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Healthy Schools is Manitoba's school health initiative intended to promote the physical, emotional, and social health of school communities. The initiative, a partnership between Manitoba Health/Healthy Living, Manitoba Education, Citizenship and Youth and Healthy Child Manitoba, provides support, funding, and resources to school communities throughout Manitoba.

Over the past years Healthy Schools has provided funding to participating schools in six successful campaigns, with topics including safety and injury prevention, physical activity, healthy eating, and mental health promotion. These campaigns have demonstrated that schools can do great things to support the health and wellness of their larger community.

We are pleased to inform you that the Healthy Schools campaign this fall supports **MENTAL WELLNESS**. Participating schools will receive the anticipated \$100.00; and for the first time, schools will also receive an additional **\$0.20 per student** for an activity or project that promotes mental wellness in their school community.

A school representative (administrator, teacher, support staff, parent council member, or student council representative) is encouraged to apply. *Please note that only one application per school will receive funding.* Further information related to this **time sensitive opportunity** is attached.

To apply for the Mental Wellness Campaign, please complete the application form provided. For further information about this initiative, contact Marie Antaya (mantaya@gov.mb.ca or 204-788-6620). Information about Healthy Schools and this campaign can also be accessed at www.manitoba.ca/healthyschools.

To help you plan for the 2006/07 school year, we are pleased to inform you that the Spring 2007 Healthy Schools Campaign will be **Healthy Eating and Nutrition**. Watch for the application package in February 2007.

Best regards,

Marie Antaya
Healthy Schools – Healthy Populations

Healthy Schools Funding Information

Mental Wellness

Mental wellness or good mental health is our ability to feel, think, and act in ways that help us to enjoy life and deal effectively with the challenges that we meet.

Did you know...

- Mental wellness is as important to overall well being as physical, social and emotional health.
- A recent study found that the specific traits associated with mental wellness at age 10 are as significant to future employment success as academic ability.
- Support from family and friends is important for positive mental and physical health.
- Having even one supportive adult (parent, close friend, teacher, coach, or youth worker) can prevent a child / youth from developing mental illness and / or problems with substance use.

What schools can do to promote mental wellness:

- Schools can build a sense of connectedness and community through in-school and extra-curricular activities that draw upon a variety of student interests, talents and strengths.
- Teachers can create a positive learning environment by emphasizing the importance of respecting and valuing diversity.
- Teachers can help build self-esteem in children by encouraging them to identify and celebrate their own strengths, and the strengths of their classmates.
- Teachers can help build important life skills by involving students in activities that develop critical thinking, decision-making skills, communication, interpersonal skills, empathy and coping.
- Schools can work in partnership with others (parents, media, community groups, etc.) to provide substance abuse and mental illness prevention programs.
- Schools can create safe learning environments by putting policies in place to address aggressive behaviour, such as bullying.

Learning Outcome strands and sub-strands from the *Physical Education/Health Education: Manitoba Curriculum Framework of Outcomes for Active Healthy Lifestyles* that may be linked to the “Mental Wellness Campaign”:

- Personal Development – Self-awareness, self-esteem, goal-setting, decision-making, problem-solving process
- Social Development – Social responsibility, relationships, conflict resolution process, avoidance and refusal strategies
- Mental-Emotional Development – Feelings and emotions, elements of stress, effects of stress, stress management strategies
- Substance Use and Abuse Prevention – Helpful and harmful substances, effects of substance use, factors affecting substance use
- Human Sexuality – Biological growth and development, psychological factors, sociological factors, health issues

“Mental Wellness Campaign” activity ideas:

- Host a family information event.
- Announce daily wellness tips over the school PA system.
- Invite a guest speaker.
- Have peer-to-peer sessions, have upper years students pair up with younger students.
- Create a bulletin board to post information.
- Encourage student council to run an event.
- Create poems, songs or posters.
- Design ads or public service announcements.
- Host a school-wide rally.
- Create school policies.
- Role play through puppet shows or improv.
- Create cartoons.

For more Mental Wellness information and classroom ideas, visit the Healthy Schools website at www.manitoba.ca/healthyschools or visit the Mental Health & Addictions website at www.gov.mb.ca/health/mh/index.html .

Healthy Schools MENTAL WELLNESS CAMPAIGN

Application Form (Deadline – November 10, 2006)

| | |
|--|--|
| School Division | |
| School Name | |
| Contact Person | |
| Position <i>(parent, teacher, etc)</i> | |
| Mailing Address <i>(street, town, postal code)</i> | |
| E-mail Address | |
| Phone Number | |
| Fax Number | |
| School Grades | |
| School Population | |

Description of Event *(Include a short description of the proposed event including information on how the event meets the funding criteria and how it will be organized. Please attach another sheet to the application form if the space provided is not sufficient.):*

Date(s) when the event will be held:

Partners Involved *(e.g. community groups, students, parents, school staff, public health, local businesses, etc):*

Successful applicants will be notified by e-mail. Funding will be provided in January 2007. *Please note that only one application per school will receive funding.*

Please submit applications by **November 10th** to:

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Putting children and families first