

April 29, 2016

Dear Teachers,

The Winnipeg Jets True North Foundation in partnership with Healthy Child Manitoba, are looking for grades 7 and 8 English Language Arts teachers who are interested in incorporating the newly developed mental wellness initiative, **Project 11**.

Project 11 is an engaging cross-curricular prevention program targeting Manitoba's English Language Arts and Physical Education/Health Education outcomes. Weekly lessons and daily activities have been designed to help support students and teachers with mental wellness practices. The program's lessons and videos provide mindful strategies for students to learn positive coping skills and build a greater sense of self-awareness.

Project 11 has empowered the classroom teacher to feel comfortable and confident in incorporating mental wellness strategies into their classroom communities. When piloting the program, you will notice that the various concepts including focusing the mind, increasing self-awareness and building positive relationships, will strengthen students' ability to connect with one another, create a stage of empathy and enhance your students' motivation to succeed in their overall academic performance.

If you are interested in piloting grade 7 or 8, we encourage you to fill out an application form found on our website: www.projecteleven.ca

The first pilot will begin September, 2016 and the second pilot will begin February, 2017. There will be a limited number of classrooms available to participate for each pilot. It is expected that each teacher delivering the program participates in a brief data collection survey to help ensure the integrity and benefit of **Project 11**.

Applications will be accepted between May 1st and Friday, May 27th, 2016. Randomly selected schools will be notified by email with further information on teacher training and delivery of the program. There will be a teacher training in the Fall of 2016 and January, 2017. If there are further questions or inquiries regarding **Project 11**, please contact project11@truenorth.mb.ca or 204-926-5638.

Sincerely,

Suzi Friesen
Project 11 Educator and Coordinator
Winnipeg Jets True North Foundation