



To say that the 2020-2021 school year has been difficult would be an understatement. Our members have and continue to face many daily challenges as we navigate the COVID-19 pandemic.

Your NSTU Group Insurance Trustees understand these challenges and, in an effort to recognize the tremendous work and efforts you put in every day, they have established the **EDUWellness Grants – For Members, By Members**.

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 was eligible for the grants awarded by the Trustees on January 22, 2021?

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

Q: What was the selection process for the EDUWellness Grants?

A: The NSTU Group Insurance Trustees awarded 10 grants valued

at up to \$1,500. A minimum of one grant was set to be awarded per educational entity with the remaining grants being awarded to those with the highest scores. If there were no eligible grants submitted in one of the regions, that allocated grant was added to the pool of highest scored grants. The criteria included the project description, innovation, creativity, impacts on plan members, materials, budget and overall impression.

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

A: The deadline to submit EDUWellness Grant applications for the 2020- 2021 school year was **January 17, 2021**. Although this year's deadline has passed, it is not too early to start thinking about innovative ways to support the mental health and wellness of your fellow members as we approach the 2021-2022 school year!

Q: Who were this year's successful grant applicants?

A: Congratulations to Thérèse Forsythe, Kelsie Boyd, Marilyn MacDougall, Andrea Fader, Karen Berezowski, Iisha Parsons, Charmaine Wilkie, Kristi Chisholm, Natasha Yorke and Lamar Eason. Thank you for helping promote wellness amongst your colleagues.

2021 Winter Wellness Challenge — Frequently Asked Questions

With the new year now in full swing, it is important to recognize that this can be a challenging time for some with the pressure of keeping self-imposed New Years' resolutions and returning to our busy schedules. During the COVID-19 pandemic, there may not be a more important time to ensure that you are practicing some form of self-care and not taking on more than you can handle.

With this in mind, the NSTU Group Insurance Trustees would like to remind you of the upcoming **Winter Wellness Challenge** which runs from **Monday, February 1 to Sunday, March 7, 2021**.

Practicing wellness means different things to different people and the purpose here is to challenge yourself with activities that promote the different areas of wellness: intellectual, physical, nutritional, psychological and social / community. The Winter Wellness Challenge can help you identify your areas of strength and those that could use improvement to help you reduce stress and develop healthy lifestyle habits.

Q: How does the challenge work?

A: You collect points for the activities you participate in and your total wellness score is calculated based on your daily activities, weekly bonus activities, as well as your participation on the challenge website. For more information, visit www.healthycommunity.ca/lifestyles/NSTUChallenge for wellness activities and to collect your points.

Q: If the registration deadline has passed, can I still participate?

A: Unfortunately, in order to participate in this challenge, you need to register yourself or your team by the **January 31, 2021** deadline.

Q: Why should I participate in the challenge?

A: Participating in wellness activities has shown to improve productivity both at work and at home, with participants reporting feeling happier and better able to adapt to changes in their everyday lives. Other benefits include weight loss, improved physical and mental fitness and a sense of accomplishment knowing that you have taken steps to improve your health.

The Trustees encourage all plan members to register for the Winter Wellness Challenge by January 31st. Get ready to make 2021 your healthiest year yet!

