



PROPOSAL FOR SPENDING SAC FUND-RAISING MONEY

Proposal created by: Mima Micic Classroom/Grade(s) Impacted: 1-8 (possibly kindie if there is support)

1. Please provide a brief description of the project/program being proposed, including grades of students that will be involved.

X Movement (<https://www.xmovement.com>) is an organization dedicated to providing mental health and physical wellness programming to families and educators. X Movement's program includes 3 45-minute workshops to teach students about conflict resolution, resiliency, bullying prevention and others. Resources for teachers are also available for 12 months and parents are involved via an assembly hosted for care givers and students so that the teachings from the lessons can be implemented at home.

2. Please provide details on the problem that currently exists and how the proposed project/program will address it.

Parents are hearing anecdotes from children and teachers that kids are lacking in empathy towards each other, they are lacking in their ability to resolve conflicts, they are at times too physical with each other and just generally could benefit from more support and learning so they treat each other better. X Movement will not only teach children these strategies; they hold an assembly during their time at the school for both parents and kids so that parents are aware of what the kids have learned in their workshops and can implement the learnings at home. Teachers are given access to online resources to help them with strategies on anti-bullying, transitions, support for kids etc.

3. Please describe in detail how the solution being proposed will benefit all Humbercrest students equitably.

There is potential for all Humbercrest students to participate in the program.

4. Please provide examples of other schools/jurisdictions where this project/program has been implemented and its outcomes.

X Movement has worked in a number of local schools such as St Pius, Swansea, Keele Street, St James, George Syme, Lamton Park, Fern Ave and Howard PS. I have called two schools for their feedback on the program and they articulated how much the kids enjoyed the workshops and that X Movement was invited back for future sessions.

5. How is this project/program in line with the Humbercrest goals in Equity, Achievement and Wellbeing?

X Movement offers 5 different workshop experiences. The one that is most applicable to meeting this objective is the "X Other" workshop that focuses on Empathy & Compassion, Building Relationships and Conflict Resolution to all students. These focus areas directly align with Humbercrest goals in Equity, Achievement and Wellbeing.

6. Please provide a schedule that includes details such as sourcing equipment, implementation in the classrooms etc.

If this proposal is approved, we will work with the administration to work out a schedule so that participating students are able to participate in 3 45-min workshops over the course of one week. During that week, X Movement will also host the parent/student assembly on the Thursday evening, which would require access to the gym(s). They are a TDSB vendor.

7. All Costs (GST, PST, Shipping and Handling, and Any Currency Conversion (US\$ to CDN\$))

Cost is \$10+HST per student. Estimating 780 students (if we include the kindie kids)

Total cost is \$8,814

8. Other Important Information

X Movement team is very keen on incorporating parent/teacher feedback into the workshops so that they reflect the needs of this particular student population, which I really appreciated.

Please be advised that certain goods and services must be purchased from suppliers approved by the TDSB whose estimated costs may differ from other quotes obtained