

SAYCW Healthy Schools and Communities Grant

Application Guide

Background

The Saskatchewan Alliance for Youth and Community Well-being (SAYCW) is able to offer the SAYCW Healthy Schools and Communities Grant thanks to a generous contribution from **Cameco Touchdown for Dreams** and **AstraZeneca**. The grant is meant to positively impact youth health and well-being in Saskatchewan by supporting health promoting actions and initiatives at the school and/or community level.

Application Process

You can complete your application form by creating an account on the [SAYCW website](#). You will be able to work at your own pace, save your progress and submit when you are ready. For assistance completing the application form online or accessing a hard copy, please contact our [Community Action Coordinator](#).

Important Dates

The third application period is open on October 2, 2017. The deadline for applications for the third application period is 11:59pm on November 3, 2017.

The Grant Review Committee will review applications over the month of November 2017. Successful applicants will be contacted in December 2017 or early January 2018. Successful applicants can expect to receive funds in January 2018.

Grant Requirements

Grant applications must identify and maintain one lead person for the action or initiative and notify SAYCW should that individual change. Schools or communities are eligible to put forward multiple applications, as long as these applications are distinct from one another and have different lead persons responsible. Funding multiple applications will be considered based on available funds.

Actions and initiatives can be submitted and led by individuals within the **school**, such as teachers, administrators, or students. Applications can also be submitted and led by

individuals within the broader **community**, from community based-organizations, health professionals, Universities and Colleges, municipalities, faith groups, etc. Although applications submitted by individuals within the broader community will be accepted, those applications with the strongest connection to schools will be given preference.

Successful applicants will be expected to sign a Letter of Agreement with the Saskatchewan Cancer Agency on behalf of SAYCW. The Letter of Agreement stipulates the terms and conditions of the grant funding. **Please note, applications approved for funding that are submitted by persons under the age of 18 will require signature by an adult.**

Grant applicants must relate their action or initiative to the SAYCW Thriving Youth, Thriving Communities Survey.

- What did you learn about youth health issues that you can address in your school and/or community?
- Think about the risk and protective factors identified in the SAYCW Thriving Youth, Thriving Communities Survey. What themes can you address in your school and/or community?

Using SAYCW Thriving Youth, Thriving Communities Survey Reports...

If you did not participate in the SAYCW Thriving Youth, Thriving Communities Survey – don't worry! You can still apply for the SAYCW Healthy Schools and Communities grant. However, we do require that you make use of the information you have available to you, whether that is a school level report, school division report, health region report, or the [provincial report](#).

Using data and information from any level of the SAYCW Thriving Youth, Thriving Communities Survey reports will help ensure your action or initiative is relevant, because it will be based on the issues identified by the youth themselves through their survey responses. Consider the survey themes and how they could be impacted by an action or initiative in your school and/or community.

For more information about the SAYCW Thriving Youth, Thriving Communities Survey and to find out how to participate in future surveys, contact the [Community Action Coordinator](#).

The SAYCW Thriving Youth, Thriving Communities Survey data provides health and well-being information on Grade 7-12 students. Therefore, action aimed at this age-group is encouraged, though a broader age-group is also welcomed.

Grant applications must include two letters of support, at least one from an outside stakeholder. We believe the most successful actions and initiatives are supported by others in the community. A letter of support shows that they consider the activity to be worthwhile. A letter of support should include the following information:

- The name, position and/or organization of the person writing the letter.
- Why the action or initiative is important for youth in the school/community.
- What assistance or involvement, if any, will be provided by the organization or the person writing the letter.
- Why they believe you will be able to deliver/implement the action or initiative successfully.

Please note, applicants from all over Saskatchewan are encouraged to apply, but because of a commitment to support health equity in the north, **priority may be given to applications coming from Northern communities (e.g., North of Saskatoon).** There is also an aim to support School Divisions, Tribal Councils and First Nations schools that did not participate in the SAYCW Thriving Youth, Thriving Communities Survey with the hope that they will be encouraged to participate in the next SAYCW survey in February to April 2019.

Grant Funding

The grant is intended to support schools and communities to start, carry-out and evaluate an action or initiative. The grant funding can also be used to enhance or expand an existing initiative, so long as no expenses incurred prior to January 2018 are included in the request for funding (SAYCW cannot fund retroactively). The grant funding is not intended to support organizations in the ongoing implementation/maintenance of annual operations or existing programs.

The SAYCW Healthy Schools and Communities Grant includes a 2 level funding system:

- Level 1: \$250 - \$5000
- Level 2: \$5000 - \$10,000+

If the grant does not cover the expense of your activities, consider other partnerships and resources you can draw on within your community or network. In-kind contributions of time, space or resources from partners are considered a sign of a strong and collaborative action or initiative by the Grant Review Committee.

Ineligible Expenses

Grant funding **CANNOT** be used for:

- Staffing positions/wages.
- General administration fees or overhead.
- Deficit reduction.

- Activities completed or cost incurred before the grant approval process. (Expenses incurred prior to January 2018 are not eligible for funding. SAYCW cannot fund retroactively.)
- Rental of office space or the purchase of office equipment, utilities, property taxes or insurance.
- Political, religious or special interest groups where there are membership criteria that would prohibit school or community participation.
- Fundraising events.
- Donations to another organization.
- Purchase of items that would benefit a private business (i.e., gym owner applying for equipment for their own business).
- Cash prizes or gift cards.
- Purchase of alcohol, pharmaceutical drugs, and marijuana or tobacco products, with the exception of tobacco products used for traditional/ceremonial purposes.

The Grant Review Committee is more likely to fund those expenses that have the potential to build capacity and have a lasting impact. Although healthy food is considered an eligible expense, for example, applicants must demonstrate how food (and other expendable materials) will be used for learning, skill building, engagement, etc. If the impact of the expense is gone after a one-time use or experience, the budget item will not likely be funded.

The specific information (i.e., grant recipient, project description, and funding amount) on grants awarded in the first two application periods of the SAYCW Healthy Schools and Communities Grant, see Appendix A.

Reporting Requirements

Successful applicants are required to complete an evaluation report 30 days after the action or initiative is completed, as determined by the timeline outlined in your action plan. **Evaluation reports must be submitted no later than 1 year after receipt of funds.**

The evaluation report template is available on the [SAYCW website](#). You can access the report template by logging into your account. You will be able to access your grant application while you complete your evaluation.

The evaluation report includes reflection questions, such as:

- What did you set out to do? How did you do it?
- What changes did you see as a result of your action or initiative?
- What challenges did you run into along the way? How did you handle these challenges?

- What opportunities did you find along the way?
- What lessons did you learn?
- What do you plan to do next?

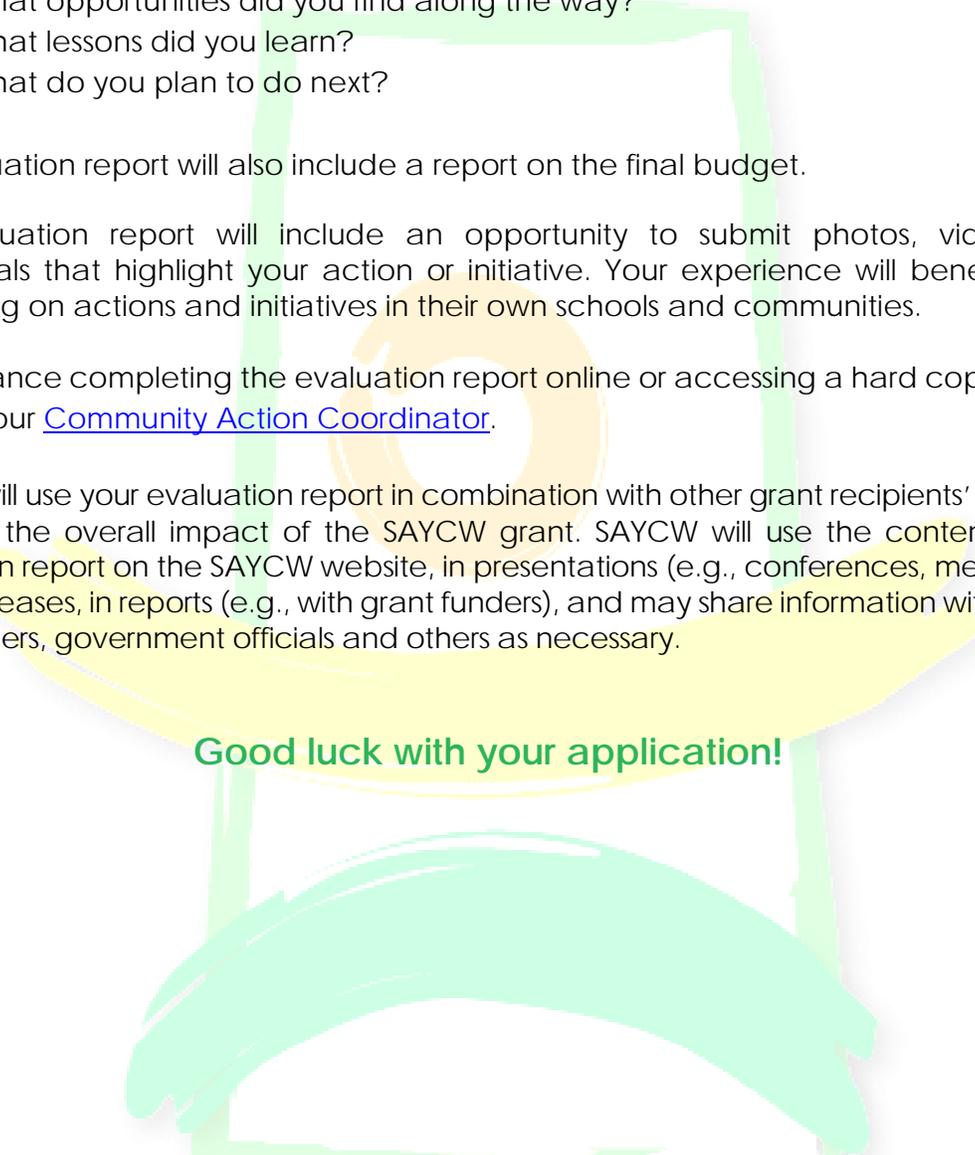
The evaluation report will also include a report on the final budget.

The evaluation report will include an opportunity to submit photos, videos and testimonials that highlight your action or initiative. Your experience will benefit others embarking on actions and initiatives in their own schools and communities.

For assistance completing the evaluation report online or accessing a hard copy, please contact our [Community Action Coordinator](#).

SAYCW will use your evaluation report in combination with other grant recipients' reports to evaluate the overall impact of the SAYCW grant. SAYCW will use the content of your evaluation report on the SAYCW website, in presentations (e.g., conferences, meetings), in media releases, in reports (e.g., with grant funders), and may share information with SAYCW stakeholders, government officials and others as necessary.

Good luck with your application!



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Appendix A

SAYCW Healthy Schools and Communities Grants Awarded 2017

Grants administered in January 2017

Grant Recipient	Project Description	Grant Awarded
Birch Narrows Dene Nation, Turnor Lake	Birch narrows Youth Group: funding for a youth group focused on First Nations traditional medicine, language and culture.	\$10,000
Rossignol High School, Île-à-la-Crosse	High School Robotics Team: supplies for the team and funding to attend SumoBot competitions.	\$1,500
Peter Ballantyne Cree Nation Health Services, Pelican Narrows	Youth Engagement Through Gardening: project will be to build raised garden beds and recruit and train youth to care for the garden.	\$5,250
Northern Village of Beauval	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
Northern Saskatchewan Population Health Unit, La Ronge	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
Churchill Community High School, La Ronge	Pedal Power: funding for pedal desks in a classroom for students with cognitive disabilities.	\$10,000
Teen Girls' Wellness Group, La Ronge	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
Dorintosh Central School, Dorintosh	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
Green Acre Elementary School, Rapid View	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
Charlebois Community School, Cumberland House	Fitness Centre: funds to purchase fitness equipment for a centre in the community.	\$10,000

Grant Recipient	Project Description	Grant Awarded
Prince Albert Parkland Health Region, Prince Albert	Afterschool Recreation Program (ASRP): increase access for children and youth to participate in an afterschool recreation program.	\$11,800
Prince Albert Collegiate Institute, Prince Albert	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
Living Sky School Division #202, North Battleford	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
McKittrick Community School, North Battleford	Cooking Club: for grades 4-6 teaching the students to cook basic, healthy meals.	\$1,200
Partners Family Services Inc., Humboldt	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
Princess Alexandra School, Saskatoon	Family Fun with a Twist: program to support family literacy with a monthly school engagement event.	\$3,400
Confederation Park Community School, Nēhiyāwiwin Cree Language and Culture Program, Saskatoon	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
Sexual Health Centre, Saskatoon	Sexual Health Centre: create a website that will provide relevant and factual information on sexual health and connect youth to community supports.	\$10,000
Sutherland Elementary School, Saskatoon	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
Muskowekwan School, Lestock	Muskowekwan School Wellness Program: delivering the RCMP Aboriginal Shield program on crime prevention and social development.	\$1,950
Indian Head High School, Indian Head	Mental Health Awareness Program: increasing mental health awareness and support through movie nights and guest speakers.	\$5,000

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Grants administered in April 2017

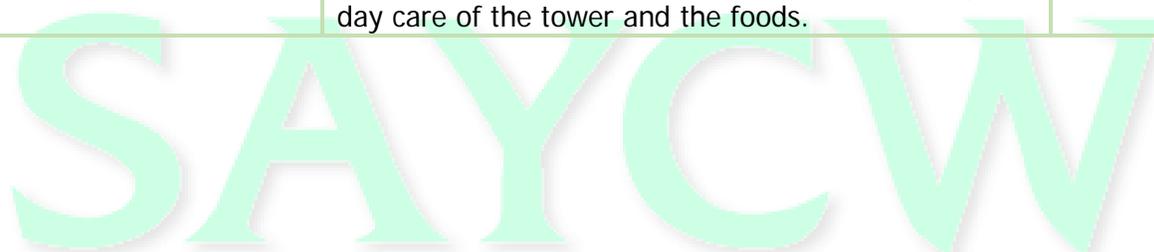
Grant Recipient	Project Description	Grant Awarded
Moose Jaw Pride, Moose Jaw	OUTdoor Exploration: providing lesbian, gay, bisexual, transgender, two-spirit, queer, questioning, intersex and asexual youth and their allies with a six-week experiential day camp.	\$5,000
Howard Coad Elementary School, Saskatoon	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
JH Moore Elementary School, Lashburn	Mindfulness Project Enhancement: offering meditation and yoga as well as high energy dance.	\$3,000
La Loche Dene High School, La Loche	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
Oskayak High School, Saskatoon	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
Tommy Douglas Collegiate, Saskatoon	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
Westmount Community School, Saskatoon	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
Saskatchewan Parks and Recreation Association, Regina	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
Unity Composite High School, Unity	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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Minahik Waskahigan Elementary School, Pinehouse Lake	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
Regina and District Food Bank, Regina	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
YMCA, Moose Jaw	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
La Loche Dene High School, La Loche	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
Princess Alexandra Community School, Saskatoon	Sewing Circle Program: will involve students in grade 6-8 making their traditional regalia and ribbon skirts for Powwow dancing.	\$7,042
Lord Asquith School, Asquith	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

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Grant Recipient	Project Description	Grant Awarded
Wakaw School, Wakaw	<p>Wakaw 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.</p> <p>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.</p>	\$13,000
Hilmond Central School, Lloydminster	<p>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.</p>	\$2,500
Big River Public High School, Big River	<p>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.</p>	\$3,538
Whitewood School, Whitewood	<p>Mindful Space: this project will develop and enhance a "mindful room" in the school where students or staff can practice mindfulness.</p>	\$9,710
Sakewew High School, North Battleford	<p>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.</p>	\$10,000



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