

# Secondary School Grant Application

## APPLICATION GUIDELINES

Secondary schools can apply for a grant up to a \$1000.00 to address a health topic within your school. This grant is a competitive process with limited grants available. Only one grant will be awarded per school for the 2023/2024 school year.

You must use a [Healthy School Approach](#), which includes creation of a group/use of an existing group to address the health topic. Please visit [www.bchu.org/schoolhealth](http://www.bchu.org/schoolhealth) > Become a Healthy School, for more resources.

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

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

Reporting requirements: Successful applicants will be expected to complete a reporting form explaining outcomes, financial accountability, and key takeaways from the projects. Things to include in your plan: saving all receipts and keeping reliable financial records, like a simple project ledger (Please see template example and example ledger on website)

## APPLICATION FORM

- Please complete the application and email to [schools@bchu.org](mailto:schools@bchu.org) by December 15, 2023.
- Applications will be reviewed, and all schools will be notified of their application status by January 8, 2024.
- The grant money will be provided to schools on January 15, 2024.
- Reporting form and template information to be submitted no later than: June 30, 2024 to [schools@bchu.org](mailto:schools@bchu.org)

## SCHOOL INFORMATION

Secondary School Name:

Name of Applicant(s):

Name of Principal:

Signature of Principal:

## PROJECT INFORMATION

Name of Project: Stopping Stigma!

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

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

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

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

- Educate our peers on mental health
- Decrease stigma surrounding mental health
- Engage our peers in a fun/meaningful way
- Invite and engage parents/community

- Attempt to sustain this information on stigma by continuing with workshops in the following semesters to come

### Project Action Plan with Timeline

#### Month 1 – What is Mental Health? (February)

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

Example of a lesson: [hTt-How-Does-Stigma-Affect-Us-All Lesson-Plan\\_EN.pdf \(ottawapublichealth.ca\)](https://www.ottawapublichealth.ca/health-topics/mental-health/mental-health-education/lesson-plans/ht-how-does-stigma-affect-us-all-lesson-plan-en.pdf)

Ideas:

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

Journals – hand out journals with a small presentation on journaling

#### Month 2 – Experts Opinions (April)

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

#### Month 3 – Mindfulness (May)

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

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

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

#### Additional questions to consider:

1. Who is measuring the success?
  - Students from the Stopping Stigma group will ask their peers
2. What tools will be used to collect data? Do these tools already exist, or will someone have to create them?
  - Stopping Stigma will create a couple of questions on chart paper for an informal survey
3. How often will you collect data?
  - During the health fair students can select answers using stickers
4. Will the person doing the measuring need training?
  - No. Students are capable of creating and facilitating the informal questions.
5. Will some of the funds be needed to measure the success?
  - No. There are no expected costs as the school has chart paper, tape, and stickers.
6. Are there any ethical considerations?
  - Students will be able to tell peers the purpose of the questions, how the information will be used, that its voluntary with no names collected. Students will also connect with BCHU school nurses to discuss the questions prior to the health fair to see if the questions assess what they want to measure.

7. Are there any school board policies which need to be considered?

- We will make sure that what we produce or capture (ie photos) is in line with the school board policies regarding consent and photo consent.

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

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

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

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

Yoga mats x 40?? - \$200

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

Journals: \$100

Celebration: \$200 (lunch)

= projected total of \$950

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

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