



June 1st, 2017

Dear Teachers,

The True North Youth Foundation in partnership with Healthy Child Manitoba, are looking for grades 5-8 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. 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 motivation to succeed in their overall academic performance.

If you are interested in implementing the program in your classroom, we encourage you to register either as a "new" or "returning" registrant on our website, www.projecteleven.ca. Registration will remain open until September 15th, 2017. Once you have registered online, you will receive further information by email and will be notified of the teacher training session which will take place in October of 2017.

If there are further questions or inquiries regarding **Project 11**, please contact project11@truenorth.mb.ca or 204-926-5638.

Sincerely,

KERRI WALDBAUER

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