

Subject Line: EDUWellness – For Members By Members Grants

Hi Fellow Plan Members,

To say that the last 20 months have been challenging would be a vast understatement. The amount of change and obstacles that have been placed before you have been unimaginable, and we applaud your dedication, determination, and willingness to adapt to these uncertain times. It has been truly remarkable.

As education professionals, we do everything we can to support our students. We devote countless hours planning, preparing, and volunteering. Achieving a work life balance is a constant challenge. Unfortunately, we often forget about one very important person - ourselves.

Your NSTU Group Insurance Trustees want to ensure that you have an opportunity to focus on your well-being and the well-being of active plan members within your school community. With that said, we want to remind you of the Plan Member focused EDUWellness Grant – For Members, By Members.

The EDUWellness Grant has been established to support innovative initiatives that promote the well-being of our Plan Members. If you have an idea for an activity, meal, program, etc. that would not only boost your well-being, but also the well-being of your fellow colleagues, applying for the EDUWellness grant is your opportunity to bring that idea to life.

For more information, please review the following **Frequently Asked Questions:**

Q: *What is the purpose of the EDUWellness Grants?*

A: *The NSTU Group Insurance Trustees will fund innovative initiatives / projects that promote and support the mental health and well-being of plan members across Nova Scotia. For more information, visit the NSTU Group Insurance Trust website at <https://nstuinsurance.ca/grants/the-eduwellness-grant/>.*

Q: *Who is eligible for the grants?*

A: *To be eligible, the individual must have a permanent, probationary, or term contract and be a member of the NSTU or PSAANS at the time of application.*

Q: *What is the selection process for the EDUWellness Grants?*

A: *The NSTU Group Insurance Trustees will be awarding 10 grants valued at up to \$1,500. A minimum of one grant will be awarded per Educational Entity (Annapolis Valley, Cape*

Breton-Victoria, Chignecto-Central, Halifax, South Shore, Strait, Tri-Country, APSEA, and CSAP), with the remaining grants being awarded to those with the highest scores. If there are no grants submitted in one of the above regions, that allocated grant will be added to the pool of highest scored grants. The criteria should include the project description, innovation and creativity, impacts on plan members, materials and budget, and overall impression.

Q: What is the deadline to submit applications for the EDUWellness Grants?

A: *The deadline to submit EDUWellness Grant applications for the 2021 / 2022 school year is **January 15, 2022** with grants being awarded within two weeks of the registration closure.*

For more information regarding this initiative or the many other benefits and programs available to you through the NSTU Group Insurance Plan, please visit our website at www.nstuinsurance.ca.

Take Care and Stay Safe,

Jennifer Moriarty
Chair, NSTU Group Insurance Trustees