

February 2022

Beaconsfield Junior High School: My Space (Mental Health Promotion, Healthy (Built) Environments)

Students plan to enhance selected areas of the school such as entrances, hallways, and washrooms with positive and inspiring messages to promote kindness, respect, acceptance, and friendship. The school will partner with Mount Pearl Senior High who will provide tips and lessons-learned from a similar project that they implemented in their school. The grant will be used to purchase adhesive vinyl, decal tools, acrylic paint and supplies, and stationary.

(The) Cathedral of St. John the Baptist: Gardening 2022 (Healthy Eating, Physical Activity, Healthy Environments, Mental Health Promotion)

This project will enhance and expand participation in a community garden and greenhouse that has been operating on the grounds of the church for the past 4 years. Partners include Eastern Health who help facilitate garden activities and invite participants who could benefit from the garden experience, and Food First NL who provide gardening assistance and workshops. Funds will be used for seeds, plants, and soil.

CBS Community Garden: Little Seedlings Program (Healthy Eating, Physical Activity, Healthy Environments, Mental Health Promotion)

This 8-week project will provide families and individuals in Conception Bay South with knowledge, education, and quality programming covering gardening-related topics; a safe and accessible program space; and program diversity for various age groups and abilities, including the incorporation of sensory-focused gardening opportunities in collaboration with the Autism Society. Additional partners include the Town of CBS and the Conception Bay Family Resource Centre. Grant monies will be used for honoraria and speaker fees, healthy snacks, and activity supplies such as seeds, bug nets, puzzles, pots, and trowels.

Holy Heart of Mary High School: Grow More Good at Heart (Healthy Eating, Health & Literacy, Mental Health Promotion)

The goal of this project is to enhance food literacy among students at Holy Heart High School while also helping to feed students who may not have access to healthful food. Anticipated outcomes include increasing students' knowledge in the basics of indoor gardening; successfully growing a variety of vegetables, microgreens, and sprouts and using them as part of a free lunch program; meeting local producers/farmers to learn more about the importance of local food production; and increasing students' knowledge and skill in food safety. Partners include thegreenrock.ca/Guide to the Good and Backyard Farmers. Funds will go towards honoraria, supplementary food items, food safety, seeds, and indoor garden equipment.

Social Justice Cooperative of Newfoundland and Labrador (Zero Waste Action Team): NL Brand Audit 2022: Where do our plastics come from? (Healthy Environments)

This project involves conducting a brand audit in households on the Avalon, the West Coast, and across NL. This information will be submitted to the #breakfreefromplastic global brand audit and will also help inform the creation of educational materials for schools and community-based organizations as well as a social media campaign. Grant funds

will be used to support the Avalon portion of the project including U-Haul rental, graphic design, printing, PPE, social media ads, and transportation.

St. George's Elementary School: Healthy Minds Mentoring Month (Mental Health Promotion)

This initiative will kickstart a mentoring program where elementary students connect with primary students to share positive thinking and a growth mindset. Activities decided on by the elementary students will utilize both virtual platforms such as Google Meet and outdoor space. Potential activities include pen pals, outside paired class play dates, craft demonstrations, games to encourage healthy choices, and a healthy snack day celebration. The partner is the local Salvation Army church who will support healthy snack day. The grant will be used to purchase craft materials, prizes to support outside play, and healthy snacks.

St. John's Retired Citizens Association: NIA Movement Exercise Program for Seniors (Physical Activity)

The goal of this 10-week pilot program is to offer a holistic, safe, and inclusive activity for seniors in our area. The NIA movement practice is gentle on the body and can be done either sitting or standing. The group format helps improve loneliness and social isolation. Partners include Seniors NL and St. Luke's Apartments who will promote the program and engage seniors living in the area. Funds will cover instructional fees.

Stella Maris Academy: Outdoor Classroom (Healthy Environments)

Stella Maris Academy intends to refurbish an unused section of the school grounds to create an outdoor classroom space for instructional and extracurricular activities. The plan is to set up seating and table surfaces, create a whiteboard with paint on plywood, set up a new garden and create some shade with a shade sail for sunny days. The project will involve all students and staff in planning and setting up the space and engage the local 50 Plus Friendship Club in gardening activities. The grant will be applied to a picnic table, sunshade sail, outdoor seating, garden supplies, whiteboard paint and markers.

Violence Prevention Avalon East: Seniors Care Packages (Mental Health Promotion)

This project engages youth, by partnering with Thrive, Choices for Youth and local schools, to learn about elder abuse by compiling care kits that are delivered to vulnerable seniors. These seniors are identified by Seniors NL and the Violence Prevention Avalon East Committee members. Kits include self-care items such as bath soaps, towels, blankets, puzzles, adult colouring books, and grocery store cards along with information about community services and crisis lines. Funds will be used to purchase care kit items.