



# News Release

## Grad service project focuses on teens mental health

*For immediate release – December 9, 2020*

**Red Deer, AB** The Class of 2021 at École Secondaire Notre Dame High School has chosen [The Smiles Thru Lindsey Foundation](#) as this year's Grad Service Project with a goal to raise \$40,000. This local organization is close to many hearts, as students want to continue to raise awareness and help break the stigma surrounding mental health.

The [Smiles Thru Lindsey Endowment Fund](#) was created in 2015 after Lindsey More tragically took her life at the age of 22. Prior to her sudden passing, Lindsey wanted to help those who were suffering in silence, as she did. Honouring her wishes, and to help keep Lindsey's legacy of love and laughter alive, the Smiles Thru Lindsey Foundation was formed.

Each year the graduating class from École Secondaire Notre Dame High School chooses a charity to raise funds for through their Grad Service Project. This year Grad Service Project week is scheduled to take place from March 8 – 13. Each week day, teams of six students and their team teacher work together to complete challenges and earn points. The final days of competition will pose the biggest challenge when student teams along with a team parent will compete in a 24-hour extreme scavenger hunt throughout Red Deer. The challenge is to collect all 2021 items on the list!

"Grad service projects are a tradition of school pride and giving back to the local community. In the past 10 years, students have raised almost \$700,000 for non-profit organizations," said Grad Coordinator, Shannon Nivens at École Secondaire Notre Dame High School.

"Our annual Grad Service project allows our students the incredible opportunity to make a lasting difference in our community. This year's charity is extra special to us as Lindsey was part of this team herself as a graduate of Notre Dame. Our students want to honour her memory by

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not only raising money, but also awareness around the stigma of mental health,” said Principal, Rose McQuay at École Secondaire Notre Dame High School.

For questions or more information, please contact Grad Coordinator, Shannon Nivens at 403-342-4800 ext 263394 or email [shannon.nivens@rdcrs.ca](mailto:shannon.nivens@rdcrs.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.*

**For more information, contact:**

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