



NBTA 4 WELLNESS CHALLENGE

Winter may be the season when teachers face the greatest challenges to their health and wellness. For many, winter wellness doesn't happen on its own. It may require effort, encouragement and sometimes, rewards. To encourage staff wellness over the upcoming months, we will be conducting "NBTA 4 Wellness 2018-19." Schools will be encouraged to organize events or programs that promote wellness.

CATEGORIES

Wellness has many facets, so in order to encourage the broadest application and appeal we will have four categories for our contest:

- Creative/Fun
- Most Participation
- Nutrition
- Physical Activity

PRIZES

The winning school in each category will receive a "**Wellness Break**" for staff, including healthy food, with our NBTA Teacher Counsellors. The **Grand Prize** will be **\$200** for staff wellness, and this will go to the school that has created the most inclusive, longterm overall program to promote wellness in their school.

TO ENTER IS EASY

WE KNOW YOU ARE BUSY SO... send a photo or two along with three or four lines describing your event or program to blake.robichaud@nbta.ca. We will share these on our Facebook page, hopefully giving other teachers some great ideas for wellness.

DURATION

December 21, 2018 - March 20, 2019.

ENJOY YOURSELF AND BE WELL.