



*"Thriving youth, thriving communities"*

For release July 6, 2017

## **SASKATCHEWAN ALLIANCE FOR YOUTH AND COMMUNITY WELL-BEING (SAYCW)**

### **SAYCW Supporting 41 School and Community Projects Across Saskatchewan**

The Saskatchewan Alliance for Youth and Community Well-being (SAYCW) Healthy Schools and Communities Grants is supporting 41 projects across the province that will help make a difference in the lives of young people.

"The investments in each of these projects will bring positive change and help address a need in a community or school that will improve the well-being of youth," said Dr. Jon Tonita, SAYCW Co-chair and Interim President and CEO of the Saskatchewan Cancer Agency. "We were pleased that there were so many varied and well-meaning projects from communities and schools."

The 41 projects were chosen from 124 total applications received over two granting periods. A total of \$273,160 will be provided to assist the communities in their work. The approved initiatives include a range of projects around health and wellness, nutrition, fitness and recreation, First Nations culture, safety and crime prevention, mental health awareness, literacy, and sexual health information.

The Healthy Schools and Communities Grant is made possible through funding to the Saskatchewan Cancer Agency provided by Cameco Touchdown for Dreams and AstraZeneca. The grant is intended to help schools and community groups implement programs or actions that will help address health concerns for youth in their community or areas. Grants awarded ranged from \$1,500 to \$15,000.

For more information about the SAYCW and its work visit [www.saycw.com](http://www.saycw.com).

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## BACKGROUNDER

### About the Saskatchewan Alliance for Youth and Community Well-being (SAYCW)

SAYCW is an alliance of health, education and other community stakeholders dedicated to improving the health and well-being of the Saskatchewan population. Its mission is to improve youth and community well-being through the action of community partners working together, measured and supported by a collaborative provincial population health promotion system.

### SAYCW Healthy Schools and Communities Grants Awarded 2017

Grants administered in January 2017

Grant Recipient	Project Description	Grant Awarded
<b>Birch Narrows Dene Nation, Turnor Lake</b>	Birch narrows Youth Group: funding for a youth group focused on First Nations traditional medicine, language and culture	\$10,000
<b>Rossignol High School, Île-à-la-Crosse</b>	High School Robotics Team: supplies for the team and funding to attend SumoBot competitions	\$1,500
<b>Peter Ballantyne Cree Nation Health Services, Pelican Narrows</b>	Youth Engagement Through Gardening: project will be to build raised garden beds and recruit and train youth to care for the garden	\$5,250
<b>Northern Village of Beauval</b>	Youth Wellness and Healthy Lifestyle: cultural camp for youth aged 12-17 that will offer activities to promote wellness, healthy lifestyles and First Nations cultural skills	\$5,000
<b>Northern Saskatchewan Population Health Unit, La Ronge</b>	School Nutrition Mentoring Project: a registered dietitian will work together with local school administrators and nutrition workers to improve the quality of the food served to students	\$15,000
<b>Churchill Community High School, La Ronge</b>	Pedal Power: funding for pedal desks in a classroom for students with cognitive disabilities	\$10,000
<b>Teen Girls' Wellness Group, La Ronge</b>	Teen Girls' Wellness Group: provides girls in grades 6-8 in La Ronge, Air Ronge and Lac La Ronge with access to exercise, nutrition and guest speakers on topics of interest to the teens	\$2,500
<b>Dorintosh Central School, Dorintosh</b>	We in Wellness: will expand the nutrition program in place helping youth learn to prepare food, learn safe handling, and proper serving techniques, budgeting and shopping skills	\$5,000
<b>Green Acre Elementary School, Rapid View</b>	Green Acre Elementary School Program: funds to support new kitchen equipment that will be used to teach grade 7 and 8 students about how to prepare home-made meals	\$5,000
<b>Charlebois Community School, Cumberland House</b>	Fitness Centre: funds to purchase fitness equipment for a centre in the community	\$10,000

<b>Grant Recipient</b>	<b>Project Description</b>	<b>Grant Awarded</b>
<b>Prince Albert Parkland Health Region, Prince Albert</b>	Afterschool Recreation Program (ASRP): increase access for children and youth to participate in an afterschool recreation program	\$11,800
<b>Prince Albert Collegiate Institute, Prince Albert</b>	Student Health and Engagement Program: improve student safety skills by offering a school wide CPR/First Aid class, and a mental health first aid course to a small group of students who will then have the skills to identify and connect fellow students to services during a mental health crisis	\$8,850
<b>Living Sky School Division #202, North Battleford</b>	Youth Rising: a program for grades 5-6 that will raise awareness and work to end interpersonal violence. The program will create a dance video to be screened locally.	\$2,000
<b>McKittrick Community School, North Battleford</b>	Cooking Club: for grades 4-6 teaching the students to cook basic, healthy meals	\$1,200
<b>Partners Family Services Inc., Humboldt</b>	Rainbow Coffee: a youth lead initiative to offer a safe and inclusive space for lesbian, gay, bisexual, transgender, queer or questioning youth to come together and talk about relevant topics to their lives	\$5,000
<b>Princess Alexandra School, Saskatoon</b>	Family Fun with a Twist: program to support family literacy with a monthly school engagement event	\$3,400
<b>Confederation Park Community School, Nêhiyâwiwin Cree Language and Culture Program, Saskatoon</b>	Miyomacihowin- Healing - A Truth and Reconciliation Call to Action: bringing healing to those affected by residential schools, the 60s scoop, those from foster care, and families of missing and murdered girls, youth and women. Miyomacihowin Feast and Round Dance is a healing process through ceremony.	\$8,000
<b>Sexual Health Centre, Saskatoon</b>	Sexual Health Centre: create a website that will provide relevant and factual information on sexual health and connect youth to community supports	\$10,000
<b>Sutherland Elementary School, Saskatoon</b>	Girls Leading Amazing Missions (GLAM): a girls group that will focus on promoting activities and themes with a focus on health and wellness	\$4,940
<b>Muskowekwan School, Lestock</b>	Muskowekwan School Wellness Program: delivering the RCMP Aboriginal Shield program on crime prevention and social development	\$1,950
<b>Indian Head High School, Indian Head</b>	Mental Health Awareness Program: increasing mental health awareness and support through movie nights and guest speakers	\$5,000



Grants administered in April 2017

<b>Grant Recipient</b>	<b>Project Description</b>	<b>Grant Awarded</b>
<b>Moose Jaw Pride, Moose Jaw</b>	OUTdoor Exploration: providing lesbian, gay, bisexual, transgender, two-spirit, queer, questioning, intersex and asexual youth and their allies with a six-week experiential day camp	\$5,000
<b>Howard Coad Elementary School, Saskatoon</b>	Comprehensive School Community Health Initiative: focus on health prevention and promotion activities - special emphasis on student, school and parent engagement through nutrition education, mental health, physical activity and community engagement	\$9,880
<b>JH Moore Elementary School, Lashburn</b>	Mindfulness Project Enhancement: offering meditation and yoga as well as high energy dance	\$3,000
<b>La Loche Dene High School, La loche</b>	Nezu Dene (Man Group) canoe trip: providing a canoe trip for young men who have had interaction with the law in the past. The trip retraces the steps of their ancestors to rejuvenate a connection with their culture and promote positive life choices	\$10,000
<b>Oskayak High School, Saskatoon</b>	The Yogi in Residence program will be integrated at the high school level that will work with the teacher, school community coordinator and administrative team to find ways to share yoga that works for the school	\$5,000
<b>Tommy Douglas Collegiate, Saskatoon</b>	This project will include forming a culturally responsive group that will be open to everyone but the focus will be at-risk teens.	\$3,000
<b>Westmount Community School, Saskatoon</b>	To create an Outdoor Metis Cultural Classroom (a "Living Museum"). The classroom will be used for traditional learning's including; history, cooking, ceremonies, crafting, and storytelling. It will also become a gathering place in the community for socializing.	\$10,000
<b>Saskatchewan Parks and Recreation Association, Regina</b>	Take the Lead Leadership Coach Workshop: workshop for educators to learn the inclusive Take the Lead! philosophy and how to train the Youth Leaders.	\$10,000
<b>Unity Composite High School, Unity</b>	Activate School-wide Inclusion Project: focusing on mental health, school climate and inclusion it will include hosting two keynote speakers; continuing and enhancing after-school groups for students who are experiencing anxiety, depression or severe challenges at home; and sponsoring the "Friends" program for all grade 7 students as a way of teaching intervention strategies	\$3,000



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<b>Minahik Waskahigan Elementary School, Pinehouse Lake</b>	Families and Schools Together Program (FAST): focus of the program is to improve the lives of the children whom experience family dysfunction. The program teaches the participants parenting skills. The main focus being nutrition, budgeting, communication and basic expectations in child care.	\$14,400
<b>Regina and District Food Bank, Regina</b>	Four Season Urban Agriculture Outreach Project: 10 classrooms or schools will take a field trip to the food bank to learn how together they can address food insecurity and hunger and take an active role in the local food system through the new Four Season Greenhouse.	\$7,500
<b>YMCA, Moose Jaw</b>	Steps4Success: the program is a preventative measure for students (grades 9 to 12) who find themselves experiencing difficulties in their academic and social development. A youth worker acts as a mentor, an advocate, and a service coordinator whose primary goal is to keep education a salient issue for students and their families.	\$10,000
<b>La Loche Dene High School, La Loche</b>	Northern Saskatchewan Student Eco-Conference: students will attend workshops focused on environmental issues such as climate change, water quality, water conservation, local plant and animal species and habitat protection, vermicomposting, composting, agriculture in the classroom, grow tunnels, solar power, reducing waste, recycling and upcycling. Traditional First Nations views will be incorporated into the conference in cooperation with Elders. After attending the workshops, the students will implement and evaluate a project which they design for their home community/school.	\$1,000
<b>Princess Alexandra Community School, Saskatoon</b>	Sewing Circle Program: will involve students in grade 6-8 making their traditional regalia and ribbon skirts for Powwow dancing.	\$7,042
<b>Lord Asquith School, Asquith</b>	Community Garden and Outdoor Space: will create a space that will engage students and community in healthier food choices, enhance curricular opportunities, and increase partnerships between the school and community	\$4,200



Grant Recipient	Project Description	Grant Awarded
<b>Waka School, Wakaw</b>	Waka Healthy School and Community Project: will establish a community garden on school property with the intent of creating an outdoor learning space for all students, educating students of the value of healthy eating/living and sourcing raw ingredients to be used for the breakfast/snack program. It will also allow the "Food for Thought" breakfast program to increase student involvement in the production of food, purchase kitchen equipment and improve healthy snack offerings throughout the school day. In addition the school will create a new after school program, Kids in the Kitchen, which will provide a fun, educational experience of healthy cooking and eating where children will be introduced to basic cooking skills.	\$13,000
<b>Hilmond Central School, Lloydminster</b>	Cooking with Community: offers a weekly nutrition and cooking class to students between grades 3 and 12. Participants will learn kitchen and food safety, budgeting, meal planning and nutrition. Students will prepare healthy balanced meals and take food home for their families.	\$2,500
<b>Big River Public High School, Big River</b>	School Garden Project: provide an area for vegetables and fruit that can provide fresh vegetables and fruit for students, families and seniors in the community	\$3,538
<b>Whitewood School, Whitewood</b>	Mindful Space: this project will develop and enhance a "mindful room" in the school where students or staff can practice mindfulness	\$9,710
<b>Sakewew High School, North Battleford</b>	Healthy Foods, Healthy Life - Food Literacy for Aboriginal Youth and Families: will provide a weekly nutrition literacy cooking class that focuses on healthy, inexpensive meals for students and their families. It will also include purchasing a tower garden to supplement the food programming for our school. Students would be responsible for the day to day care of the tower and the foods.	\$10,000

