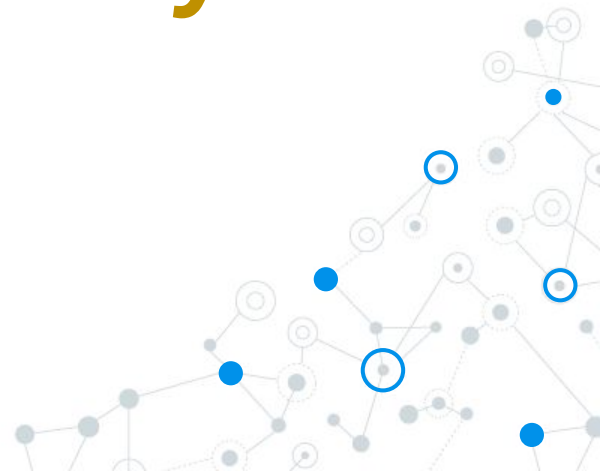
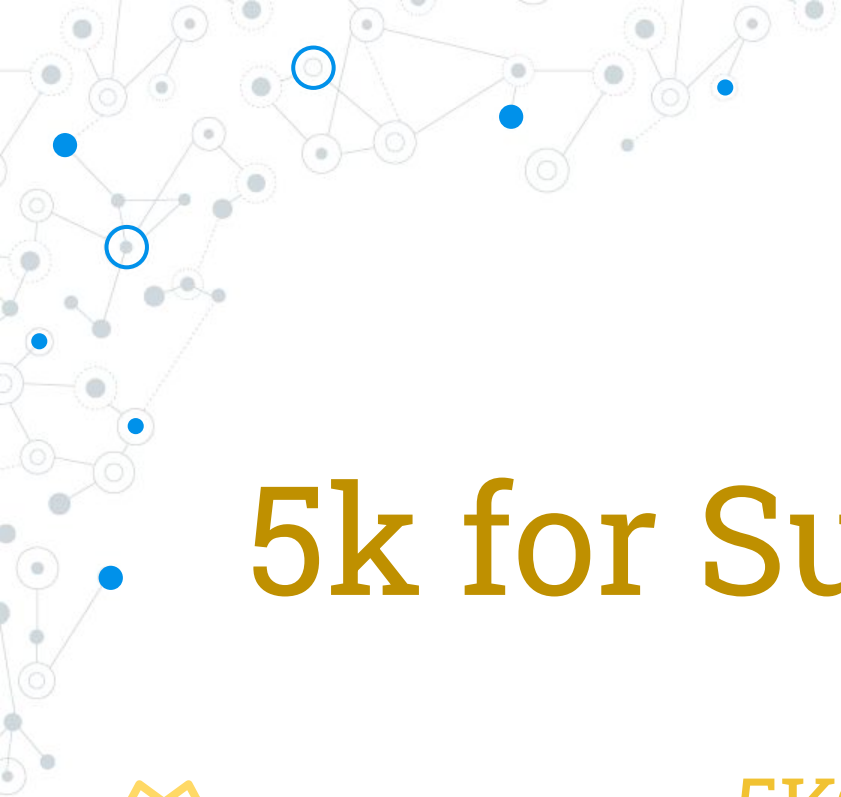
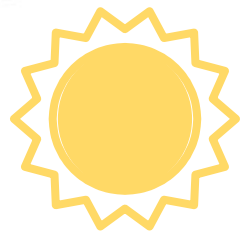


5k for Sunnier days!

5KOurWay



Elevator Pitch

Imagine being in a windowless, fluorescent light filled room for about six to eight hours a day. This is the case for many students and staff in our school. Teachers are in windowless classrooms for hours and students who may have the majority of their classes in such rooms have to endure this every day. Along with the decrease in sunlight during the winter months before school starts and after clubs/sports end, many students are not getting any sunlight at all in a day. This can severely impact mental health. So how can we help? Sunlight lamps. Proven by professionals to improve mental health, sunlight lamps can make major improvements with little to no risks or downsides at only fifty to one hundred fifty dollars.



Summary



We are working to put a sunlight lamp in every classroom without windows. Students spend hours on end in classrooms without windows and the lack of Vitamin D does not benefit students' health- both physical and mental. We have determined the amount of classrooms without windows and how many teachers in these classrooms would like a lamp to make sure the amount of lamps needed fits the budget. We plan to use the 5K Our Way budget for this project. We have worked to gather data on the need, support, and costs for this project.

Project Narrative



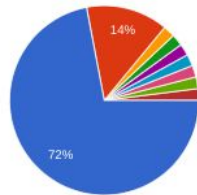
Background: One of the first things many people notice about Melrose High is the lack of windows. It has been the subject of many graduation jokes, teacher rants, and trivia questions. As interesting as this quirk of our school is, we started noticing that it may be having dangerous effects on students' mental health. Doctors at Cleveland Clinic have proven that a lack of sunlight can contribute to depression and anxiety, as well as making it harder to maintain a healthy sleep schedule. Sunlight lamps can mitigate these effects, and we believe that our school should have those as a resource available to students and teachers who need everyday sun exposure.

Project Narrative

Statement of Need: Our school currently has 33, in use classrooms, that have no outside windows. We sent out a survey to the teachers with these classrooms, and over 80% said that they were at least sometimes bothered by the lack of light, and over half said that they were always bothered by it. 93.3% of the teachers said they would support this project. We asked what kind of lamp they would prefer, and most said a floor or box lamp. We also surveyed some students at MHS, and over half of them had 3+ classes with no windows, and all of them had at least one. Almost 75% of students said they thought it negatively affected their health and sleep, and 87.5% of students said they would support this initiative. (Teachers' responses are depicted on the right while students' responses are on the left)

Do you think the lack of sunlight in your day negatively affects your mental health/sleep?

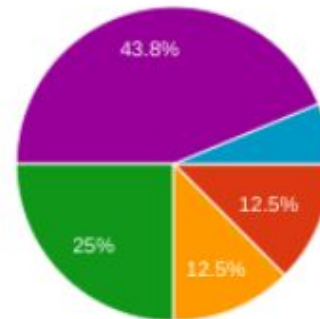
50 responses



- Yes
- No
- Maybe
- Sometimes
- Maybe sometimes, but I don't think it actively affects me
- Depends on the day
- Cant tell
- I feel sad that I can't see the outside
- I feel I'm more tired when I have class...

Copy

How often are you bothered by the lack of sun in your room?



- Never
- Occasionally
- Sometimes
- Often
- Always
- I love outdoors and open windows and fresh air

Project Narrative

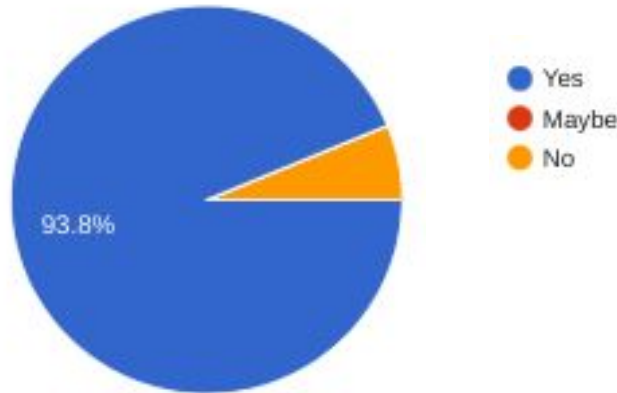


Statement of Need (cont.): It is clear that in our school there is a need and want for these sunlight lamps, so we believe that purchasing 70 of these lamps as well as replacement bulbs would be a great use of the 5KOurWay project. This would allow every room in need to have two, and we would have a few extras in case one breaks. We also interviewed Mr. Bolduc, a guidance counselor at MHS who has been using a sunlight lamp in his office and also supports our proposal. Through the interview we found that in his experience sunlight lamps don't cause large changes but can improve someone's daily mood and is worth the price.

Statistics

We also interviewed teachers to see if they would be willing to put a sunlight lamp in their room, here are our results:

Would you support this project/ would you be willing to try out a sunlight lamp in your classroom?



Project Narrative

Goals: Our goal is to get sunlight lamps in every classroom that does not have windows in order to supplement the mental health resources in our school, and counter the negative mental health benefits

Objective: Purchase two sunlamps for every classroom without windows, so that teachers have the option to use for mental health purposes



Why should you pick our project?

- ◎ Mental health has been an ongoing issue
- ◎ Students should feel comfortable in their learning environment
- ◎ Sunlight lamps are a beneficial and inexpensive way to improve S.A.D.
- ◎ There are long term benefits
- ◎ There is a demand from staff

-
- A Venn diagram with two overlapping circles. The left circle is labeled 'PROS' and contains a list of five benefits. The right circle is labeled 'CONS' and contains a list of two drawbacks. The circles are outlined with dashed orange lines.
- Reduces stress
 - Reduces depression
 - Reduces anxiety
 - Reduces other negative emotions
 - Gives off Vitamin D

PROS

- Costs
- Will not solve all mental health issues in the school

CONS

Options for sunlight lamps

Lavish Home Floor Lamp

Size: 55" tall, 55" cord

Cost: \$42

Details: Adjustable height and angle,
meant for rooms 350+ sq. feet

Total cost: \$1,386 (\$1,512)



Northern Light Floor Lamp

Size: 48" tall

Cost: \$230

Details: Rotating head

Total cost: \$7,590 (\$8,280)



Options for sunlight lamps

TheraLight Desk Lamp

Size: 15.5" x 13.5"

Cost: \$114

Details: Highly recommended for SAD,
adjustable, heavy

Total cost: \$3,762 (\$4,104)



Carex Desk Lamp

Size: 22" x 11.5"

Cost: \$80

Details: Adjustable but, top-heavy


Total cost: \$2,640 (\$2,880)



Cost Breakdown

Name	Cost of 1	Cost of 1 per room in need	Cost of 2 per room in need
Lavish Home Floor Lamp	\$42	\$1386	\$2772
Northern Light Floor Lamp	\$230	\$7590	\$15180
TheraLight Desk Lamp	\$80	\$2640	\$5280
Carex Desk Lamp	\$114	\$3762	\$7524

Out of all of these lamps, the most cost effective would be the Lavish Home Floor Lamp. Because of the size and shape of the rooms in need, many of which are triangular, two lamps per room would be ideal. If we were to buy two of these lamps we would still have enough money to buy 27 TheraLight Desk Lamps with \$68 dollars to spare for spare light bulbs, meaning in total the lamps would be \$4932 before spare bulbs. Spare bulbs cost \$13.67.



By Mr. Pappas' Leader in Civics Action class, D block (Tuesday/Friday)

Maria Ramsey, Ryleigh Hovis, Dillion Regan, Amabell
Natale, Luke Kenawell, Damian Am, Katherine Sampson,
Nasir Monteiro, Siddarth Praveen, and Sophia Galusi