



# NSTU Group Insurance Trustees Mental Health and Wellness Grant

Schools and teachers play an important role in promoting mental health and wellbeing for children. In recognition, the NSTU Group Insurance Trustees in partnership with Johnson Inc, established the **Mental Health and Wellness Grant** program.

update

### FREQUENTLY ASKED QUESTIONS:

#### **Who can apply?**

You can apply for a Grant if you are an active member of the NSTU (described by Section 12 of the Teaching Profession Act).

#### **What is the deadline?**

The deadline for your application is 4 pm January 31, 2019.

#### **When and how do I apply for the grant?**

Application forms can be found on the NSTU Website. Click on NSTU Members/Group Insurance to find more information on the NSTU Group Insurance Trustees Mental Health and Wellness Grant, including the application form.

#### **How much is the Grant?**

Depending on the number of applications, the Grant will support projects up to \$600.



Mental Health and Wellness Grants are awarded annually and provide funding to help support you in initiatives that promote positive mental health and well-being for the children in your schools.

**For more detailed information refer to the NSTU website or contact a Group Insurance Trustee in your region:**

Halifax Region – **Jennifer Moriarty** – [jamoriarty@nstu.ca](mailto:jamoriarty@nstu.ca)

Strait Region – **Sheila Hawley** – [smhawley@nstu.ca](mailto:smhawley@nstu.ca)

Tri-County/South Shore Region – **Roland Hannem**  
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Chignecto Region – **Nancy Doyle** - [nmdoyle@nstu.ca](mailto:nmdoyle@nstu.ca)

Annapolis Region – **Karen Nottage** – [klnottage@nstu.ca](mailto:klnottage@nstu.ca)

Cape Breton Region – **Ronnie Carew** – [recarew@nstu.ca](mailto:recarew@nstu.ca)

## Testimonial from a grant recipient

Northumberland Regional High School applied for two NSTU Mental Health and Wellness Grants during the last school year, and successfully ran two separate day-long Wellness Retreats for students at a local community centre. The grant was established to support innovative learning initiatives that promote the well-being of youth in coping with pressures of adolescence. The students on the retreat engaged in and discussed positive social interactions, how they treat one another, and how to deal with negative emotions in a creative way. By talking about these things, students were encouraged to create a healthier learning environment at school. Students participated in short workshop sessions on stress-reduction with yoga, creative expression through art and mandala making, a nature walk, and a mindful eating and discussion on the importance of eating local food when possible. Feedback from the students was overwhelmingly positive, with comments such as, “the wellness retreat was very beneficial, it taught me how to relax and de-stress, the healthy food was fun to prepare, and the nature walk was beautiful. I would recommend this experience to others.”

Karen Berezowski



**Winter Wellness Challenge**

Intellectual Physical Nutritional  
Psychological Social/Community

**Prizes**  
Random draws for:

- members who register before Feb 1, 2019
- 5 Fitbit Charge 3's or \$200
- special gift for active participants who complete at least half of the challenge

**Five-Week Challenge**  
Friday February 1 to Friday February 8, 2019

- Individual or Team
- Registration – January 15 to 31, 2019
- NSTU School Rep will provide getting started brochure
- Open to active members (term, probationary & permanent contract) of the Nova Scotia Teachers Union

**NSTU**  
INSURANCE TRUSTEES

The Health and Wellness Challenge™ supported by Homewood Health Inc.

**Sponsored by NSTU Group Insurance Trustees**