



# News Release

## Students support the mental wellness of youth through Grad Service Project Week

*For immediate release – March 11, 2021*

**Red Deer, AB** This is service project week at École Secondaire Notre Dame High School. Students are hoping to raise \$40,000 for their chosen charity, The Smiles Thru Lindsey Foundation. Lindsey is alumni of Notre Dame who graduated 10 years ago and tragically took her life five years ago.

Our hope is to support Lindsey's dream to raise money and much needed awareness to help break the stigma for children, teens and young adults who are fighting mental health issues.

Each day, teams of six students, a team teacher and team parent worked together to compete in challenges and earn points. Prizes were awarded to the teams that earned the most points and raised the most money.

During this week, students will be involved in a series of challenges to help raise funds that includes:

- Monday – Teams had to design a banner cut into eight puzzle pieces.
- Tuesday – Team members were given a blank canvas and have until the end of the week to complete an art therapy challenge. These art pieces will be auctioned off at the end of March.
- Wednesday- Each team member completes five intentional acts of kindness.
- Thursday- Each team creates a public service announcement on mental health support
- Friday & Saturday - Annual scavenger hunt virtually this year.

Each year the graduating class from École Secondaire Notre Dame High School chooses a charity to raise funds for through their Grade Service Project. For the past 13 years, students have raised almost \$700,000 for student chosen charities.

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“Our service project is a tradition of school pride and giving back. It is a great opportunity to make a difference and learn about a charity that the students choose. This week impacts our students just as much as our community,” said Shannon Nivens at École Secondaire Notre Dame High School.

“Mental health awareness has been a central focus at our school for several years. We are honoured to partner and join resources with the *Smiles Thru Lindsey Foundation*; this partnership will support our theme to keep talking, listening and connecting with students who struggle with mental health issues. Lindsey was a vibrant part of Notre Dame and we are pleased to be able to keep her memory and message alive through this incredible service project,” said Principal Rose McQuay at École Secondaire Notre Dame High School.

For more information about the École Secondaire Notre Dame High School grad service project, please visit [notredamehigh.ca](http://notredamehigh.ca).

*Red Deer Catholic Regional Schools serves over 10,360 students in 20 schools in Red Deer, Blackfalds, Sylvan Lake, Rocky Mountain House, Innisfail, and Olds, as well as an at-home learning program. It also supports the learning of over 1095 students in a Traditional Home Education Program. The Division is committed to serving children and parents with a complete offering of learning opportunities delivered within the context of Catholic teachings and within the means of the Division.*

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