



SAYCW HEALTHY SCHOOLS AND COMMUNITIES GRANT

**SUMMARY OF GRANTS AWARDED
IN 2016-18**

AUGUST 2018

The Saskatchewan Alliance for Youth and Community Well-being (SAYCW) received funding from Cameco (Touchdown for Dreams), AstraZeneca and the Saskatchewan Cancer Agency that allowed SAYCW to offer grants to schools and communities interested in taking health promoting action based on the SAYCW Youth Health Survey (2015) results.

Grant applicants could base their health promoting actions on their own school or school division / authority results if they participated in the 2015 survey, or they could use the provincial results. This allowed SAYCW to receive applications from non-participating schools and school divisions / authorities, as well as community organizations interested in improving youth health and well-being in Saskatchewan.

SAYCW offered three grant opportunities over the 2016-17 and 2017-18 school years, and received 210 applications and funded 61 projects for a total of \$450,530.

This document provides a brief summary of the projects funded through the SAYCW Healthy Schools and Communities Grant.

For more information on SAYCW and the Healthy Schools and Communities Grant please visit saycw.com.

SAYCW Healthy Schools and Communities Grant

Funded projects for the first application period (applications received Sep 6 – Nov 16, 2016; funds administered Jan 2017)

21 Projects, \$131,390 in Funding

	Project Name	Location	Grant Recipient	Amount	Description
1	Birch Narrows Youth Group	Turnor Lake	Birch Narrows Dene Nation	\$10,000	A youth group with a focus on traditional medicine, language and culture. Over 30 kids and 15 elders.
2	High School Robotics Team	Ile-a-la-Crosse	Rossignol High School	\$1,500	A robotics club for high school students. Funds for supplies and to participate in "SumoBot competitions.
3	Youth Engagement Through Gardening Project	Pelican Narrows	Peter Ballantyne Cree Nation Health Services	\$5,250	Project to build a new set of raised garden beds, which will be the "youth garden." Recruit and train a select, small group of youth to form a 'Gardening Group.' The youth in the gardening group will be involved in all stages of the garden planning process.
4	Youth Wellness and Healthy Lifestyle	Northern Village of Beauval	Northern Village of Beauval, Recreation	\$5,000	Cultural camp for youth ages 12 – 17. Offer activities to promote wellness and healthy lifestyle and cultural skills including trapping, hunting, fishing. Partner with local Trappers Association to offer hands on instruction for youth.
5	School Nutrition Mentoring Project	La Ronge	Northern Saskatchewan Population Health Unit	\$15,000	The School Nutrition Mentoring Project (SNMP) brings an expert nutrition mentor and registered dietitian to participating schools in northern Saskatchewan where they work side-by-side with the local school nutrition worker and school administrators to improve the quality of the food served to students and advocate for a healthier food environment in the school.
6	Pedal Power	La Ronge	Churchill Community High School	\$10,000	Funding for pedal desks in a classroom for students with cognitive disabilities.
7	Teen Girls' Wellness Group	La Ronge	Teen Girls' Wellness Group	\$2,500	The Teen Girls' Wellness Group is a program that targets girls in Grades 6, 7, 8 in the communities of La Ronge, Air Ronge & Lac La Ronge Indian Band. The program includes exercise, nutrition and a guest speaker (physical, mental, emotional, sexual health). Our program is volunteer based, all mentors/coaches are women from the community that donate their time and energy to coordinate and deliver the program.

8	"We in Wellness"	Dorintosh	Dorintosh Central School	\$5,000	Expanding the nutrition program to include opportunities for youth to prepare food, learn safe food handling, nutrition, serving, budgeting and shopping skills.
9	Green Acre Elementary School	Rapid View	Green Acre Elementary school	\$5,000	Our grade 7/8 Home Economics (Practical Applied Arts: PAA) teacher has been committed to providing opportunities for the students to learn how to grow & can garden produce, learn about the essentials of nutrition & learn how to prepare home-made, well balanced meals. This year, the grade 7/8 class has begun to partner with the wellness coordinator, school community council members & parent volunteers to prepare healthy hot lunches. Funds to support new kitchen equipment.
10	Fitness Centre	Cumberland House	Charlebois Community School	\$10,000	Students identified a need to have a fitness center in the community. Students in ELA30 had the opportunity to invite in candidates for the Local Community Authority (LCA) and the Northern Lights School Division (NLSD) Board Member positions to make a proposal and seek support for facility space. Funds will be used to purchase fitness equipment.
11	P.A. Afterschool Recreation Program Partnership (ASRP)	Prince Albert	Prince Albert Parkland Health Region	\$11,800	Increase access for children & youth to participate in Afterschool Recreation Program in their neighbourhood/ community.
12	P.A.C.I. Student Health & Engagement Program	Prince Albert	Prince Albert Collegiate Institute (P.A.C.I.)	\$8,850	To improve student safety, skills, employment assets (within a school that has 85% First Nations/Metis and has a great deal of vulnerable/at-risk students and families) implement school wide CPR/First Aid class for 150 students through St. John Ambulance. Target student ambassadors in each grade (20 total) to take Mental Health First Aid, providing them the skills necessary to identify and connect fellow students to service who may be experiencing a mental health crisis.
13	Youth Rising	North Battleford	Living Sky School Division #202	\$2,000	Youth Rising is a targeted program to be offered to grade 5 and 6 students in three elementary schools within Living Sky School Division, Battleford Central, Bready and St. Vital School. Following the One Billion Rising campaign, the goal of this program is not only to raise awareness and work to end interpersonal

					violence, but to empower our students through movement and action to create a healthy lifestyle for themselves physically, mentally and interpersonally. A creative process will be undertaken including a dance and video creation to be screened in the community.
14	Cooking Club	North Battleford	McKittrick Community School	\$1,200	Cooking club with grade 4 -6 students to learn to cook basic, healthy meals for their families.
15	Rainbow Coffee	Humboldt	PARTNERS Family Services Inc.	\$5,000	Rainbow Coffee is a youth-lead initiative to offer a safe and inclusive space for lesbian, gay, bisexual, transgender, queer or questioning youth and their allies to come together. Facilitators from various sectors in the community work with LGBTQI youth to connect them with resources, provide information about topics relevant to their lives and offer support, advocacy and referrals to improve the health outcomes for youth who attend.
16	Family Fun With A Twist	Saskatoon	Princess Alexandra School	\$3,400	School family literacy program with monthly school engagement event.
17	Miyomacihowin- Healing - A Truth and Reconciliation Call to Action through Feast and Round Dance	Saskatoon	Confederation Park Community School - Nêhiyâwiwin Cree Language and Culture Program	\$8,000	The Nêhiyâwiwin Cree Language and Culture Program is a bilingual/bicultural program created to address the loss of language and culture for the indigenous people of Treaty Six Territory. Miyomacihowin Feast and Round Dance is a healing process through ceremony. Our Call to Action is to help bring healing to those families effected by residential school, for families of missing and murdered girls, youth and women, for those affected by the 60's Scoop and those who have come through the Foster Care System.
18	Improving Sexual and Reproductive Health Outcomes for Youth in Saskatoon and Area	Saskatoon	Sexual Health Centre Saskatoon	\$10,000	Sexual Health Centre Saskatoon (SHCS) aims to create a website which acts as a hub for sexual health related information and resources in Saskatoon and area. The goal of this project is to provide relevant, factual information that connects youth to sexual health information, resources, and community supports.
19	Girls Leading Amazing Missions - GLAM Girls Groups	Saskatoon	Sutherland Elementary School	\$4,940	Our youth and school community have determined the need to create GLAM (Girls Leading Amazing Missions) Girls Groups (Junior and Senior Groups) for 80 students, ages 9-13 years at Sutherland Elementary

					School in Saskatoon. This project will focus on prevention and promotion activities and themes will be focused on health and wellness, with a special emphasis on: student school engagement through physical activity, nutrition education, mental health and community service/engagement.
20	Muskowekwan School Wellness Program	Lestock	Muskowekwan School	\$1,950	Muskowekwan School, the greater Muskowekwan First Nations community and the local Punnichy RCMP are partnering to deliver the RCMP Aboriginal Shield program (ASP) an evidence-based crime prevention and social development program.
21	Mental Health Awareness Program for Indian Head	Indian Head	Indian Head High School	\$5,000	At IHHS we would like to increase mental health awareness and support in two ways: 1. Mental Health Awareness Movie Nights 2. Guest Speaker for Students, Staff, Parents, and Community (Dwayne Pearce)
21 Funded Projects 68 Applications Received				\$131,390	
4 Schools and 1 School Division participated in the SAYCW YHS 2015 (\$23,550)					

SAYCW Healthy Schools and Communities Grant

Funded projects for the second application period (applications received Jan 16 – Mar 7, 2017; funds administered Apr 2017)

21 Projects, \$145,170 in Funding

	Project Name	Location	Grant Recipient	Amount	Description
1	OUTdoor Exploration	Moose Jaw	Moose Jaw Pride	\$5,000	To bring together lesbian, gay, bisexual, transgender, two-spirit, queer, questioning, intersex and asexual (LGBTQQIA+) youth and their allies for a hands-on, 6-week experiential day camp (outdoor activities/presentations on nutrition, food preparation, outdoor survival, stress management, etc.).
2	Howard Coad Comprehensive School Community Health Initiative	Saskatoon	Howard Coad Elementary School	\$9,880	The project will 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.
3	Oskapios (Young Cultural Helpers) Cultural Arts Academy	Saskatoon	Oskayak High School	\$3,400	This classroom-based initiative will focus on land-based learning opportunities exploring wellness, science and cultural arts learning outcomes. Students will be educated in healthy living practices and Indigenous knowledge as it relates to educational outcomes. They will be instructed on traditional Medicine Wheel teachings as they relate to physical, mental, spiritual and emotional health. Includes a land-based learning excursion to Banff.
4	The Mindfulness Project Enhancement	Lashburn	JH Moore Elementary School	\$3,000	The project will offer meditation and yoga as well as high energy dance to our students. These activities fit with curriculum and several are also available within the community for students to attend with their parents.
5	Nezu Dene (Man Group) – Canoe Trip	La Loche	La Loche Dene High School	\$10,000	A facilitated support group for young men who have had interaction with the law in the past. The premise of the group is to offset the likelihood of lifelong involvement with the law. We are planning a canoe trip in the spring that retraces the steps of their ancestors in order to rejuvenate a connection with their culture and promote positive life choices.

6	Yogi in Residence Program	Saskatoon	Oskayak High School	\$5,000	The Yogi in Residence program will be integrated at the high school level. The Yogi works with the classroom teacher, the school community coordinator and administration team to help infuse the school community with yoga. The ways in which this might happen are numerous and it's important to find ways to infuse yoga that works for the particular school.
7	Cultural Responsiveness Group	Saskatoon	Tommy Douglas Collegiate	\$3,000	To form a culturally responsive group that will be open to everyone but our focus will be at-risk teens. This group will provide a platform to partner with other community organizations and successfully engage youth in health and wellness activities where they will feel relaxed in a welcoming environment.
8	Westmount Community Outdoor Métis Cultural Classroom	Saskatoon	Westmount Community School	\$10,000	To create an Outdoor Metis Cultural Classroom (a "Living Museum"). This would be a space that would primarily be used by our Metis Cultural Program for students, but would also be used by our Koohkoom group, girls group, boys group and community. Our proposed 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 and being.
9	Youth Community Education through Recreation – Take the Lead!	Regina	Saskatchewan Parks and Recreation Association	\$10,000	To provide opportunities for educators to partake in the Take the Lead! Leadership Coach workshop. At the workshop the educators learn the inclusive Take the Lead! philosophy and how to train the Youth Leaders. The Youth Leader training is delivered in a learn through play approach at the community.
10	Activate School-Wide Inclusion at UCHS	Unity	Unity Composite High School	\$3,000	To continue our focus on mental health, school climate and inclusion and to follow up on the work began last year through: hosting 2 keynote speakers; continuing and enhancing our after-school group for students who are experiencing anxiety, depression or severe challenges at home; and sponsoring the "Friends" program for all of our grade 7 students as a way of teaching intervention strategies.

11	Families and Schools Together Program (FAST)	Pinehouse Lake	Minahik Waskahigan Elementary School	\$14,400	The program is focused on empowering parents, connecting families, improving school climate and community engagement. The focus of the program is to improve the lives of the children whom are victims of family dysfunction and can change the course of their lives. The program empowers parents and families through teaching the participants parenting skills. The main focus being nutrition, budgeting, communication and basic expectations in child care.
12	Four Season Urban Agriculture Outreach Project	Regina	Regina & District Food Bank Inc.	\$7,500	To work with ten classrooms or schools to provide students and teachers with a field trip to the food bank to learn how together we can address food insecurity and hunger and take an active role in the local food system through the new Four Season Greenhouse.
13	Steps4Success	Moose Jaw	YMCA of Moose Jaw	\$10,000	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.
14	Northern Saskatchewan Student Eco-Conference	La Loche	La Loche Dene High School	\$1,000	Students to 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 choose, plan, implement and evaluate a project which they design for their home community/school.
15	Sewing Circle Program	Saskatoon	Princess Alexandra Community School	\$7,042	The Sewing Circle program will involve students in grade 6-8 making their traditional regalia and ribbon skirts for Powwow dancing. This opportunity would invite students, community members, parents, staff, and elders to learn from one another

					and create an end product that they will wear while participating in a traditional powwow.
16	Lord Asquith School Community Garden and Outdoor Space	Asquith	Lord Asquith School	\$4,200	The school community garden will create a space that will engage our students and community in healthier food choices, enhance curricular opportunities, and provide opportunities to engage with each other. The space will seek to increase partnerships between the school and community to increase a sense of belonging among our students, but primarily to give our community the opportunity to combat food insecurity among our community members.
17	Wakaw Healthy School and Community	Wakaw	Wakaw School	\$13,000	1) Establishment of 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. 2) Enhancement of the existing "Food for Thought" breakfast program to include increasing student involvement in the production of food, purchasing key kitchen equipment to allow the transition from disposable to reusable serveware and improving healthy snack offerings to be inclusive of all four food groups throughout the school day. 3) Creation of a new after school enrichment 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.
18	Cooking with the Community	Lloydminster	Hillmond Central School	\$2,500	A weekly nutrition and cooking class will be offered to students between grades 3 and 12, on an ongoing basis. Students will be exposed to new foods and gain confidence in the kitchen. 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, building resiliency and community in difficult times.

19	School Garden Project	Big River	Big River Public High School	\$3,538	To provide a growing environment for vegetables and fruit so that we can provide fresh vegetables and fruit for our students, for families and for seniors. Having the Tower Gardens and Community Garden in our community would provide fresh produce to the students, staff and community alike at the same time the students can learn within the classroom as well as from the locals that will volunteer within the garden.
20	Mindful Space	Whitewood	Whitewood School	\$9,710	To develop and enhance a "mindful room" in our school where students or staff can practice mindfulness. Resources and further training is also necessary to effectively implement mindfulness in the school.
21	Healthy Foods, Healthy Life - Food Literacy for Aboriginal Youth and Families	North Battleford	Sakewew High School	\$10,000	To provide a weekly Nutrition Literacy Cooking Class that focuses on healthy, inexpensive meals for our students and their families to participate in. It will give the students an opportunity to enhance their cooking skills, spend time with family, and create take-away meals to share at home. As well, to purchase 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. This tower would benefit our science/horticulture academic outcomes, and educate students in aeroponics.
21 Funded Projects 56 Applications Received 4 Schools participated in the SAYCW YHS 2015 (\$27,538) 1 School was awarded 2 projects				\$145,170	

SAYCW Healthy Schools and Communities Grant

Funded projects for the third application period (applications received Oct 2 – Nov 3, 2017; funds administered Jan 2018)

19 Projects, \$173,970 in Funding

	Project Name	Location	Grant Recipient	Amount	Description
1	Humboldt Public School Outdoor Learning Space Project	Humboldt	Humboldt Public School	\$15,000	To support the completion of an outdoor classroom at the new school (i.e., ground cover, flowerbeds, trees, climbing wall, chalkboard, stage, awning and seating). Outdoor classroom will be used by the school and community groups.
2	Youth Cultural Bush Survival Campout	Beauval	Northern Village of Beauval Minor Sports and Recreation	\$7,000	Youth will engage in the bush lifestyle which promotes wellness through learning outdoor survival skills and cultural preservation (i.e., how to harvest, clean and prepare traditional foods).
3	Ready to Learn at Wadena Elementary	Wadena	Wadena Elementary School	\$4,000	To establish a community garden, incorporating traditional First Nations knowledge and experience, to support nutritional needs and provide an option for families wanting to make healthy food choices. For students, learning will transform from “reading about it” to “tasting and experiencing it.”
4	Teen Mental Health Literacy Partnership	Saskatoon	Mental Health & Addictions Services – Saskatoon, SHA	\$10,000	School Division personnel and MHAS staff will be trained to further deliver training to teachers on two school based components of the “Pathways Through Care Approach”: the mental health and high school curriculum guide; and “Go-To” educator training.
5	Culturally Courageous Land-Based Leadership	Dorintosh	Dorintosh Central School	\$9,000	To bring together students, staff, Elders and community members to foster culturally responsive opportunities that encourage all dimensions of health, promote First Nations culture, and land-based education activities (i.e., shelter building, moose hide preparation, smoking and drying meat).
6	Community Connections	Pierceland	Chief Napew Memorial School	\$9,000	To create opportunities for parents, Elders and community members to have a place and opportunity where they can participate in healthy activities with their children (i.e., sewing, beading, cooking, drumming, pow wow singing and dancing).

7	Kitchener Community School Playground Revitalization Project	Regina	Kitchener Community School	\$20,000	To support the revitalization of the school playground (i.e., building a hill, landscaping, benches, Indigenous art installations, and cultural structures). The playground will be used by the school and community groups.
8	YGS Mural Club	Yellow Grass	Yellow Grass School	\$5,000	To create a mural/art club within the school allowing students to express their creativity through improving the esthetics of their school, increasing their ownership and engagement with the school, and providing a safe environment to foster positive growth of the students.
9	Creating Fiddling and Jigging Métis Regalia: A Youth and Community Engagement Project to Enhance Mental Health and Well-being through Culture	Saskatoon	St. Michael Community School	\$10,000	To engage youth and community in the creation of Métis fiddling and jigging regalia to enhance mental health and holistic well-being. Upon completion, the school will host a celebration and students will perform wearing their new attire. Traditional teachings will be included (i.e., fiddling, jigging, dance, clothing design).
10	Positive FNMI Media	Punnichy	Punnichy Community High School	\$10,000	To create a club and purchase equipment so that students have the tools necessary to create positive images of themselves and of their communities through recording learning experiences, creating mini-documentaries, podcasts, and websites.
11	The Heart of Youth Pow Wow: Empowering Youth, Strengthening Our Community	Prince Albert	Prince Albert Youth Outreach Inc.	\$9,000	To organize and host a youth-led, youth focused pow wow where the Youth Steering Committee plays a leadership role in the planning of the event and youth pow wow dancers are showcased.
12	Kakisiswew School Community Garden	Whitewood	Ochapowace Health Services	\$9,774	Students will build garden boxes and plant these gardens at their homes and at the school. Teachers and Elders will teach basic carpentry skills; power tool use; preparing, cultivating and growing gardens from seeds/seedlings; harvesting and preserving vegetables.
13	Sakewew Kihiwak Sports and Wellness	North Battleford	Sakewew High School	\$10,000	To provide students with opportunities for more physical activity by reviving school sports programs and providing gym activities after school and in the evening for students and their families (i.e., increased parent engagement in the school).

14	Indigenous Engagement	Saskatoon	W.P. Bate Community School	\$10,000	To host Indigenous song, dance and cultural initiatives for students, families and the school community including a pow wow troupe, regalia-making, beading classes, Koohkum/Mooshum group, visits from Elders/traditional knowledge keepers, and ceremonial practices (i.e., smudging, feast and round dance).
15	Water Bottle Refill Station and Tower Garden	Prince Albert	W.F.A. Turgeon Catholic Community School	\$3,900	The Green Club will support green and healthy living through installing a water bottle refill station that counts the bottles of water re-filled (saving the planet) and planting a tower garden to be used throughout the year promoting healthy eating and gardening skills.
16	Putting Our Youth First	Spiritwood	Spiritwood High School	\$14,296	This student led initiative includes developing an outdoor classroom that will house a teepee; creating a space for basketball, skating and other sports activities; creating a garden and using the harvest in the Home Economics program and cooking club; and addressing issues around suicide, depression and anxiety.
17	OUT & About Program	Moose Jaw	Moose Jaw Pride	\$5,000	LGBTQ+ youth will participate in winter outdoor recreational activities in 8 smaller communities across Saskatchewan.
18	Robotics for Makerspace	Wilkie	McLurg High School	\$3,000	To re-establish and make sustainable a robotics club by purchasing a software program that provides students with a basic understanding of robotics, scripting and programming that is designed for use by busy or inexperienced instructors.
19	Canoe Quest – Seeds of Love, Leadership and Truth	Cumberland House	Nisto Awasisak Memorial School	\$10,000	Youth will participate in a week long canoe trip and cultural camp to increase knowledge about traditional practices and customs, increase knowledge of the history of Pine Bluff, and provide youth with hope and courage to face the future. Elder and youth experience will be documented via video.
19 Funded Projects 86 Applications Received 5 Schools participated in the SAYCW YHS 2015 (\$57,070)				\$173,970	