

September 16, 2019

Dear Principal/Teacher:

We are pleased to introduce an exciting opportunity for you and your school! The Chatham-Kent Public Health Unit is offering \$200 **WELLNESS GRANTS** for the 2019-2020 academic year to help foster youth engagement in school health promotion projects. Successful recipients will utilize their grant to support Ontario's Well-Being strategy for education, through student-led initiatives that should encompass at least one of the following topics:

- Healthy Eating Initiatives (ie. School Salad Bar Events)
- Physical Activity/Sedentary Behaviour
- Mental Health Promotion
- Safe, Accepting and Inclusive Education

Student groups are encouraged to use our resource book to help guide their planning. Successful candidates will also have the opportunity to collaborate with a school health nurse to help support planning, implementation, and evaluation of their project and/or event. If your school has students interested in participating in this project, here are the details about the application process:

1. Complete attached application and submit forms to [schoolhealth@chatham-kent.ca](mailto:schoolhealth@chatham-kent.ca) by **Oct. 25, 2019**.
2. Project approvals for schools who submit their detailed application will occur on **Nov. 1, 2019**. *Applications will be reviewed by the CK Public Health School Health Team. Successful candidates will be notified by Nov. 1, 2019. **Please note that schools who are working towards developing or have an existing wellness committee or equivalent will be prioritized.***
3. Fund distribution will occur **Nov. to Dec. 2019**.
4. Project planning and implementation will occur **Dec. 2019 to March 2020**.
5. **Required** - submit a wellness grant initiative outcome report to CK Public Health by **June 1, 2020**. Reports will be used in generating posters to celebrate your hard work.

Our school health team looks forward to hearing from you and is excited to help students reach their full potential and support well-being within their school community. Should you have any questions or require more detail about this opportunity, please contact our school health team.

Sincerely,



Stacy Rybansky, RegN, BScN  
Program Manager, School Health Team  
Chatham-Kent Public Health Unit  
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# CK Public Health School Wellness Grant 2019-2020

NAME OF SCHOOL: \_\_\_\_\_ SCHOOL POPULATION: \_\_\_\_\_

PRINCIPAL/TEACHER CONTACT NAME: \_\_\_\_\_

PRINCIPAL/TEACHER CONTACT EMAIL: \_\_\_\_\_ PHONE #: \_\_\_\_\_

1. Select a youth project topic:

- \_\_\_\_\_ Physical Activity/Sedentary Behaviour      \_\_\_\_\_ Safe, Accepting and Inclusive Education  
 \_\_\_\_\_ Positive Mental Health      \_\_\_\_\_ Healthy Eating Initiatives (School Salad Bar Event)

2. Briefly describe your project and goals:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Possible activities include:**

- Education and awareness campaigns
- All-day or week-long events
- Advocacy activities
- Events with guest speakers

**Check out YOUR GUIDE TO A HEALTHY SCHOOL for lots of great ideas!**

3. a) Who will participate in planning and implementation? (check **ALL** that apply)

Student  Teacher  Support Staff  Parents/Caregivers

b) Do you have an existing wellness council? Yes  No

c) Will they participate? Yes  No

4. When do you expect your project to start? \_\_\_\_\_ Finish? \_\_\_\_\_

***(Note: Applications are due Oct. 25, 2019 with approvals communicated by November 1, 2019 and projects and evaluations completed and submitted by June 1, 2020.)***

5. Please outline your proposed budget:

ITEM	PURPOSE	COST

**Acceptable Expenses:**

Direct programming (e.g. resources, promotional items, guest speakers)

Project materials (e.g. printing, photocopying, resources, displays)

Equipment (e.g. short-term rental or purchase, event space etc.)

Team building expenses (e.g. healthy snacks, t-shirts, training)

**Expenses not eligible:**

Staff salaries, benefits and administrative fees

Prizes

**Please submit to [schoolhealth@chatham-kent.ca](mailto:schoolhealth@chatham-kent.ca) by 4pm October 25, 2019.**