

# PREMIER'S

Healthy Living Scholarship

# FOR YOUTH



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The Premier's Healthy Living Scholarship for Youth recognizes the achievements of young Manitobans who are positive role models for other children and youth in promoting healthy lifestyles.

Up to 10 of the most outstanding applicants from across Manitoba will be selected to receive a \$1,000 scholarship. One nomination will be accepted per high school.

## AREAS OF ACHIEVEMENT

Award applicants will have made an outstanding contribution to their school and/or community in one of the following areas:

### ACTIVE LIVING

Physical activity increases energy levels, helps us handle stress better, strengthens the heart and lungs, and helps us reach and maintain a healthy body weight – all important aspects of healthy living.

### HEALTHY EATING

Healthy eating means choosing wisely when making decisions about what and how much to eat. Eating a variety of healthy foods and the right amount will improve overall health and energy levels.

Not only will this help lower our risk for chronic diseases such as type 2 diabetes and heart disease, it can improve our sense of well-being.

### HEALTHY SEXUALITY

Supportive and safe relationships, good self-esteem, gender identity and sexual orientation, knowledge about preventing unplanned pregnancy and sexually transmitted infections are some of the many aspects of healthy sexuality.

### MENTAL HEALTH PROMOTION

Mental health is more than the absence of mental illness. When people are mentally healthy, they experience satisfaction and purpose in life, productivity, personal growth, physical health and positive personal, family and community relationships. Mental health promotion involves working together to create environments that promote and sustain these features of positive mental health and well-being.

### SAFETY AND INJURY PREVENTION

Injury, both unintentional and intentional, is a major cause of death, disability and hospitalizations in Manitoba. Aspects include bike safety, farm safety, water safety, suicide, motor vehicle traffic injuries, self-inflicted injuries, falls and fractures, suffocation and choking, and assault.



## **SUBSTANCE ABUSE AND ADDICTIONS**

The effects of problematic substance use and gambling in Manitoba have far reaching impacts on individuals, families and communities. Making positive choices around misusing substances and problematic gambling is important to balanced healthy living.

## **TOBACCO REDUCTION**

One of the best ways to ensure a healthy population in the future, is to ensure that youth do not start smoking. Tobacco is the only consumer product that causes disease, disability, and death when used exactly as intended.

## **ELIGIBILITY**

Students must be registered in Grade 12, and are set to graduate in the year in which the nomination is made and are admitted to, and register full-time in the first year of study in any faculty of school at the University of Manitoba. Qualifying students will have achieved a minimum entering average of 75% on those courses used for admission. Students must also have made an outstanding healthy living contribution to their school and/or community in one of the specified areas of achievement during their high school experience.

## **SELECTION CRITERIA**

The application and statement will be assessed based on the following criteria:

- The extent of the applicant's healthy living contributions in their school and/or community.
- The degree to which the applicant's contributions fall into one or more of the specified healthy living areas of achievement.
- The impact of the applicant's contributions in their school and/or community.
- The quality of response to the statement question.

# HOW TO APPLY

Complete and submit the enclosed application form to your designated high school contact. One application per high school can be submitted before the deadline indicated on the application by mail, fax or email to:

## ALUMNI AND DONOR RELATIONS

Unit 200-137 Innovation Drive

University of Manitoba

Winnipeg, Manitoba

R3T 6B6

**Email:** [alumni@umanitoba.ca](mailto:alumni@umanitoba.ca)

**Fax:** 204-474-7635



The University of Manitoba  
Premier's Healthy Living Scholarship for Youth

**Application Form**

Submitting Application Forms

The application deadline is **June 15**. Incomplete application forms will not be accepted. Please submit completed application forms to your designated high school contact.

**Reference Letter Contact Information** (please print)

First name: \_\_\_\_\_ Last name: \_\_\_\_\_

Organization/School/School Division: \_\_\_\_\_

Address: \_\_\_\_\_ City/town: \_\_\_\_\_ Postal code: \_\_\_\_\_

Email address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

**Applicant (Student) Information** (please print)

Student first name: \_\_\_\_\_ Student last name: \_\_\_\_\_

School: \_\_\_\_\_ School division: \_\_\_\_\_ Grade: \_\_\_\_\_

Student home address: \_\_\_\_\_ City/town: \_\_\_\_\_ Postal code: \_\_\_\_\_

Student email address: \_\_\_\_\_ Student Phone Number: \_\_\_\_\_

University of Manitoba Student Number: \_\_\_\_\_

**Areas of Achievement**

The area(s) of achievement in which the student has made outstanding contributions to their school community are:  
(check all applicable)

Active Living

Healthy Eating

Healthy Sexuality

Mental Health

Safety and Injury Prevention

Substance Abuse and Addictions

Tobacco Reduction

## **Healthy Living Contributions**

**Please describe the healthy living contributions you have made in the space provided below:**

1. What kind of work did you do and how did it address the healthy living area(s) of achievement?

2. Where did you do this work and who did you work with?

3. How did you serve as a positive role model for others in adopting a healthy lifestyle?

4. How did your work make a difference to the school community?

5. Please provide a statement (250 word maximum) that showcases why you think you should be chosen for this this prestigious award, what you learned in the process, and how you plan to continue to be a role model for healthy living after graduation. Please note - if sharing personal stories, please leave identifying information out.