

kind mind

CONFI-DANCE

PROGRAM DETAILS



INTRODUCTION

Did you know that one of the best ways to prevent youth mental health challenges is to create a sense of connection and belonging? What better way to do that than through a school-wide celebration?!

We are so excited to introduce you to a NEW Kelty Foundation initiative.... the **Kind Mind School Tour** , in partnership with Vancouver's top kids DJ—Rock'N Beau! This isn't just a school dance —it's a **party with a purpose**. The Kind Mind Tour will connect thousands of families across BC with mental health resources and tools, raising crucial awareness about what is available for both parents and children when they are in need.

In the month leading up to our ConfiDANCE event, our Kind Mind program will provide teachers, students, and parents with simple mental health workbooks designed by our team of child psychologists, and optional workshops from partners such as the BC Crisis Centre, Free to Be Talks, and Inquiry Adventures. Most importantly, resources will be sent home to parents so they know where to turn when they are worried about their child. This program is designed to be very minimal work for teachers and parents with maximum impact on long term mental health.

This month-long celebration will build up to an epic Confi-Dance Party, where DJ Rock'N Beau will transform a school dance into a party with a powerful purpose. As students enjoy the music, games, and prizes, they'll also receive valuable tips on maintaining their mental well-being, reinforcing the lessons learned throughout the Kind Mind Month.

Free for schools with limited spots available!

Let's dance, connect, and change lives together!

 **The Kelty**
 **Foundation**

KIND MIND MONTH OVERVIEW

STEP 1

BOOK A CONSULTATION

Once you have had a consultation with our team and secured a date we will require a deposit that will be **completely refunded** after the end of Kind Mind Month. Any workshops selected will also be booked and organized with our partner organizations after the initial consultation.

KIND MIND KITS DISTRIBUTED

STEP 2

One month prior to the dance our Kelty team will drop **Kind Mind Kits** for each classroom. We will require one point of contact to help distribute these.



What's in the Kind Mind Kit?

- Links to 4 x 2 minute video for teachers to show their class (different videos will be provided for ages K-3 and 4-7)
- Short, *optional*, 10 minute lesson plans following the video
- A social emotional learning thumball for each teacher
- Backpack keychains for all students
- Take home kindness challenge workbook and resource guide for parents with resource magnet
- Optional Confidence-a-thon fundraising forms
- A prize pack for students who complete challenges

STEP 3

SET THE TONE FOR THE MONTH

We ask that teachers show our 2 minute videos once a week and recommend our 5-10 minute follow up activity in the first week of the Kind Mind month. We would like teachers to distribute the take home package to students in the first week as well so that students have the whole month to participate. **One of our key goals is getting resources home to parents so this is essential.**

As the month proceeds, students can hand in their completed challenges to their teacher and be entered to win a prize. Each completed form will also be rewarded with a small prizes throughout the month provided by the Kelty Foundation.

CELEBRATE!

STEP 4

At the end of the month the Confi-DANCE celebration will be held to bring the students together to reflect on everything they learned.

Confi-DANCE Celebration

Our program runs for 2 hours and is designed to be held in your gym or other community space where kids can dance the day away with DJ Rock'n Beau at the helm. Dances can be arranged either during school hours with teacher attendance or in the evening with parent attendance and volunteers (teachers are welcome too of course!)

Throughout the afternoon or evening DJ Rachel stresses the importance of kindness to self and others and will reflect on the lessons learned throughout the month. Her program is designed to create a sense of belonging and connection for students - one of the biggest preventive factors in mental health! DJ Rachel will keep the energy high throughout with rock'n good tunes, engagement prizes, sing-a-longs and dance-offs.

Optional Workshops

As part of Kind Mind month, the Kelty Foundation will help to arrange any additional workshops that the schools would like by our partner organizations. We have an array of partners including BC Crisis Center, Free To Be Talks, Inquiry Adventures etc. Workshops can be chosen for parents, educators or students and the Kelty Foundation will cover up to \$1000 per school in workshop fees.

DANCE a thon

We want the kids to be a part of the solution! As part of our Kind Mind Confi-DANCE we are giving kids the **optional** opportunity to fundraise for the cause! The school will be provided with Kindness Pledge-a-thon forms where students can raise donations from their community. All funds will be collected by teachers and will be used to pay-it-forward so other schools across BC can access the Kind Mind program. The classroom with the highest number of donations will win a pizza party before the dance!

About The Kelty Foundation

The Kelty Foundation, named after Kelty Patrick Dennehy, was founded by Kerry and Ginny Dennehy after the loss of their son to depression and later, his younger sister Riley. Since 2001, the foundation has raised close to 8 million dollars and achieved significant milestones in mental health including funding the creation of the Kelty Mental Health Resource Center at BC Children's Hospital, the Kelty Patrick Dennehy Resource Center at the HoPE Center at Lions Gate Hospital among other significant accomplishments. Past partnerships include VGH, BC Crisis Center, Jack.Org, and Whistler Community Services Society.

About DJ Rock N Beau

Rock 'N' Beau is well known for elevating the energy of any event she is performing in and uses her strengths to help enrich the lives of children & adults through the arts. A professional entertainer who has starred in a variety of events across the country primarily focusing on children's entertainment. Along with kids high energy self-confidence building programs, Rachel dedicates her time to creating entertainment driven interactive parties! Rachel encourages her guests to live out their passions through music, dance and performance.

FAQS

What does it cost the school?

Nothing! Brought to you by The Kelty Foundation, this is an opportunity for your students to have a massive dance party while teaching them the basics of mental health. Win-win!

What does the school have to do to prepare for Kind Mind Month?

Just email our team at contact@thekeltyfoundation.org and our team will give you a call to chat through your program and secure a date. Once the date is confirmed and your fully refundable deposit is paid to reserve DJ Rock N Beau, our team will provide you with a KIND MIND bundle one month in advance. On the day of the event, we will need access to your gym one hour in advance to set up.

Can I customize the program?

Absolutely! We want to work with each school to provide them what they need. The only thing we ask is that the video and Kind Mind kits are distributed.

What is the commitment from the school?

- The month prior to the dance will be dedicated to mental health
- Kind Mind Kits to be distributed to all classrooms
- Provide your gymnasium for the school dance
- Collect all donations at month's end
- Weekly reminders of Kind Mind month and challenges

What are the optional additions for teachers?

- Optional extension lesson plans
- Workshops hosted by BC Crisis Center, Free To Be and Inquiry Adventures among others



Will the take home kits be provided in different languages?

Our team is working on translating our kits and with enough notice can ensure they meet your school's specific needs



Do you need teachers at the dance?

If you book your dance during the day, teacher attendance will be required. If it is in the evening, parent volunteers will also work



What about gym capacity?

During your consultation meeting we can design the program to best suit your needs. Our recommendation is to split the dance into primary and elementary to ensure capacity. Some schools may choose to require \$1 tickets to ensure attendance and capacity goals are met.



I already have mental health lesson plans, do I need to do yours?

Our 2 minute videos are designed to introduce and reinforce concepts as well as explain the importance of kind mind month. We feel this is an excellent addition to any mental health lessons already happening in schools



How are donations collected?

Students can pay cash or through our online donation system Zeffy. All instructions will be provided with the Kind Mind Kit

**Ready to join the PARTY WITH A PURPOSE?
Let's make an impact on mental health today!**