

Application Communications

Subject: Mindfulness Opportunity - please share

Hello Mental Health Matters Coalition,

Please find the attached application and flyer regarding an opportunity for Chippewa and Eau Claire county school districts who administer the Youth Risk Behavior Survey (YRBS) to apply for FREE school-wide mindfulness skills training for staff. Please forward this information to your middle school and high school contacts including superintendents, principals, teachers, counselors, staff, etc. We are relying on you to share far and wide – please assist!

Completed applications are due INSERT DATE. Past participants have said:

- “This course was eye-opening. It provided enough information for me to get my feet wet, but it didn't drown me in data/information. It was excellent.”
- “I'm more calm, I breathe when starting to be stressed, I can download calm to my students.”
- “This is life changing. I feel empowered to deal with my stress and help students with anxiety. This has real power and I think all of our teachers and students in our district would benefit from mindfulness training. I think it is a no brainer that it should be incorporated into our PD, wellness and teacher training. I am very appreciative to have participated.”

Please feel free to contact me with any questions. Thank you!

INSERT CONTACT INFORMATION

Subject: Mindfulness Opportunity Grant Application

Dear INSERT,

Thank you for your school's application to receive mindfulness-based training and support. You will be notified INSERT DATE of the status of your application. Thanks again!

INSERT CONTACT INFORMATION

Subject: Mindfulness Opportunity

Dear INSERT,

Mental Health Matters thanks you for the time, care and diligence in submitting a grant application for your school. We received several applications for this opportunity but are only able to offer training to INSERT # SCHOOLS this year. We regret to inform you that your school was not selected to receive mindfulness training for the INSERT school year. You submitted a strong application, and it was a very difficult decision. If you would like feedback on your application, please contact me. We encourage you to apply again when this opportunity is offered for the INSERT school year. Applications will be available INSERT DATE.

The mission of the Mental Health Matters grant is to improve the mental health of middle and high school youth in Chippewa and Eau Claire counties. One way the Coalition is focused on doing this is by providing mindfulness resources to middle and high schools throughout the two counties. During this competitive grant application process, INSERT # applications were received from schools in the two counties to receive mindfulness training for their staff. Mental Health Matters Mindfulness Action Team members completed the review process of the applications, providing a recommendation to the Mental Health Matters steering committee. We will be providing mindfulness training to INSERT # schools throughout the INSERT school year.

Thank you for applying for mindfulness training in your school. We hope you will consider applying again next year.

Sincerely,

INSERT CONTACT INFORMATION

Subject: Mindfulness Opportunity

Dear INSERT,

Congratulations! Mental Health Matters is delighted to offer mindfulness training at INSERT SCHOOL during the INSERT school year. I will be contacting you soon to review a Memorandum of Understanding (MOU) for this opportunity. In addition, we are pleased to share that you will be working with INSERT TRAINER. TRAINER will be in contact with you within the next couple of weeks to coordinate the upcoming staff training.

The mission of the Mental Health Matters grant is to improve the mental health of middle and high school youth in Chippewa and Eau Claire counties. One way the Coalition is focused on doing this is by providing mindfulness resources to middle and high schools throughout the two counties. During this competitive grant application process, INSERT # applications were received from schools in the two counties to receive mindfulness training for their staff. Mental Health Matters Mindfulness Action Team members completed the review process of the applications. We are happy to share that we will be providing mindfulness training to two schools during the INSERT school year.

Thank you for your outstanding application! We look forward to working with you.

Sincerely,

INSERT CONTACT INFORMATION