

October 2021

Anglican Homes Inc. (St. Luke's Apartments) (Healthy Eating)

Requested by seniors in their community, Anglican Homes Inc will work with a local dietitian to offer two healthy eating sessions. Funds will be used for facilitation fees and food ingredients for the sessions. Partner is SeniorsNL who is contributing meeting space.

Beachy Cove Elementary: Reading and Writing on the Run (Health and Literacy, Mental Health Promotion)

The main goal of this project is to support being outside in nature doing various activities that would support literacy. The school intends to create a mobile unit housing good quality children's literature about nature, conservation, mindfulness as well as writing materials. Partner: Town Portugal Cove-St. Philips who will lead some of the outdoor sessions. Funds provided will be used for children's literature, all-terrain wagon, outdoor cushions, and clipboards.

Flatrock 50 Plus Fun Group: Enhancing Healthy Eating at Meetings (Healthy Eating)

To keep in step with current public health measures related to Covid-19 regarding the sharing of communal food at their biweekly meetings, the Flatrock 50 Plus Fun Group will partner with Eastern Health nutritionist to learn about healthy snacking and suitable individual/prepackaged snacks, fruit, and vegetables that can be served. Funds will be used to purchase healthy snack items.

Hazelwood Elementary: Calming Room (Mental Health Promotion)

This project focuses on social-emotional learning by providing students with a safe place to practice self-regulation in a calm, inviting setting within the school. Partner is Larkhall Academy who is providing guidance on room set up and materials based on a similar project in their school. The school will also connect with Autism Society for resources and suggestions. Grant funds will be used for lighting, fidget toys, and soft furnishing.

Kilbride to Ferryland Family Resource Program (KFFRP): Enhancing Literacy (Health & Literacy)

KFFRP plan to expand and update resources for their Parent Lending Library, Healthy Baby Club, Children's Library, and Birthday Book program. The new resources and literature will include themes such as cultural and racial diversity (including literature celebrating indigenous culture), LGBTQ topics, body positivity, and children's feminist literature. Partners include Eastern Health and NL Public Libraries who will recommend literature to support current family health and well-being practices and the mentioned themes/topics. Books will also be made available to participants in the City of St. John's afterschool program who shares facility space with KFFRP. The grant will be used to purchase books.

Mount Pearl Senior High: Positive Affirmations (Mental Health Promotion)

To promote a welcoming and inclusive environment, the school will involve the student council and the Gay-Straight Alliance in painting a rainbow pathway to the neighbouring intermediate school as well as in creating and placing positive messages and affirmations on the four stairways in their building. The City of Mount Pearl will also paint a rainbow crosswalk at the entrance to the school. Partners include the City of Mount Pearl, Admiral's Academy (who completed a similar project and are contributing ideas of what worked/didn't), Mount Pearl Intermediate. Funds will be used to purchase paint and decals.

Town of Portugal Cove St. Philip: Yarns for Youngin's Storytime (Health & Literacy, Physical Activity, Child & Youth Development)

This program aims to provide children ages 0-4 years, and their caregivers, with socialization, literacy, physical activity, and creative opportunities. Through a weekly theme, participants will engage in story time, games, music, dance, and crafting. As a partner, Beachy Cove Elementary will promote the program to their KinderStart families. Funds will be used to purchase literacy materials, games, and craft supplies as well as healthy snacks.

Ultimate NL: Women's Skill Development Series (Physical Activity)

This project is intended for female-matching individuals in the St. John's Metro region, ages 16 years and up who are interested in learning to play the sport of ultimate (frisbee) in a safe and inclusive indoor setting. Partner Tempest Ultimate will teach skills and St. John's Women's Ultimate Recreational League will promote the series among their members. Fund will go toward indoor facility rental.