



As we approach the busy holiday season and the new year, your NSTU Group Insurance Trustees would like to take this opportunity to wish you all the best for the holiday season! They also want to remind you to mark your calendars for the following upcoming initiatives designed to directly support teachers:

EDUWellness Grants – For Members By Members

Your NSTU Group Insurance Trustees understand the many daily challenges you have faced over the last 20 months with the onset of the COVID-19 pandemic. In an effort to recognize the tremendous work and efforts put in by you every day, we 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 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**.

2022 Winter Wellness Challenge

The NSTU Group Insurance Trustees are pleased to announce the upcoming **Winter Wellness Challenge** which will run from **Monday, January 31, 2022 to Sunday, March 6, 2022!**

Practicing wellness means different things to different people and the purpose is to challenge yourself with activities that promote the different areas of wellness, including but not limited to intellectual, physical, nutritional, psychological, and social / community wellness. It is hoped that this will help identify your areas of strengths and areas for 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. This challenge provides a great opportunity to join or create a team to motivate each other and challenge other teams by competing for the highest wellness score. For more information, visit the NSTU Trustee website at www.nstuinsurance.ca/wellness-challenge/ or www.healthycommunity.ca/lifestyles/NSTUChallenge for wellness

activities and to collect your points.

Q: *Is there a deadline to register for the challenge?*

A: Yes, registration for the challenge runs from **Friday, January 14, 2022 to Sunday, January 30, 2022**.

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. As a bonus, challenge participants will have the opportunity to earn some great prizes!

For more information regarding these initiatives 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 this holiday season,

Your NSTU Group Insurance Trustees