



## PRESS RELEASE

### Seven Oaks Student Writers and Artists Promote Resiliency and Wellness in Pandemic

For immediate release: April 14, 2021

WINNIPEG – Thanks to a Winnipeg Wellness Grant, the Seven Oaks School Division and Project 11 are collaborating to design, create and publish an anthology to capture and celebrate through writing and art, the ways that students have incorporated resilience and wellness practices into their lives.

This anthology will document a unique time in history and the powerful stories of overcoming adversity for generations to come. “This is a great opportunity for some of the youngest students in our community to share their personal reflections about how they have managed through the pandemic. This anthology will ultimately show that none of us is alone in the challenges we have faced,” said City Councillor Devi Sharma.

These pieces of art and writing will celebrate the ways that individuals and communities are supporting mental health and wellness during the Covid-19 pandemic. This work may provide a source of hope and possibility for students, families, and communities. “This book will remain in school libraries serving to document this historic time for future generations,” said Brian O’Leary, Superintendent of Seven Oaks School Division.

Developed and run by the True North Youth Foundation (TNYF), Project 11 is a preventative cross-curricular and bilingual mental wellness program available free to all Manitoba K-8 classrooms. The engaging mental wellness lessons and resources of Project 11 help to empower students to develop the understanding that they can positively influence their own mental wellness by learning skills and adopting healthy coping strategies into their lives.

“During this pandemic, we have loved seeing students’ work, sharing which coping strategies have helped them navigate the obstacles that have surfaced this year,” said Suzi Friesen, the TNYF’s Director of Educational Programs. “The published anthology will be inspiring for people of all ages.”

As part of the launch to introduce the anthology project to students, Winnipeg Jets player and Project 11 ambassador Bryan Little, Brian O’Leary, and Councillor Sharma, spoke to Seven Oaks School Division’s K-8 students, sharing a virtual message of encouragement.

Students will actively engage in writing and art-making throughout the spring with an anticipated official book launch to follow. All contributors will be gifted their own published book.

This project is supported by a City of Winnipeg Wellness Grant from City Councillor Devi Sharma, Old Kildonan ward.

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#### Project 11

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