

Mental Health & Wellness Grant Application

Presented to: [REDACTED] CLC Technician for LEARN Quebec

Presented by: Ashley Jewer, Social Work Technician

School: [REDACTED] Elementary School

Project Title: Sensory Tools to Support Student Mental Health and Wellness

Funding Requested: \$1,500

1. Project Description

[REDACTED] Elementary School is proposing a project to provide sensory tools and classroom resources for students experiencing challenges with sensory overload and emotional regulation. These tools will be available in both the Nurturing Support Centre and in all classrooms from K4 to Grade 5.

The resources requested include weighted animals, noise-cancelling headphones, fidgets, playdough, wobble stools, and calming lights. These tools will help students to regulate their emotions, reduce stress, and assist with their readiness to learn.

Our goal is to foster a more inclusive and safe learning environment that supports each individual student in need as well as the overall classroom by making these resources available throughout the school.

2. How will this promote better mental health and wellbeing?

- Tools used in accompaniment with teaching healthy coping and regulation skills.
- Reducing the anxieties and disruptions of students in distress will create a better climate for the entire school.
- Assist in fostering relationships between students and staff through hands-on SEL
- Strengthen community and consistency by providing classroom staff and intervention staff with the same tools and strategies for students

3. Partner & Staff Involvement

- Teachers (K4 through Grade 5) will receive resources for classroom use.
- Social Work Technician will oversee the Nurturing Support Centre (NEST) and tools as needed.

- Regular feedback will be provided to our CLC Technician who will be involved in aligning the project with the Board's priorities.

4. Student & Family Involvement

- Students will identify which tools are most helpful for them, which they did not find helpful to promote responsibility.
- Families will be informed about available tools and strategies to support consistent regulation strategies between school and home.

5. Data & Rationale

Staff observed high volumes of struggle amongst students in terms of emotional regulation and / or sensory overload. Staff requested regulation and sensory tools including chewies, fidgets, alternative seating, headphones, to support students in their readiness to learn. Behaviour logs will be used to measure success of this project.

6. Implementation Plan

- Distribution: Each classroom receives playdough kits, chewies, and fidgets. Larger items (weighted animals, stools, beanbag chairs, tent, sensory lights) will remain in the Nurturing Support Centre.
- Support: Social Work Technician will guide students in tool use.
- Sharing system: Weighted animals, headphones, and other tools will be loaned to classrooms on an as needed basis.

7. Sustainability

Most items are durable and reusable across multiple school years. A lending and system will allow resources to circulate according to student needs, ensuring long-term use and benefit.

8. Budget

Items Requested	SIN	Quantity	Price per item	total cost (before tax)
Play Doh	B009CAPYR8	6	\$ 25.69	\$ 154.14
Chewie necklaces	B07RJXT8BM	3	\$ 15.99	\$ 47.97
Lava Sensory fidgets	B0C3HJCBCY	5	\$ 16.99	\$ 84.95
Weighted animals	B071WLHNF1	5	\$ 42.94	\$ 214.70
Noise cancelling headphones	B0CP2DG32Y	2	\$ 39.98	\$ 79.96
Beanbag chair	B0DGCWB7W	1	\$ 134.99	\$ 134.99
Wobbly stool	B09QRRL22N	2	\$ 77.67	\$ 155.34
Spinning chair	B0DHS1G3FV	2	\$ 95.99	\$ 191.98
Tent	B0BYPB6JWQ	1	\$ 84.99	\$ 84.99
Sensory light	B08R17FS5K	1	\$ 149.99	\$ 149.99
Total (pre-tax)				\$ 1,299.01

Total (pre-tax): \$1,299.01

Tax (15%): \$194.85

Grand Total: \$1,493.86

(\$.14 remaining balance)

9. Expected Outcomes

- Students will demonstrate improved coping and self-regulation skills.
- Teachers will report fewer classroom disruptions tied to emotional and sensory challenges.
- The overall school climate will become calmer, safer, and more inclusive.