and hard of hearing students throughout the province to come together to build relationships and develop a sense of community. We will have an ASL Literature show and Student Parliament will lead games.
STONEWALL FAITH ACADEMY	Have older students buddy up with younger students for activities such as reading, team events, operating microwave at lunch, tying skates, etc.
AUSTIN MENNONITE SCHOOL	An evening where the children will be presenting the things they have learned about various countries they have been studying. An ethnic snack will be provided after the presentation of different cultures.
PINE RIVER SCHOOL	Encouraging happiness and cheer through bulletin board displays.

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Garden Valley School Division

School	Description
BLUMENFELD SCHOOL	Coffeehouse for students to gather around tables with hot chocolate and cookies to share stories they have written; student groups perform Reader's Theatre, poetry and several mime/tableau presentations.
BORDER VALLEY ELEMENTARY	Grade 5-8 mentor program; workshop for teacher - Healthy Body Image; Family Fun Night; Winter Festival with another school.
EKFRID SCHOOL	Hobby Day planned for students to choose a hobby and then explain with a sense of self-worth and accomplishment.
EMERADO CENTENNIAL	To run "Pay-it-forward" activity, starts with group of students to choose a group to do something for, then take that group and continue while focusing on teaching empathy, cultural acceptance, empowerment, self-esteem.
GARDEN VALLEY COLLEGIATE	"Rachel's Challenge" Program helps students recognize their purpose in life and includes emotionally charged assembly, a peer training session, and evening community event. It will establish several 'kindness and compassion' groups.
PARKLAND ELEMENTARY SCHOOL	Celebrating Diversity – We will explore and celebrate our culturally diverse school population. Each class, along with their cross-grade partners, will select a culture which is represented in our school. They will then participate in, and demonstrate, some aspects of that culture. Activities include Irish Ceili dance, a unity mural, cultural art, activities and music.
PLUM COULEE SCHOOL	June event with singer/speaker at a school event, target audience grade K-4, open by choice to grade 5-8.

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Hanover School Division

School	Description
BOTHWELL SCHOOL	In February, "I Love to Read" month was focused on the world. To celebrate books read, invited guest to demonstrate African drumming and provided hands-on drumming workshops, how the drums were made and used in celebrations for the students.
ELMDALE SCHOOL	staff survey-choices include yoga, energizer party/barbeque, team building, "great race"
KLEEFELD SCHOOL	Family Fun Night, Red Cross "Bullying" "Beyond the Hurt"; Red Rock Outdoor education - 3 day camp
LANDMARK COLLEGIATE	We are going to have a couple of student led programs running and a guest speaker comes in to talk to our grade 12s. We have a group of students heading up "Rachel's Challenge" a program that was founded by the father of one of the victims in the Columbine
LANDMARK ELEMENTARY SCHOOL	Focusing on topics of stress reduction, balanced life and friendship thru Winter Fun Day with sleigh rides, broomball and hot chocolate included.
MITCHELL ELEMENTARY SCHOOL	Focused training of students, regarding Bully-proofing including recognizing normal conflict, identifying bullies/tactics, strategies for victims and collaboration with parents.
MITCHELL MIDDLE SCHOOL	MYTP play- features a boy who gives up laughter for fame and money. This play challenges teens to consider the impact of advertising & media on their identity, self image, pursuit of real happiness & life choices. A passionate dialogue about self-esteem, power of marketing and personal goals.
NIVERVILLE COLLEGIATE	We have decided to break up the topics according to our grade levels. We would like to concentrate and provide more education with our Gr.7-9 students on the topics of Bullying and self-awareness. We have already introduced the topic of self-awareness.
NIVERVILLE ELEMENTARY	Start a Walking Club at lunch. Students are encouraged to develop relationships with each other as they walk. Purchase pedometers.
SOUTH OAKS ELEMENTARY	1/2AH will be presenting a PowerPoint presentation on bullying. They are going to be taking pictures with the digital camera outdoors of bullying type behaviors that happen on the playground. They will "pose" as it were for the pictures.
STEINBACH JUNIOR HIGH	Speakers from AFM and Teen Touch will speak to students about substance abuse and bullying, and available resources.
WOODLAWN SCHOOL	Grade 6 students will elect 2 representatives from each class. Teachers & reps will poll/survey/discuss with peers regarding their experiences at Woodlawn School. Teachers will assist reps to compile a written report. The report will shared by the students with administration during a round table discussion as well as with parent council. Administration will take the report into consideration while completing the school planning process.

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Interlake School Division

School	Description
BALMORAL SCHOOL	To develop a Friendship Club between regular and Special Needs students. To meet once a cycle to interact with each other in order to establish friendships and relationships.
CONCORD SCHOOL	After class lessons on communication the students will develop bulletin depicting good communication skills. They write about why they are important.
GROSSE ISLE SCHOOL	Various activities in 5 different areas of the school. We will let the student choose which activity would be the best "stress reducer" for them. The activities we are planning include: Decorating cookies, card making, photography, sports and karaoke.
LIGHTLY COLONY SCHOOL	Bring in RCMP guest speaker on bullying Create bulletin board displays on self-esteem and bullying Purchase materials for Health unit on Bullying.
NEW HAVEN SCHOOL	Invite guests from various cultures to share their traditions/cultural activities with the students. Purchase resource books on mental well being. Have a daily wellness tip each day for the remainder of the school year. Students will keep a journal.
OMEGA SCHOOL	Friendship week explaining how to be a good friend using role modeling, bulletin board displays and a guest speaker
ROSSER SCHOOL	Field Day in June with sister school Grosse Isle. We will be using the funds to buy materials for the activities and co-operation prizes.
STONEWALL CENTENNIAL SCHOOL	Yoga classes and breathing exercises will be taught to all students, weekly noon hour sessions.
STONEWALL COLLEGIATE	Speakers MB Association for Rights Liberties, Youth against hate workshops: 1. "Hate: What have I got to do with it?" 2. Responding to Hate
STONY MOUNTAIN ELEMENTARY	Conflict mediation skills to reach peaceful resolutions and lessons in class on how to cultivate positive interactions between social groups and strategies.
TEULON COLLEGIATE	Peer Support group from grades 10 to 12 are trained by member's of Klinik's Teen Talk program to help understand topics regarding mental health and teach Grade 9 students.
WARREN COLLEGIATE	Guest speaker-TADD, Teen Talk, Klinik presentations/workshops-teen dating violence, body image, diversity, and mental health issues. Yoga classes.

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Kelsey School Division

School	Description
KELSEY ELEMENTARY	Family Picnic/Parent Awareness Day with activities including socializing and gaining wellness tips.
SCOTT BATEMAN MIDDLE SCHOOL	To form an anti-bullying group who will hold information/awareness sessions open to all students. And are planning to organize an anti-bullying video creation and poster contest.

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Lakeshore School Division

School	Description
ASHERN EARLY YEARS SCHOOL	"Mind Over Matter: Girl Power / Boy Power" The students will have the opportunity to participate in 5 to 6 mini sessions; 5 or 6 designed for just boys and 5 or 6 designed for just girls. Possible activities include a craft, sports, making "I" crests
ERIKSDALE SCHOOL	Guest speaker from Women's Resource Centre with topics of self image, self esteem and healthy mental living.
INWOOD SCHOOL	Sleepover separately for Boys and Girls (May 21) to discuss issues that affect children such as self-esteem, self image etc. The girl's session will take place May 21, 09 and the boys TBA

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Lord Selkirk School Division

School	Description
CENTENNIAL SCHOOL	Over a series of lessons, the Gr. 6 girls will explore relational aggression. Suggestions for how to deal with incidents of malicious relational aggression will be explored.
HAPPY THOUGHT SCHOOL	Have Gr. 3 & 4 leadership students guide Gr. K-4 classes in a series of workouts including stretching routines.
LOCKPORT SCHOOL	Gym blast- games and activities, promote school spirit, belonging and respect for others. Would be organized by School Leadership Team and Youth for Christ.
LORD SELKIRK REGIONAL SECONDARY	Focus on coping/dealing with suicide and issues/emotions with activities including updating resources, speakers from Selkirk Mental Hospital; weekly 'tips' in student bulletin; classroom displays
RUTH HOOKER SCHOOL	Louis Riel/Métis heritage day, Family Fun Day-Earth Day Theme, Aboriginal Awareness Week-guest speakers, activities, assembly.
ST. ANDREWS SCHOOL	Our school is offering a program called "How Does Your Engine Run?" which teaches students to expand their self-regulation strategies. The goal is to help students identify, monitor and change their "engine speeds" so that they can be more productive in
Student Services Centre	Professional development on the art and benefits of meditation through a series of one hour mini workshops, staff will learn how to meditate and also why this practice can help to reduce stress in their lives. Teaching self care assists with stress reduction.

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Louis Riel School Division

School	Description
COLLÈGE BÉLIVEAU	Student Council to organize one day mental health promotion activity for grades 7-12. With mentor teacher, teams work through various activities to develop communication, friendship, interpersonal skills, stress reduction and positive lifestyle choices.
COLLÈGE JEANNE-SAUVÉ	Workshops on stress reduction, positive coping skills, meditation and relaxation with yoga and relaxation classes offered afterward.
DAKOTA COLLEGIATE	To hold three different mental health sessions to learn about signs/symptoms of illness, coping strategies, resources, and presentations on substance/gambling abuse and "Economics of Staying in School" program which examines positive life choices, goal setting and problem solving skills.
DARWIN SCHOOL	During the noon hour groups of students will participate in a yoga class. The class focuses on increased flexibility, breathing techniques, relaxation techniques, balance, and self-esteem. Students will benefit from the non-competitive environment and focus on their own personal wellness.
DR. D. W. PENNER SCHOOL	"Responsive Classroom" program to enable optimal student learning by having academic and social-emotional skills. 14 other schools involved, same school div. Social Dev-Social Emotional Learning Network (SELF)
ÉCOLE HENRI-BERGERON	Students were given the opportunity to learn and practice yoga through two different instructors. A Peace room has been set up where these types of peaceful and calming activities can be taught to students and teachers.
ÉCOLE HOWDEN	Guest speakers include community police officer, special guest and school counselors. To purchase videos "Ant Bully" and others to help reinforce our teaching using media productions.
ÉCOLE JULIE-RIEL	May 4-8, activities planned to address topics: empathy, interpersonal skills, positive coping skills and positive self image for all students.
ÉCOLE MARIE-ANNE-GABOURY	Classroom teachers will organize activities that allow students to give back to the community, eg, baking cookies to thank community members. "Circle of Friends" groups that allow students and their families to work together to assist particular students
ÉCOLE PROVENCHER	Nous aimerons offrir des cours de yoga au printemps à notre communauté scolaire.
ÉCOLE SAINT-GERMAIN	Small group sessions addressing: children of separated/divorced/blended families, communication and friendship building, social skills, building empathy, building a positive self-image and assertiveness skills.
ÉCOLE VARENNES	"Responsive Classroom" program to enable optimal student learning by having academic and social-emotional skills. 14 other schools involved, same school division Social Dev-Social Emotional Learning Network (SELF)
FRONTENAC SCHOOL	"Responsive Classroom" program to enable optimal student learning by having academic and social-emotional skills. 14 other schools involved, same school division Social Dev-Social Emotional Learning Network (SELF)
GENERAL VANIER SCHOOL	We will be using the monies to cover a Yoga teacher who will teach the teachers how to teach kids to use Yoga to relax and learn how to regulate their behaviour. This will be done in a PD format.

GLENLAWN COLLEGIATE	"Understanding Mental Health" Conference
GLENWOOD SCHOOL	We will be presenting a play called "Welcome Spikey's Points" to the student body at Glenwood School. The play is presented by JADE Productions. The theme of the play is about supporting each other and accepting differences in people.
H. S. PAUL SCHOOL	"Responsive Classroom" program to enable optimal student learning by having academic and social-emotional skills. 14 other schools involved, same school division Social Dev-Social Emotional Learning Network (SELF)
HASTINGS SCHOOL	Purchase extra resources, materials, and supplies to support the "Friends for Life" program for Gr. 4-5.
HIGHBURY SCHOOL	Host a Wellness Retreat for Gr. 7 & 8 students. There will be guest speakers and activities focused on social/emotional wellness.
ISLAND LAKES COMMUNITY SCHOOL	"Responsive Classroom" program to enable optimal student learning by having academic and social-emotional skills. 14 other schools involved, same school division Social Dev-Social Emotional Learning Network (SELF)
LAVALLEE SCHOOL	"Responsive Classroom" program to enable optimal student learning by having academic and social-emotional skills. 14 other schools involved, same school division Social Dev-Social Emotional Learning Network (SELF)
MINNETONKA SCHOOL	"Responsive Classroom" program to enable optimal student learning by having academic and social-emotional skills. 14 other schools involved, same school division Social Dev-Social Emotional Learning Network (SELF)
NIAKWA PLACE SCHOOL	"Responsive Classroom" program to enable optimal student learning by having academic and social-emotional skills. 14 other schools involved, same school division Social Dev-Social Emotional Learning Network (SELF)
NORDALE SCHOOL	School wide community building events and cross grade groups organizing year end celebration of the enhancement. Initiative will address outcome of wellness and a Balanced Life in school plan.
SHAMROCK SCHOOL	Gr. 7 & 8 girls will participate in an evening of guest speakers and activities to prepare and empower them for challenging situations as they move through their teen years. Topics include self-defense, yoga, body image, and fitness.
ST. GEORGE SCHOOL	"Responsive Classroom" program to enable optimal student learning by having academic and social-emotional skills. 14 other schools involved, same school division Social Dev-Social Emotional Learning Network (SELF)
VICTOR MAGER SCHOOL	"Responsive Classroom" program to enable optimal student learning by having academic and social-emotional skills. 14 other schools involved, same school division Social Dev-Social Emotional Learning Network (SELF)
WINDSOR PARK COLLEGIATE	Run an 8 week group, meeting once a week - targeting the grade 9 population - using the Salvaging Sisterhood Program by Julia Taylor
WINDSOR SCHOOL	In April we will invite grandparents to spend time with their grandkids while participating in a physical activity and sharing a healthy snack.

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Mountain View School Division

School	Description
ÉCOLE MACNEILL	Students in Grades 4-6 will be given training in Problem Solving Skills and Goal-Setting Skills to use at recess time. Monthly schedules are posted and announced.
ETHELBERT SCHOOL	Use RESPECT program, positive self talk, role plays/puppet shows, Art display, Celebrating success with portfolios, Bulletin board displays, cross-grade activities.
GOOSE LAKE HIGH	Activities include Grade 8-9 poster contest promoting healthy living, all students in Positive Message Campaign to compliment other students, daily announcements and eight Intro to Yoga classes offered.
HENDERSON ELEMENTARY	Developing program for cycling. Fundraising for 20 bicycles to help create an awareness program for cycling as a sport, lifestyle and a means of transportation.
LT. COL. BARKER V.C. SCHOOL	To support the Playground Facilitators within the School Pride program. Students will attend training sessions and referee clinics on various team sporting activities.
MACKENZIE MIDDLE SCHOOL	Stress is prevalent in the lives as adults but it is often overlooked in the lives of children and adolescents. MMS intends on enlightening and informing students and parents about the real issues of stress in the teenager's lives. Students will be exposed
OCHRE RIVER SCHOOL	To keep with ongoing work in a bully-free environment with incentive programs that promotes good citizenship skills and will be rewarding all students for this positive behavior.
ROBLIN ELEMENTARY	To develop a collection of books to support social development with topics of building friendships, showing responsibility, respect and tolerance. The books will be used by Virtues Committee, classroom teachers and Guidance teachers.
SMITH-JACKSON SCHOOL	Facilitate the running of a Family Fun Night in the Spring. Student Council can be involved and events can be organized that allow families to communicate and work on interpersonal skills with other families, students, and staff.
WHITMORE SCHOOL	School wide walk-a-thon in May. All students, staff, families and member of the RCMP to participate. Will be part of school's spring walking/running club that takes place 2-3 times a week to reduce stress and enhance relationships between students and s
WINNIPEGOSIS ELEMENTARY	For students K-8 to have discussions around the issue of bullying and to purchase and view anti-bullying videos.

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Mystery Lake School Division

School	Description
DEERWOOD SCHOOL	As part of school wide "Rachel's Challenge" initiative we'll be hosting a year end rally to celebrate the acts of kindness throughout the year
JUNIPER SCHOOL	To being reward program for students and staff who are recognized for random acts of kindness. Guest speakers to provide info on conflict resolution, self-esteem and stress reduction. Also, a bulletin board display to promote positive mental health.

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Park West School Division

School	Description
BINSCARTH ELEMENTARY	We are a Restitution School as well as focus our Character Education using the 40 Developmental Assets. Throughout the year we plan Assemblies focusing on components of Restitution and the assets of Service to Others and Cultural Competence. Assemblies will be held and materials, book and food will be purchased. The goal is to encourage relationships with peers in older grades.
BIRTLE COLLEGIATE	We have decided to make "bullying" our focus for our PBS (positive behaviour support) group this year. We have had assemblies with student drama performances and skits around bullying, we developed a "stop, talk, and walk away" campaign with posters, t-shirts, events in classrooms and around the school. "Positive Office Referrals"- students are rewarded for kindness and respect. A anti-bullying course for repeat offenders. Scott Gallagher spoke to the school about positive relationships and life choices.
BIRTLE ELEMENTARY	Our school would like to run a school wide "fitness week" with healthy snacks daily for the week and a daily lesson on the importance of exercise both physically and mentally.
DECKER COLONY SCHOOL	Guest speaker on health/mental health with question and answer period; Tobogganing trip March 16th for all staff and students.
HAMIOTA COLLEGIATE	"Pay it forward" unit -hands-on activities, such as creating murals, discussions and community projects to develop assets such as friendship, empathy, interpersonal skills, etc. Following the unit, students will take part in a large group activity planned by their school to celebrate what they learned.
HAMIOTA ELEMENTARY	Two on-going programs. Peer Mentors for older students to spend time with younger students at lunch/recess breaks and are awarded by afternoon activities in appreciation. Leisure clubs for all students to choose and participate four times/year.
MAJOR PRATT SCHOOL	Magician to offer "The Magic Within" show to help students discover strength, education, being unique, kindness and teamwork, being strong and dreaming to accomplish anything.
ROSSBURN ELEMENTARY	K-8 is involved in making a garden. Stones will be placed in the garden, inscribed with empowerment-related words, phrases, or quotations.
SHOAL LAKE SCHOOL	Students today experience a lot of stress through their home life, extra curricular activities, peer relations and academic expectations. Therefore the focus of this grant for our school would be to bring in a yoga instructor to teach our grades 5 to 12

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Pembina Trails School Division

School	Description
ACADIA SCHOOL	Hold a "grade level day" for each grade - workshops, activities, and team building broadly based on the theme of Respect. Money would be used to bring in workshop presenters (eg. Teen Touch).
BEAUMONT SCHOOL	To purchase book and materials related to the topics of self-care, balance one's life and relaxation techniques as a way of coping with daily stressors.
CHANCELLOR ELEMENTARY	Develop a Play Therapy program; create a playroom for K-4 students. Develop social skills and address mental health challenges in a developmentally appropriate way.
CHAPMAN SCHOOL	Peace Education Unit to develop understanding of peacemaking skills in activities that foster cooperation and active participation, helping them to create a sense of community in the classroom, etc. Includes lunchtime art and relaxation group.
DALHOUSIE SCHOOL	Dalhousie School had a diverse and a wide multicultural school population. The community is invited to Dalhousie's pot luck supper. At our event families are invited to share their ethnicity and culture through the sharing of food. Moreover, our event
ÉCOLE CRANE	Trained yoga teacher with classroom and French immersion experience to run sessions will combine relaxation breathing techniques with light stretching.
HENRY G. IZATT MIDDLE SCHOOL	Mind, Body, and Soul House Challenge. To support our school initiative of promoting healthy living we are planning a half day Mind, Body, Soul house challenge day. Our student body has been split into multi-age "house" groups to encourage relationship building within the school community. During May 27 th student house groups rotate through 6 stations that have been planned to encourage healthy living, movement, fitness, environmental health, nutrition, relaxation strategies. Stations: Tae Kwon Do, Enviro development challenge, Graffiti artists or Dance lessons, Healthy Snack, Relaxation CD's. The Challenge addresses: physical activity, nutrition, healthy environment, positive relationships within the school and community. The school has a Behaviour Support Team to develop positive social cross-grade relationships and a bullying prevention strategy.
PACIFIC JUNCTION SCHOOL	To purchase "Be Cool" videos for K-3 and 4-6 that cover anger management and coping with bullying and teasing. The videos will be used in classroom and for families to share and discuss at home.
R.H.G. BONNYCASTLE SCHOOL	Host a Cultural Family Fun evening. Families in our school community will have the opportunity to participate in cultural workshops and watch performances.
RALPH MAYBANK SCHOOL	Environmental Beautification Day to encourage physical movement and positive relationships over a common goal and experience of being at one with nature.
ROYAL SCHOOL	"Quiet room" to recognize the value of a space where 'escalating' individual can work through anger and frustration. Supports mental-emotional, personal and social development.
RYERSON	Grades 4 and 5 taking program "Taking Care of Each Other" which

ELEMENTARY	teaches students to work together, interact, problem solve and develop empathy for others through a series of cooperative games and activities.
SHAFTESBURY HIGH	Students are surveying students in the Peer Support Group to prioritize the list of mental health issues to address. Speakers will be invited to talk to interested students. A door prize will be awarded.
WHYTE RIDGE ELEMENTARY	Have puppet troupe "Kids on the Block" present to students. Presentations teach elementary students about specific disabilities such as cerebral palsy, Down's Syndrome, etc, and how to deal with issues such as bullying, problem solving and peer pressure.

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Pine Creek School Division

School	Description
AUSTIN ELEMENTARY	Students will be provided with a variety of workshops where they will learn techniques to manage stress.
MACGREGOR COLLEGIATE	April 27 - May 1st Displays, information sharing at noon, over the intercom messages. RCMP, AFM and TADD group booths, peer helpers. Michael Buckingham presentation on Friday to wrap up week; completion of staff/student evaluations/recommendations
MACGREGOR ELEMENTARY	We are creating a garden where students and staff can use, free and class time to read and reflect. It's the hope that the setting allows all to enjoy that moment of tranquility in life.
WILLIAM MORTON COLLEGIATE	Our school peer helper group would like to attend the 11th Annual Healthy Communities Conference 2009. It's being held in Gladstone this year and the title is "it takes a Village...to build an Age-friendly community!" The 3 speakers will address such issues as environment, how today's children are raised, and developmental assets.

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Portage La Prairie School Division

School	Description
BRANTWOOD COLONY SCHOOL	Community BBQ and Ball game in co-ordination with school year end. To purchase equipment (Bats, balls and safety bases. Community to provide BBQ.
BRENNAN SCHOOL	As part of a health unit on Personal and Social Management, we will be focusing on anger management and appropriate ways of showing emotions. We plan on bringing in a guest speaker (e.g. school psychologist) to do a presentation for our students and staff.
ÉCOLE ARTHUR MEIGHEN SCHOOL	Pay it Forward-movie about kind things people do with prize awarded; Day of Workshops-curling, yoga, dangers of smoking, healthy eating, etc.; Addiction Awareness week-guest speaker, contests, posters and prizes.
FORT LA REINE SCHOOL	We will use the funds from this program to support our fair play program which is a bullying prevention/awareness program. We use our fair play program to award students for demonstrating good playground behaviour.
INGLESIDE SCHOOL	Teach character education i.e. Virtues, self-esteem, and conflict resolution through role playing, discussion, activities, media resources.
LA VERENDRYE SCHOOL	School wide yoga we will celebrate this event with photos, etc...
NORQUAY COLONY SCHOOL	A class once a cycle for 30mins discussing characteristics and motivations of a bully and how to take power away from them. (we'll create posters and mentoring)
NORTH MEMORIAL SCHOOL	From 4:30-6:30 pm to have five stations of games and activities set up to let students and parents do together in different locations in the school. Pizza will be served at 6pm. This will be a fun evening of learning. To encourage/promote a positive relationship between the school and community.
NORTHERN BREEZE COLONY SCHOOL	We will build "All About Me" scrapbooks during the month of April. During March, we will have students complete a variety of information and fact-finding activities such as locating a baby picture, a parental story from their childhood and lists of favourite sports, books etc. In April, students will assemble the books in an aesthetic manner. Students will present the books at our mother's Day Tea and then be able to take the scrapbooks home as a keepsake.
OAKVILLE SCHOOL	K-8 will participate in "Gymblast" assembly. Each event is fun and team co-operation creating school spirit. Student leadership is key to success to assist younger students in their groups to develop and enhance communication and interpersonal skills from grades K-8!
PORTAGE COLLEGIATE INSTITUTE	The social justice group fundraising activity for Sudan Clean Water project. The project has been all school year and showing students how their pocket change can have an impact, the three classes with the most donations will win a prize.
SOMMERFELD COLONY SCHOOL	Buddy Program for each student to have a peer mentor. Bullying Unit/Conflict resolutions on how to handle oneself in/out of classroom. Friendship with random acts of kindness/secret pals.
SUNNYSIDE SCHOOL	We are planning a session on Hobbies that students could participate in. Students, who currently have hobbies, will help with this presentation. A hobby is a lifelong event that can be very beneficial to mental health in concepts of relaxation, friendships

WESTROC SCHOOL	Students will create a scrapbook titled "all about me" exploring who they are and why they're valuable.
WOODLAND COLONY SCHOOL	Would like to purchase materials and resources that could be used to reinforce the topic selected.
YELLOWQUILL SCHOOL	<p>We are planning on having a Wellness Week with the following activities:</p> <ul style="list-style-type: none"> -daily "mental health" tip announcements -bulletin displays with mental health messages -workshop day for elementary and middle years including: <ul style="list-style-type: none"> *guest speakers on nutrition, dental health, mental health, self-esteem, proper rest, relaxation, substance abuse. <p>Guest speakers in the morning and afternoon with age appropriate topics: nutritional snacks and physical activity/stretch breaks throughout the day. Yoga at noon and a family fun movie night is planned.</p>

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Prairie Rose School Division

School	Description
BON HOMME COLONY SCHOOL	Purchase books for use to identify, explain, and encourage children to report bullying. Fiction and non-fiction books for the K-4 grades and activities for grades 5-8 peers.
CARMAN COLLEGIATE	Have speakers from organizations from TADD, MADD
ELM CREEK SCHOOL	Hold assemblies that focus on substance use and abuse prevention, have a guest speaker.
GRAYSVILLE SCHOOL	Kite making festival for families to come out and enjoy the spring weather. To purchase kite kits for out students and having a special lunch together.
LAKESIDE COLONY SCHOOL	To enhance our health program with resources such as children's literature and for bulletin board displays related to conflict resolution.
ROLAND ELEMENTARY	Family Fun Night-parent council organizes a family movie night at the school twice a year. They provide a free movie, popcorn and drinks for all. The school promotes this family fun event.
ST. PAUL'S COLLEGIATE	The St. Paul's Collegiate Peer Helpers have targeted smoking and drug use as primary concerns this year. They are actively seeking to support their peers in making positive, healthy choices, particularly when it comes to drug use.

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Prairie Spirit School Division

School	Description
CARTWRIGHT SCHOOL	Invite team from SERC to our school to speak to students, cost will be \$150 (Healthy Sexuality)
EVERGREEN COLONY SCHOOL	Winter fun day, students will form teams and participate in indoor and outdoor activities.
FAIRHOLME COLONY SCHOOL	Organize an Emotional Wellness workshop for students, parents, and staff. Community members and students will give presentations and organize activities. Purchase materials for parents and students; prizes.
SHADY LANE SCHOOL	We plan to purchase a small care package for each student, eg. Shampoo, lip balm, hand cream, etc. for our self care day. On this day we will have a guest speaker from Cancer Care regarding lung health, as well as videos on self-care and bullying. To be
STE. MARIE SCHOOL	Every second Friday, our Grade 7 & 8 students plan and lead a physical activity for our younger K-6 students. The Grade 7 & 8 students work together to decide what the activity will be, the equipment /material required, the time it will take and who will
TREHERNE ELEMENTARY	To prepare a wall mural to demonstrate a positive school culture and good character building. At the culmination of the "At My Best" program.
VALLEYVIEW SCHOOL	Whole school will be preparing Belgium recipes and at the same time will be giving out good citizen awards as incentives to the students (\$5.00 monetary prizes)
WESTMOUNT SCHOOL COMPLEX	Guest speaker-Michael Buckingham, former police officer who uses humour and gut-wrenching realism to take audience through his crash caused by an impaired driver.
WILLOW CREEK COLONY SCHOOL	Held before spring break a fun spring bash planned by grade 9-10 involves leadership and team work. Colony moms and preschoolers attend also. Learning by being active mentally as well as physically.
WINDY BAY SCHOOL	The event will focus on how students and staff react to situations which make us angry or frustrated. We will gather in the gym for a video presentation followed by a question/answer period. We will then look at different scenarios of how we could manage ourselves properly in situations that may provoke us to anger. In the afternoon, we will look at what we need to change in order to have positive attitude towards school.

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Red River Valley School Division

School	Description
ÉCOLE SAINT-MALO SCHOOL	Camp plein air au printemps pour les élèves à l'intermédiaire. Activités de groupe planifiées pour les élèves. Ateliers de résolution de problèmes dans le cadre de l'activité du camp d'été. L'aide financière servira à défrayer des coûts pour certains élèves qui ne peuvent pas se permettre d'assiter.
INST. COLL. SAINT-PIERRE	Event for 4 schools to participate in a program titled, "Rachel's Challenge" to help with empowerment of youth.
LOWE FARM SCHOOL	Self esteem, anger management, communication, interpersonal skills, empathy, bullying, friendship. Hold monthly assemblies, each class presents examples of character education themes
MORRIS SCHOOL	Event for 4 schools to participate in a program titled, "Rachel's Challenge" to help with empowerment of youth. See INST. COLL. SAINT-PIERRE
PEACE VALLEY SCHOOL	Supplement the Character Building Project with picture books and novels.
ROSENORT SCHOOL	Event for 4 schools to participate in a program titled, "Rachel's Challenge" to help with empowerment of youth. See INST. COLL. SAINT-PIERRE
SANFORD COLLEGIATE	Event for 4 schools to participate in a program titled, "Rachel's Challenge" to help with empowerment of youth. See INST. COLL. SAINT-PIERRE
STARBUCK SCHOOL	To join community in Memory Run/Walk, dedicating their efforts to the memory of a lost loved one. To help the healing process as students/community has suffered huge loss in the last three years. Funds raised to be donated to the community hall.
SUNCREST COLONY SCHOOL	Middle year's students will plan and host a week to celebrate positive self-image and interpersonal skills. Students will hear a guest speaker on the topic and be challenged to create an artifact representing a daily action that they initiated that demonstrates respect for self and other. Funds from the Mental Health Campaign will be used to purchase supplies required.

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River East Transcona School Division

School	Description
ARTHUR DAY MIDDLE SCHOOL	School wide assembly followed by smaller teacher advisor sub group meetings. Follow up in health classes.
BIRD'S HILL SCHOOL	To purchase resources to get the brain gym program running. Teachers would like the posters and bookmarks also.
DONWOOD SCHOOL	Guest speaker on making choices and teasing (Louis Gaudry) who was a thalidomide baby. Social Responsibility assemblies (1 hour every 2nd cycle) to teach "moral intelligences".
DR. F.W.L. HAMILTON SCHOOL	Hold lunchtime yoga classes for students with a qualified instructor.
ÉCOLE MARGARET-UNDERHILL	Body Image Group offered to Gr. 4 girls who are leaving for middle school. Empower girls and give them the tools to withstand harmful social pressures. Topics include proper nutrition, media imagery and building a self esteem support group.
EMERSON ELEMENTARY	Educate students on bullying prevention. Provide students the opportunity to solve problems through peace tables. Guest speaker-topics: internet safety, bullying, drug awareness
JOHN DE GRAFF SCHOOL	Establish a leadership/mentorship program; conflict mediation program for grade 5 to prepare for "playground helper's; and leadership club to identify positives in school, areas of change, provide playground support, etc.
JOHN W. GUNN MIDDLE SCHOOL	We operate an intensive anti-bullying program with teachers and our school Guidance Counselor. As well as the anti-bullying campaign we do many activities to encourage positive self-esteem in our student body. We encourage all students in our school to
MAPLE LEAF SCHOOL	Independent Living Resource Centre's Kids on the Block puppet show to be invited. Unique way of presenting to get along, accepting each other's differences, disabilities, bullying, problem solving and positive ways of dealing with peer pressure.
MURDOCH MACKAY COLLEGIATE	Program for babies and parents that reinforces the importance of verbal interaction with babies to foster development. Babies and parents engage in acting out and singing nursery rhymes and songs. Also includes a healthy snack that reinforces smart food
NEIL CAMPBELL SCHOOL	"Yoga Laughter" guest speaker; videos and DVD's; Family Fun Night
PRINCESS MARGARET SCHOOL	Celebration part of Social Responsibility program, identifies celebrating and understanding various cultures in school, multi-age group in bi-weekly events, speakers from various ethnic communities, etc.
RADISSON SCHOOL	Once a month assembly held in mix grade groups, this subject will be Friendship including a craft and activity energizer (Yoga). Also, to purchase posters and other materials.
SPRINGFIELD HEIGHTS SCHOOL	Currently piloting a counseling program in which students meet in small groups to work on either self esteem or anger management. Activities include art therapy, games and structured communication activities. Funding would be used to purchase materials, books and manuals that support our student's varied ages and cognitive abilities.
SUN VALLEY SCHOOL	Healthy body/Healthy Mind Spirit Week. As part of our school's spirit week focusing on healthy eating habits and mental health, we plan to

	have a wellness tip announced over the P.A. system at the beginning of each day. We also plan to have each class pa
TRANSCONA COLLEGIATE	Purchase informational posters specific to drug classifications. Have a certified yoga instructor teach Gr. 11 students.
WAYOATA SCHOOL	To offer Big Little Buddy Mentorship Program in partner with Murdoch MacKay Collegiate, to spend one lunch hour/week from Feb - May. This is the fourth year and will celebrate with a pizza luncheon.
WESTVIEW SCHOOL	Ongoing school wide positive behavior programming, to celebrate at annual year end cross grade level spirit group celebration/wind up. Will provide snacks, bubbles, beach balls, etc. to build friendships

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Rolling River School Division

School	Description
DOUGLAS ELEMENTARY	Hold a school wide outdoor activity. Includes playground cleaning, games, inter-grade playing, healthy snacks, and prizes.
ELTON COLLEGIATE	Healthy Dating Relationship presentations grades 9-12 with school counsellor and RCMP to present regarding forms of abuse, the legal system, procedures and case studies.
ERICKSON COLLEGIATE INSTITUTE	Presentation from SERC (Sexuality and Education Resource Centre) to Alternate Learning class and Grade 9.
FORREST ELEMENTARY	Host a workshop with middle years on bullying and tolerance, guest speaker from Teen Touch. Invite break dancer and yoga instructor-he will be working with students on the benefits and application of yoga and dance
GLENDALE SCHOOL	Invite Divisional personnel to speak on/do presentation activities on the two topics; permanent wall mural for the school and purchase Early years books for reading, sharing and discussion.
OAK RIVER ELEMENTARY	"Celebrate Me" Day-each child will be asked to bring/share something that makes them special. A sharing circle to explore our individual differences and celebrate what makes us unique.
ONANOLE ELEMENTARY	Students will host a peace fair at our local community center. This fair will showcase projects on racism/discrimination, an awareness video created by the students, famous people who stood up for human rights, and activities.
RAPID CITY SCHOOL	Facilitated day by school staff of movie watching and discussing the relationships and behaviors of the characters, both positive and negative role models.
RIVERS COLLEGIATE	Initiate a noon hour yoga club for staff and students.
TANNER'S CROSSING SCHOOL	Activity Day has been held 3 times this year. Stations run by staff that share their expertise with the students sign up for an activity that is new to them like broomball, fitness centre, cooking, yoga, dance, etc.
OAK RIVER COLONY SCHOOL	Using curricular outcomes to create discussion, then create posters with positive statements with photographs to display for students, friends, families and neighbors can view.

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Seine River School Division

School	Description
ÉCOLE ÎLE-DES-CHÊNES SCHOOL	Sponsor party for class receiving Roots of Empathy this year. Invite presenters in for Body-image re: Grades 4-8
ÉCOLE LORETTE IMMERSION	We start a Big Brother/Sister Program that promotes positive relationships with younger students in our school. The grade 7-8 students will be paired up with a younger student in grade K-4 and they will become their Big Brother/Sister. A two day training session will take place developing leadership skills required to work with younger students. A Meet and Greet party: Volunteer for 20-30 mins with their little Brother/Sister as a mentor. Sessions are recorded in a log book along with monthly meetings to prepare and discuss the program. A year end celebration will be planned with parents invited to view a power point presentation by the mentorship pair.
ÉCOLE SAINTE-ANNE IMMERSION	Provide classroom based workshops that will enhance the knowledge surrounding conflict resolution, bullying awareness, character education, specifically empathy and stress management strategies. Target Gr. 5 to 8.
ÉCOLE SAINT-NORBERT IMMERSION	We will continue with our Big Brother/Sister Program which promotes positive relationships with younger students in our school. The grade 7-8 students will be paired up with a younger student in grade K-4 and they will become their Big Brother/Sister. A two day training session will take place developing leadership skills required to work with younger students. A Meet and Greet party: Volunteer for 20-30 mins with their little Brother/Sister as a mentor. Sessions are recorded in a log book along with monthly meetings to prepare and discuss the program. A year end celebration will be planned with parents invited to view a power point presentation by the mentorship
ÉCOLE ST. ADOLPHE SCHOOL	To start a Big Brother/Sister Program that will promote positive relationships with younger students in our school. The grade 7-8 students will be paired up with a younger student in grade 1-4 and they will become their Big Brother/Sister.
LA BARRIERE CROSSINGS SCHOOL	Various events related to anti-bullying. Mar 5th-community relations police officer; mar 12th-grades 5&6 attended "Kids on the Block" puppet show; mar 20th-grades 5-8 The Ned show present Yo-Yo show.
PARC LA SALLE SCHOOL	"Kids on the Block" puppet show. Grade K-4 and grade 5-6 from other school will watch which is designed to teach children about bullying, disabilities and problem solving.
RICHER SCHOOL	Just for Girls Group and Circle of Friends for grades 5-8. Meet once/week for several months with discussions and classroom work on developing self-awareness, self-esteem, social responsibility, positive relationships, etc.
STE. ANNE ELEMENTARY SCHOOL	A team building activity that combines physical and mental health. Wall climbing for a day to provide an environment which will give them challenges to overcome and take risks.

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Seven Oaks School Division

School	Description
ARTHUR E. WRIGHT COMMUNITY SCHOOL	We propose to use the funding towards materials and resources for a "multicultural centre" where students develop a sense of personal value and competence through participating in hands-on activities such as beadwork, cooking, leather work and sewing.
COLLICUTT SCHOOL	Host open house events in which parents/caregivers/families would be invited to come into classrooms and observe/participate with students. Document student learning with pictures, videos, journals.
CONSTABLE EDWARD FINNEY SCHOOL	Support ongoing teaching and practice of yoga for students and parents.
ÉCOLE BELMONT	We are planning to use the money from this campaign to purchase yoga mats for our school. Yoga is being used as a tool in our school to support our students in a variety of ways: •To help children with stress reduction through the teaching of breathing
ÉCOLE RIVERBEND COMMUNITY SCHOOL	"Restitution" used for last three school years, to provide the teacher with a process to redirect the individual as opposed to consequence or punishing. Helps to face mistakes by wanting to meet their needs in a more positive way.
H. C. AVERY MIDDLE SCHOOL	Have a program called "Communications" where students get to know each other through activities. Mental-emotional development-students are given information on mental health issues and participate in discussions.
MARGARET PARK SCHOOL	To introduce to different, inexpensive hobbies to pursue over the summer holidays. HobbyFest held for two weeks will encourage students to sign up for a hobby. Parents, Comm. Members, parents and staff invited to teach a hobby they enjoy.
O. V. JEWITT ELEMENTARY	Purchase DVD's that deal with bullying and anger.
R. F. MORRISON SCHOOL	We will be creating a yoga club for students in the spring. I would like to use the funds to bring in expert instructors in yoga. Currently, we are running a variety of activities that promote healthy lifestyles such as our mileage club, peer mentoring and leadership club.
VICTORY SCHOOL	We are planning to use the money from this campaign to purchase yoga mats for our school. Yoga is being used as a tool in our school to support our students in a variety of ways: • To help children with stress reduction through the teaching of breathing
WEST KILDONAN COLLEGIATE	Organized guest speakers from public organizations, i.e.: Teen Talk, to discuss issues in mental health (eg: depression, anxiety, bi-polar disorders etc.) that are outlined in the new grade 11-12 Healthy Active Lifestyles Curriculum. Many of these sessions
EDMUND PARTRIDGE COMMUNITY SCHOOL	We have invited MTYP come into our school and perform the pop-rock musical RICH. The performance has a cost but the MTYP performances are very well done and the focus is always on reaching students at their level with content that is relevant to them. We would

	like all of our students to see this performance. It challenges teens to consider the impact of advertising and media has on their self-esteem, as well as with their life choices.
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Southwest Horizon School Division

School	Description
DELORAINES SCHOOL	Peer mentoring program-match older students with younger students who are not involved in a lot of community club activities. The goal is to help boost the confidence level of the younger students through friendship with an older child and involvement in planned activities after school. We are also hoping for the development of empathy within the older child.
HARTNEY SCHOOL	Gambling Addiction Awareness Presentation
MELITA SCHOOL	Host a variety of events using guest speakers. Topics include "Safe Talk", healthy eating, etc.
NEWDALE COLONY SCHOOL	To purchase books for library to promote mental wellness and time for school counselors for students, parents and staff. Will teach students how to react or not react in different situations and how to cope through groups or individuals.
SOURIS SCHOOL	Hold a Wellness Day for students, bring in presenters. Students choose different sessions, topics include self esteem, teen relationships, drugs and alcohol, etc.
WASKADA SCHOOL	To purchase videos, posters, etc. that enhance the Character Counts program and to hold an assembly. Focus will be on pillar of empathy as discussion for own mental wellness.
WAWANESA SCHOOL	Host a mental health day-presentations on different topics eg. MB Addictions Foundation. As well, add to fitness room for students.

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St. James Assiniboia School Division

School	Description
ATHLONE SCHOOL	Wellness Day in June, to have an interactive symposium format including yoga, personal trainer, art, dance, hobbies, meditation, etc.
BRUCE MIDDLE SCHOOL	Multi Cultural Week, have an assembly featuring India School of Dance to do a cultural dance presentation. And have other multi cultural activities throughout the week.
BUCHANAN SCHOOL	Monthly meetings in a cross grade format with exceptional needs students called Bengal groups. Creates sense of belonging and community and less bullying and aggression on the playground.
CRESTVIEW SCHOOL	Third year to hold year end celebration in classroom, with each student receiving a certificate and sharing juice and cookies. The purchase of "Make a Story-Writing Journal" will enable students to write through the summer and share with the new teacher at the beginning of the new school year. To help develop a connection with between the student and school staff as well as encourage literacy connections through reading, writing, viewing, representing and speaking.
ÉCOLE BANNATYNE	Yoga for Kids instructor to lead mini yoga workshops for students. Two-day period with emphasis on relaxation, healthy living, physical activity and proper stretching.
ÉCOLE ROBERT-BROWNING	Presentation by the NED show regarding Never Giving Up, Encouraging Others, Doing Your Best. To continue to promote the NED message through a Yo-Yo club at school. To purchase more yo-yo's to facilitate to a larger group.
GOLDEN GATE MIDDLE SCHOOL	Wellness Evening for students, staff and community with activities such as yoga, cooperative games, outdoor activities, and open gym. Also, an information table and healthy snacks provided.
JOHN TAYLOR COLLEGIATE	John Taylor is hosting a Wellness day event for students to attend workshops on issues pertaining to student wellness, mental health.
LINCOLN MIDDLE SCHOOL	School-wide rally that will promote mental health by getting students to feel, think and interact in a various activities. Stations that will reach many of the multiple intelligences will be set up all over the school. Students will rotate through the stations that will promote a variety of student interests, talents and strengths: music and technology, physical activity- dance, dodgeball, obstacle course, thinking activities-computer search, Pictionary, charades, trivia. This school wide rally will promote mental health by encouraging school connectedness, as well as individual strengths and talents.
SANSOME SCHOOL	School wide assembly. Read book "Finding the Green Stone". Use money to give each child green stone, tools (stress balls), interactive bulletin boards, certificates.
ST. JAMES COLLEGIATE	With the funds provided from the grant, I would like to bring in an activity such a yoga or meditation/relaxation classes with a certified instructor to help student deal with their multiple stressors: home life, academic pressure, peer pressure.
STEVENSON-BRITANNIA SCHOOL	We have a Golden Ticket Assembly every Monday morning. Students are given a "golden ticket" from a staff member when they are "caught" doing a good deed or showing one of the good character attributes from the Character Education program (responsibility,

STRATHMILLAN SCHOOL	Body image for boys, teacher led workshop Body image and weight preoccupation for girls, led by a guest speaker Focus will be self esteem and to help students to resist extreme messages of the media in an interactive format.
STURGEON HEIGHTS COLLEGIATE	1) Girl's group of 15 for Grade 9-12 that will focus on building self-esteem, goal setting, positive coping strategies, healthy relationships, substance use/prevention through interactive discussions and experiential activities.2) 3 day event
VOYAGEUR SCHOOL	In June each classroom will hold a celebration of learning whereby families will be invited into the school to celebrate students' accomplishments of the past school year. This event is a change from the usual end of the year "awards ceremonies" in that each student will be recognized for an individual strength among their peers and families.

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Sunrise School Division

School	Description
ANOLA SCHOOL	To help support an in-school peer mentoring program launch. To meet at least twice a week during school hours and for the leaders to be trained in communication, tutoring, reading, etc.
BEAUSEJOUR EARLY YEARS SCHOOL	Anti-bullying campaign. Stories, lessons, discussions, poster contest. Classroom visits by counselor on awareness and strategies to deal with bullying. Teachers will continue discussions.
CENTENNIAL SCHOOL	Enrichment clusters-offer students an opportunity to work in small group workshops learning about areas of interest. Students will be able to choose sessions which include a healing circle, a mental health seminar, art, literature, safety, environment and many others. It is our purpose to meet several outcomes including Health/Phys Ed., Career, Talent Development, Art, Social Studies, and Science.
HOFER SCHOOL	Teach Yoga or Relaxation Classes. To do this I would need the Hatha Yoga Library Program. It "contains over 100 yoga poses and exercises detailing yoga exercises and techniques. It is an ideal collection for health or fitness and will be a valuable aid t
OAKBANK ELEMENTARY	Purchase resources in areas of stress reduction and positive coping skills to be used by parents, teachers, and student support staff in the classroom with children who show signs of anxious behavior.
POWerview SCHOOL	School student support team with AFM worker to remind students about dangers of drinking and driving. Final week of May, as older students prepare for graduation. DOA presentation by MADD Canada on May 28th, presenting daily public service announcements and sponsoring a poster campaign which will be open to all grade levels.
REYNOLDS ELEMENTARY	Many of our students travel significant distances to and from school on the bus each day. As a result, when students enter the school they are often hungry and tired after their long trip. To help reduce the number of bus incidents that occur on the bus
SPRINGFIELD MIDDLE SCHOOL	Springfield Middle School will be celebrating multiculturalism in a unique way. We are having a Globe trotting experience ("mini folklorama"). Students will be involved in a number of multicultural educational experiences throughout the week of April 20 th -24 th . This will include cultural performances, and class presentations/research. Each grade and classroom will be involved to experience and learn from a variety of cultural perspectives that are part of our diverse multicultural country.
SPRINGWELL SCHOOL	Currently running a virtues program in which a virtue is talked about for one week at a time, for example: caring. Purchase videos, prizes for students who demonstrate virtues. Throughout the school year we work on a different virtue each week.

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Swan Valley School Division

School	Description
BENITO SCHOOL	Purchase a digital photo frame to display photos of students in action-sports, enrichment, research, fun days, serious work, etc.
BIRCH RIVER SCHOOL	Students with parents to paint on the ceiling tiles to display mission statement "Create, Enlighten, Respect". Student council will paint hallway and outside wall to promote pride and decrease vandalism.
BOWSMAN SCHOOL	An afternoon of activities to promote positive levels of self esteem. Provide students with strategies to gain and keep self confidence during difficult situations. Public and mental health guest speakers to introduce them to community help and support.
ÉCOLE SWAN RIVER SOUTH SCHOOL	Purchase rewards for students who reach a personal goal, do a good deed, and celebrate a birthday, a class reward for reaching a class goal.
MINITONAS EARLY YEARS SCHOOL	Minitonas Early Years School strives to provide a safe learning environment for all students and staff. Classroom and school routines are established which are consistent with school and division policy. Students and staff are familiar with the school's a
MINITONAS MIDDLE YEARS SCHOOL	Have 2 guest speakers from crisis centre to make a presentation to all girls in our school and their mothers-social conflict in friendships.
TAYLOR ELEMENTARY	A walking club program is needing pedometers to enhance the program. Giving the students opportunity to relax, reduce stress, introduce a hobby and building friendships.

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Turtle Mountain School Division

School	Description
BOISSEVAIN SCHOOL	Spirit Day Event. Middle school students help organize and run the k-4 event. Promote activity outside using teamwork, individual and strategy techniques.
HOLMFIELD COLONY SCHOOL	Invite a speaker to talk about the importance of self care and relationships with our self. Students will then participate in a day of self care. Activities include yoga/relaxation classes, scrapbooking, card making, cooking, woodworking, and other hobbies
MAYFAIR COLONY SCHOOL	Hold an "I feel...fair"; students will explore different feelings, how to manage and respond when they meet those feelings in others.
MINTO SCHOOL	We will host a "Friendship Day" and invite classes from a neighbouring school to go skating, share a snack and make a craft together. We have a qualified yoga instructor in our community and we would like to hire her to do yoga for self care and relaxation.
WELLWOOD SCHOOL	School assembly focused on friendship. Groups will be formed to create an art display and then share it at the end of the afternoon. A follow up ELA activity with all students writing a friendship poem.

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Turtle River School Division

School	Description
ÉCOLE LAURIER	Nous allons faire des cerfs-volants avec chaque élève et aussi acheter des livres et les lire aux enfants. Apus que tous les cerfs-volants seront fabriqué nous allons passer du temps à l'extérieur et nous allons les voler
GRASS RIVER SCHOOL	Students will create a wall mural, art displays for bulletin board as part of their character evaluation
STE. ROSE SCHOOL	Grade 9 to have one day workshop with speakers/presenters and purchase resources.

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Western School Division

School	Description
MINNEWASTA SCHOOL	Noon club events to promote belonging, self worth, acceptance and respect for others. To purchase materials and resources.

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School District of Whiteshell

School	Description
F. W. GILBERT SCHOOL	Empowerment-Gr.6 girls meet weekly to discuss girl issues like self esteem, respect, hygiene etc. Anti-drug program, babysitting course, buddy program-grades team up for mentoring in all types of activities.
PINAWA SECONDARY SCHOOL	Student Council to organize morning and afternoon announcements; posters and pictures; track random acts of kindness with prizes; purchase materials and supplies.

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Winnipeg School Division

School	Description
ANDREW MYNARSKI V.C. SCHOOL	Andrew Mynarski VC is embracing Inclusive Education. In support of this Endeavour we would like to develop a Peer Pal Program that will connect students in the grades 7 through 9 academic classes with students from our Lifeskills, Adaptive Skills, and Learning Assistance Centre classrooms. Students from academic classes will help develop interpersonal skills and support for the students in special programs. Peer Pal program: promote acceptance and respect.
BROCK-CORYDON SCHOOL	Brock Corydon school is an active member of the UNESCO ASPnet in Manitoba. Student representatives from Grades 1-6 meet regularly to discuss and plan activities for the school that will promote an understanding of world issues, environmental concerns, human rights and intercultural learning. The students will create a wall mural in the school's hallway that will visually represent what our school stands for regarding the UNESCO's themes. Each student will draw a picture that depicts some aspect of what they are studying in relation to these themes.
CARPATHIA SCHOOL	We have developed a "Global Citizen" Committee to address some racial issues that occur at the school due to our richly diversified cultural population (African, Iranian, Iraqi, Aboriginal, and Korean). Our activities include a guest speaker (topic: Celebrating Diversity), an African storyteller and a multi-cultural "Taste of Carpathia" evening. There will be ongoing work done in the classroom to support areas of discussion.
CECIL RHODES SCHOOL	Students will be involved in physical activities during our field day. These activities will be run by leadership students. Activities will help develop belonging to a team, improve self esteem, develop relationships and school spirit.
CHAMPLAIN SCHOOL	Invite a speaker to talk about positive attitudes and intrinsic motivation.
CHILDREN OF THE EARTH HIGH SCHOOL	Male and female traditional advisors will conduct grade level pipe ceremonies with the teaching of Love as the theme. They will incorporate teachings around positive self-esteem and body image. Teen Talk - will provide workshop around body image.
CHURCHILL HIGH	Invited a guest speaker from Nine Circles Community Health Centre to facilitate mental health activities with groups of students. Topics include relationships with self and others, empowerment, diversity, bullying. Purchase materials for classroom projects.
CLIFTON SCHOOL	School-wide theme for March-Aboriginal teaching of humility through class discussions, morning announcements, guest speakers, and common bulletin board.
DANIEL MCINTYRE COLLEGIATE INSTITUTE	Advertise the dangers of smoking through bulletin board displays, announce weekly health concerns over PA system, design commercials to promote the choice to "stop smoking" on automated announcement screens
DAVID LIVINGSTONE SCHOOL	Have a spring dance for students.
EARL GREY	To create and promote positive school environment through pictures of a

SCHOOL	variety of events and everyday activities which encapsulate the idea. The image montages will decorate bulletin boards in an overall effect to build positive school climate.
ÉCOLE LANSDOWNE IMMERSION	Hold assemblies to teach students anti-bullying skills. Police will present anti-bullying messages and students will devise posters to promote the campaign. 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.
ELMWOOD HIGH	Some grade 11 students will work on bringing awareness in the month of May by creating a series of posters (bulletin board display) and public announcements. The goal will be to de-stigmatize mental-emotional health issues.
FARADAY SCHOOL	Through classroom activities and through the Effective Behaviour School (EBS) initiative, we work towards developing self-worth, problem-solving, tolerance and acceptance and respect for others among our students so that they may feel good about themselves
FORT ROUGE SCHOOL	Presenter will speak to students about the importance of having personal boundaries (physical, emotional, mental). Teachers will follow up with lessons on personal space, building self esteem and character building.
GARDEN GROVE SCHOOL	"Bring you bike to school day" to lock up as many bikes as possible on new bicycle rack and an assembly to celebrate our healthy, active lifestyles and confidence/overall good health that usually result from that lifestyle. Students will be eligible for prizes.
GENERAL WOLFE SCHOOL	Drug Awareness Week - Funds to purchase videos, shown at lunch, Guidance and health classes, and a poster competition.
GLADSTONE SCHOOL	To promote self-worth through participation in Fit Day activities in June and the money will be used for small equipment for station use.
GLENELM SCHOOL	Parent Child Learning Together Evening The Parent council will arrange for families to come together in the evening to enjoy a meal and partake in activities and learning about the Humane Society, Drama and technology.
GORDON BELL HIGH	School theme "WAN2TLK?" for month of March with videos and popcorn served on depression, anxiety and stress. Students will be given journals and sketch books to further express these feelings.
GREENWAY SCHOOL	Purchase yoga materials inc. student cards and videos for mental development and award stickers for students who are participating in activity classes.
GROSVENOR SCHOOL	Yoga for Kids @ Grosvenor School Less stress and greater success, for all teachers and students. Using Yoga for Kids will: -1. Help all your students learn, regardless of learning style. -1. Have fun and feel great sharing Yoga for Kids with your student
HARROW SCHOOL	Currently running a "Roots of Empathy" program for Gr. 5 with the school social worker. The social worker also works with Gr. 6 on similar issues.
HUGH JOHN MACDONALD SCHOOL	Day at the YMCA, Self care day! Stress reduction, friendship, hobbies, self-esteem, belonging... for grade 9 students.
INKSTER SCHOOL	Students will be involved in physical activities during our field day. These activities will be facilitated by leadership students. The purpose of these activities is to develop belonging to a team, improve self-esteem, develop relationships and increase
ISAAC BROCK SCHOOL	On going activities. JA Students conferences to learn about trade and technology careers available. Elementary students participating in assembly featuring the "NED" Show (Never give up, Encourage other, Do

	your best).
ISAAC NEWTON SCHOOL	"Family Day" to watch the rented Imax Experience to allow families to have an affordable outing by approaching businesses for contributions.
J. B. MITCHELL SCHOOL	To invite the Shaughnessy Park dancers to demonstrate aboriginal dances and give a brief explanation on each category.
JOHN M. KING SCHOOL	Multicultural Family Event on June 23rd to celebrate with families and community the diversity of the student population. Performances by student and food prep by parents.
KELVIN HIGH	First year of Mentorship Program where staff-nominated grade 12 students match with incoming grade 9 students. They plan assemblies and activities for Grade 9 students. A retreat is planned to train new mentors for the fall.
KENT ROAD SCHOOL	Teach personal and social development through "Learn to Share, Show you Care" program. Every Wednesday will be "heart Day" where two students will dress up as Heart Doctors and sell paper hearts to students and staff for 25 cents each.
KING EDWARD COMMUNITY SCHOOL	Anti-bullying Caught you Caring Campaign Students will be given criteria to be a good bystander. When they are "caught" they'll get a sticker and be entered in a school raffle. Student of the Day Awards Resources for classroom teachers to develop feeling great activities in their classrooms.
LAURA SECORD SCHOOL	To buy material appropriate for working with issues both with individual children and within small group settings. Materials include: Skill-streaming the Elementary Child – Skill Cards, Cultivating Kindness in School, Thinking, Feeling, Behaving and An Emotional Education Curriculum, No More Stinking Thinking: A Workbook for Teaching Children Positive Thinking, Ready, Set, RELAX, games: Journey to Friendsville and Friendship Island. Children would benefit from these resources. Information used in individual and group sessions would be shared with parents and school staff as strategies in dealing with many students.
LORD ROBERTS COMMUNITY SCHOOL	To purchase "Yoga Kits for Kids" and "Yoga for the Rest of Us". The kits includes a music CD, poster, activity cards, and 2 DVD's. For physical education class, but will be available for classroom teachers to use when they choose.
LUXTON SCHOOL	Cross grade learning buddies facilitate positive relationships on the play ground. Funds will be used for learning buddies to share a snack following the reading of books written by students as part of a school wide writing project.
MACHRAY SCHOOL	Support annual community Pow-Wow
MEADOWS WEST SCHOOL	Teach 3 Native American ball games. Teach children about rules, sharing, taking turns, helping others. Host a games day.
MULVEY SCHOOL	Students will reflect and discuss what a positive self image means to them. They will create images, powerful words and phrases that represent their thoughts. They will screen these onto t-shirts.
NIJI MAHKWA SCHOOL	Wellness week (May 25-29) with daily PA announcements, library books available and students to create posters regarding body image, balanced lifestyle and other topics to be displayed at Family Fun Day, May 29/09.
PINKHAM SCHOOL	During recess conflict resolution leaders will monitor student behavior and relay any problems to the office using 2 way radios. Students will be trained by staff to perform task.

PRAIRIE ROSE ELEMENTARY SCHOOL	handouts and pamphlets, and 3 guest speakers
PRINCIPAL SPARLING SCHOOL	The grade 5/6 leadership classes are organizing a Wellness Carnival/healthy activity day in our gym. We have 10 different stations that will be run by the leadership students. The rest of the classes will come and participate in the activities during their scheduled time. Everyone will have a fun and stress-free start to our well deserved holiday. Stations: Bean Bag toss/ring toss, Scooter obstacle course, Cargo net climbing, Water World, Dance Dance Revolution, Lentil Guessing, Plasma Car Race, Bowling. Stress reduction, leadership, personal development, decision-making and problem solving.
RALPH BROWN SCHOOL	Focus on spiritual/emotional well being. Activities to take place during Friendship Month. Guest speaker and learning buddies to share a project.
RIVER ELM SCHOOL	The last week in March, 2009 before Spring Break, the school will hold a "Spirit Week", promoting the theme of "Hero Values". These values will include taking care of each other, other-centeredness, healthy self-worth, anti-bullying, being a role model, team-building, taking care of our community and world.
ROBERT H. SMITH SCHOOL	Community family breakfast. Over 1000 people in attendance. Students, served, cleaned, greeted, and performed. Purpose was to have a sense of belonging, ownership, and raise school spirit, awareness and pride.
ROBERTSON SCHOOL	For month of April, students will work on art displays, essays and posters. Daily wellness tip will be daily announcements thru PA system. Books, videos and DVD's will be purchased and two parent volunteers to be trained to present in-class.
SARGENT PARK SCHOOL	"Pay it Forward" program. Adults will reward students who perform acts of kindness with special pencils. Students who get more than one can only keep one, and they have to witness another student performing an act of kindness and give them the extra pencil. They have to fill out a form of why they believe they were given the pencil and why they gave away a pencil-accountability.
SHAUGHNESSY PARK SCHOOL	School Social Worker and School Psychologist will be facilitating groups based on the 'FRIENDS for life' program. This is an early intervention program that educates children about feelings, friendships, positive coping strategies and managing feelings.
SISTER MACNAMARA SCHOOL	To develop in areas of friendship, empathy, anger-management and anti-bullying is key to good citizens and building school community. Purchase books, videos and programs to assist.
ST. JOHN'S HIGH	Second year of mentorship program between middle years and high school students. Promoting positive, healthy relationships is key to many of at-risk grade 7 and 8 students which shown an increase in self-esteem and confidence.
STANLEY KNOWLES SCHOOL	Small group counseling to explore ideals, attitudes, feelings and behaviors. Recognizes need to support students through grief and divorce through visual tools, art therapy and verbal interaction.
STRATHCONA SCHOOL	For one week, students and staff will participate in announcement tips for the day such as, making good choices, make a new friend today, say please and thank you, etc. At the end of the week will be a Festival of Arts and Learning. Parents will come and participate in a dance workshop and will then do a gallery walk of all classrooms, featuring student's work

	over all areas of the curriculum, including music and dance.
TECH-VOCATIONAL HIGH	Art Therapy - to introduce students to a new hobby, creating greeting cards and exploring self identity through the creation of photo scrapbooks.
TYNDALL PARK COMMUNITY SCHOOL	All students will have a 30-45 minutes session with a certified yoga instructor who specializes in teaching children. Will include positive coping skills to deal with anger or sadness through the meditation.
VICTORIA-ALBERT SCHOOL	School-wide dance festival by grade level, with hula hoop demonstrations by individuals and classrooms to self-express.
WELLINGTON SCHOOL	Whole school dance festival for each class to demonstrate their dance to the student body and any interested parents/guardians. PE classes in March will be on personal expression through dance.
WESTON SCHOOL	Host a "Healthy Mind and Body" school event at Little Mountain Park. Activity stations provide hands on activities supportive of health, phys.ed. math, science, and sustainable development. Healthy choice snack and lunch station offers social interaction
WILLIAM WHYTE SCHOOL	Middle year's girls meet regularly with female staff. Funds will be used to provide them with an opportunity to participate in the "At Home Alone" program, where they learn their rights and responsibilities when at home alone, how to handle phone calls and
WOLSELEY SCHOOL	Invited Evan Coffieman, dance instructor, to do African Rhythm and movement workshop. Full day session for workout for body, mind and soul.
ADOLESCENT PARENT CENTRE	To provide guest speaker on substance abuse and affects on brain development for girls and their unborn children. Other topics are depression, anxiety disorders, bipolar or manic-depressive illness.
WINNIPEG ADULT EDUCATION CENTRE	Explore feelings and communication etc... Production of an Anthology of stories written by 'basic literacy' learners. These stories encompass their past, present history and their future dreams.