

October 2023

Anglican Homes Inc: Winter Sports (Physical Activity)

Anglican Homes Inc. will offer Indoor Curling to the residents of St. Luke's Community Living. This program will help seniors who often fear falling during outside winter activities remain active and socially connected during the winter months. The partner for the project is the City of St. John's Outreach Recreation staff who will introduce participants to the game and facilitate matches. Funds from the grant will be used to purchase indoor curling equipment.

Beachy Cove Elementary (BCE): Being the Best I Can Be (Mental Health Promotion, Child and Youth Development)

The goal of this project is to teach students in Kindergarten and Grade 1 interpersonal and intrapersonal skills for healthy relationships and self-regulation of emotions. Working with a local children's yoga/fitness instructor, BCE will offer seven weekly sessions onsite. Physical activity, yoga poses, breath work, and cooperative games will be used to reinforce ideas such as listening, teamwork, problem solving, fair play, waiting, and body awareness. The grant will go towards instructor fees. Partner is the Active Schools Coordinator who will advise/assist with project development and implementation.

Brookside Intermediate: SucSeed in the Classroom (Healthy Eating, Healthy Environments, Health & Literacy)

The purpose of SucSeed in the Classroom is to introduce hydroponic gardens to teach students about food production and healthy eating in a hands-on way. Students will set up, plant, and care for their garden over the school year and will participate in harvesting the produce and creating a healthy meal together. SucSeed will conduct sessions about nutrition, composting and healthy meals as well as provide a Lomi composter. Money from the grant will go towards two SucSeed Educator All-in-One kits.

Conception Bay Family Resource Program: Parent Committee Community Kitchen (Healthy Eating)

This project will engage parents in a safe environment to learn about affordable, healthy eating and gain cooking skills under the guidance of a qualified cook. Participants will meet weekly to plan, budget, shop and prepare meals that they can provide for their families. Partners include the Town of Conception Bay South and Topsail United Church who will provide in-kind access to kitchen facilities, and NL Health Services Regional Nutritionist. The grant will be used to purchase food ingredients, small kitchen tools, transportation, and childcare.

Cowan Heights Elementary: Chess Club (Child and Youth Development, Mental Health Promotion)

Cowan Heights Elementary will start a Chess Club for interested students to learn how to play the game and have fun! Chess offers numerous benefits for school children including contributing to their cognitive, social, and emotional development. Sportsmanship, building friendships, critical thinking and problem-solving skills are outcomes that may be attributed to engaging in the game. As partner, NL School Chess Association will assist with club set up, mentoring, and chess meets. Chess boards, storage totes, healthy snacks, and honoraria will be purchased with the grant.

Ecole St. Matthew's School: Dirty Learning – Making the Most of Our Outside Learning (Physical Activity, Health & Literacy, Healthy Environments)

Funds from this grant will enable Ecole St. Matthew's School to purchase and stock a cart for outside learning time that facilitates reading, writing, and other academic studies in a ready-to-run fashion. The cart will be located centrally in the school and teachers can book it via Google calendar. The Teacher Librarian and Reading Specialist will review contents of the cart bi-weekly and restock as needed. Reading resources will include selections of Indigenous stories from the Strong Stories series. The partner for this project is Beachy Cove Elementary who will advise and share their experiences from a similar project titled Reading on the Run. Items to be purchased include a foldable wagon, clipboards, magnifying glasses, journals, and Strong Stories book bundles.

Flatrock 50 Plus Fun Club: Dance Lessons (Physical Activity)

This project will see the Flatrock 50 Plus Fun Club draw on the expertise of a local dance instructor to offer weekly dance sessions to their members and other seniors in the community. Participants will have an opportunity during the winter months to learn traditional dances such as the Lancers and the Virginia Reel as well as the Jive. The Town of Flatrock is providing use of the Community Centre for the activity. Money from the grant will cover the cost of instruction.

Horizon Academy: Learning Resource Centre Facelift (Mental Health Promotion, Child & Youth Development)

The purpose of this project is to transform the current library into an updated learning commons that enhances the social and emotional well-being of students. By fostering an inclusive and welcoming atmosphere, a learning commons promotes a sense of belonging and reduces feelings of isolation. Students will provide input into the design of the space through surveys and brainstorming sessions as well as representation on the planning committee. Partners include the Collaborative School Health and Behaviour Itinerants. When the space is complete, it will be used to host visits from the St. John Ambulance Dog Therapy program. Wall art, soft furniture, paint, vinyl, privacy panels and Zen gardens will be purchased with the grant.

Juniper Ridge Intermediate: Badminton-Pickleball Club (Physical Activity)

This project will engage more students in physical activity by offering a new activity, one day a week, as part of the afterschool activity program. It is hoped that students who don't take part in traditional sports may be interested in trying a different activity. In-school challenges may be used to spark interest and provide incentives for participation. Partners include the Town of Torbay and the Active Schools Coordinator, both who will help get the program up and running. The grant will be used to purchase badminton and pickle ball equipment.

Kilbride to Ferryland Family Resource Coalition (KFFRC): Parenting Sessions (Child and Youth Development)

Based on feedback from parents, KFFRC plans to host a series of sessions for parents and caregivers on a variety of topics such as family nutrition and eating well on a budget, supporting children's mental health, dealing with challenging behaviours, positive discipline, screen time and on-line safety, and self-care. Starting in January 2024, five sessions will be offered at each of their four sites. Partners include content experts from community organizations including NL Health Services Regional Nutritionist. Costs covered under the grant include healthy snacks, childcare, transportation, and speaker fees where needed.

Paradise Elementary: Classroom Calm Bins (Mental Health Promotion, Child & Youth Development)

Paradise Elementary will provide a bin of calming and sensory tools to each classroom. School counsellors will visit the classrooms to demonstrate how to use the items in the bins and provide guidelines for use such as being responsible and caring for the items. A Student Leadership group of elementary students will be formed to help in the preparation of the bins. The overall goal is to enhance the social-emotional learning of students by helping them to develop positive coping skills. Paradise Elementary is partnering with MacDonald Drive Elementary who will provide advice on project implementation and share lessons learned from their sensory bin project. The grant will cover the purchase of bins and items such as stress balls, timers, Play-doh, and fidgets.

Strong Harbour Strings: Strong Harbour Strings Program (Mental Health Promotion)

Strong Harbour Strings offers free string-music education to children residing in areas that have limited opportunity for music enrichment - providing equal opportunity to learn in ways that benefit their growth, mental health, and learning. Participants will attend twice per week – once for an individual lesson and once in a group lesson, with the opportunity to perform for family and friends throughout the year. A focus of the program is using music in a positive way to learn coping skills, how to work with others, and build self-esteem. Cornerstone Ministry Centre is a partner who will provide space for the lessons, concerts, and instrument storage. Funds from the grant will go towards instrument cases, cello bows, and strings.

West Heights Neighbourhood Centre: Community Lunch and Learn (Healthy Eating, Mental Health Promotion)

This project will bring together residents of the West Heights neighbourhood to practice cooking skills and learn more about topics of concern to them such as mental health and mindfulness, job preparation and search skills, educational opportunities, budgeting, and nutrition. Participants will also be introduced to the Food On the Move Mobile Market, where fresh produce for the meals will be purchased at a lower cost. Partners include Community Centre Alliance, Canadian Mental Health Association, and NL Health Services Regional Nutritionist. The grant will cover the cost of meal ingredients, kitchen supplies, and participant transportation.