

2022-23 Circle of Well-Being Program (CWB) Program Guidelines

Introduction:

The BC First Nations Education Steering Committee (FNESC) and First Nations Schools Association (FNSEA) are pleased to be offering First Nation schools the opportunity to apply for funding grants through the 2022-23 Circle of Well-Being Program (CWB).

- Total funding available for distribution: \$62,000
- Maximum grants: up to \$2,000

Objectives:

- To make healthy food/beverage choices, such as:
 - ✓ fruits and vegetables
 - ✓ traditional foods
 - ✓ foods/drinks with lower sugar content
 - ✓ increased water consumption
- To adopt a more active lifestyle by:
 - ✓ taking part in daily physical activities
 - ✓ maintaining a consistent and healthy sleep pattern
 - ✓ maintaining a healthy amount of screen time
- To care for their emotional and mental health by:
 - ✓ being able to identify their emotions and the emotions of others in a healthy manner
 - ✓ being able to respond to emotions in oneself and others in a healthy manner

Applicants may undertake a variety of activities to reach those goals, including, *but not limited to*:

- Purchasing related supplies and equipment, such as supplies for building and maintaining gardens, water bottle refilling stations, sport and recreation equipment, equipment for outdoor activities (such as snow shoes, cross country skis, etc.)
- Sponsoring relevant events and information sharing opportunities, such as sponsoring sporting events, hosting guest speakers, purchasing and sharing relevant written materials / pamphlets, etc.
- Organizing opportunities / activities to promote mental health and well-being, such as building the school's capacity to promote yoga, mindfulness, other mental health activities, as well as accessing specialists to support the identification and implementation of relevant programs and services

Criteria

Who Can Apply: BC First Nations Schools with grades K to 12
Submission Deadline: Friday, December 9, 2022
Submit by Email to: soniao@fnesc.ca
Grant Amount: Maximum of \$2,000

Review and Approval Process

- Requests will be reviewed based on the date they are received as well as on the basis of meeting the program objectives. Please note, only submissions made using the provided proposal form will be considered.
- Due to limited funding we may not be able to provide the grant to all schools that apply. FNESC will communicate grant award decisions to all applicants once decisions are made.
- CWB projects must be completed and a final report required by Friday, March 31, 2023 – a report form will be distributed closer to the date.

Questions

If you have any questions or require assistance, please reach out to Sonia Okogbaa, Officer, Funding Programs by email: soniao@fnesc.ca or by phone to: 604-625-6087.

We look forward to receiving your Circle of Well-Being Proposal!