

it's time to #GETLOUD

How to Apply for a Grant

STEP 1: Create your plan using ideas and tips in this booklet and/or some of your own.

STEP 2: Review your plan with a couple of teachers or administrators. They might know of some resources, have suggestions, and can help you get the rest of your school on board.

STEP 3: Write a summary of your plan in 300 words or fewer and have a teacher email it to

aaryn.secker@cmha.bc.ca

STEP 4: CMHA Kelowna will review your plan to #GETLOUD and follow up with suggestions and let you know if you qualify for a grant of up to \$250!

More information will also be available at:

www.cmhakilowna.org



Canadian Mental
Health Association
KELOWNA
Mental health for all

How Can Your School #GETLOUD?



Use the ideas in this booklet as inspiration for launching the #GETLOUD Pledge at your school. YOU Can get students talking about mental health.

Send us your plan for
a chance to get \$250!



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How to Use This Booklet

This booklet contains ideas you could use to **#GETLOUD** for mental health at your school. We recommend that your student group use the ideas that you like, plus brainstorm some of your own. Once you've narrowed down the ideas you want to try at your school, work together to write an action plan.

Consider the following when writing your plan:

- What other resources do you need?
- How will you get other students and teachers to participate?
- When should these activities take place?
- Will you need help/approval from teachers or administrators?
- Will any of these actions cost money (and how much)?

When you're done, you have the opportunity to apply for a grant from CMHA Kelowna for up to **\$250** to make your plan a reality!



A Few Ideas to Get You Started

- Participate in volunteer opportunities as a class team.
- Organize a lunch time walking group to promote physical activity every day.
- Celebrate Mental Health Week (May 2-8, 2016).
- Have mindfulness minutes during the AM announcements.
- Develop a Welcome Plan or buddy system for new students.
- Create a school-wide anti-bullying policy using language that students will understand. Share the policy on posters throughout the school.
- Host a guest speaker to provide education on discussing mental health.
- Use a lunch break to write compliments and uplifting quotes onto notes. Hide the notes in lockers or personalize them and deliver them to classrooms.
- As a group, research safe and healthy social media use and create a presentation.
- Establish student mentor and/or peer support programs.
- Create a student recognition program where students can nominate each other for shout-outs during assemblies.
- Have a "loudest outfit" contest.
- Work with your librarian to create a display highlighting mental health books and resources.
- Create a short video showcasing your **#GETLOUD** activities.