

– Message from the TBU Executive –

Dear Member,

We all know the demands of teaching place an incredible amount of stress and frustration on all of us. Teachers often go above and beyond their duties and set extremely high personal expectations for themselves. We've heard from members and we know that many are struggling and in need of support. The Teachers' Bargaining Unit Executive and Council believe we need to **actively support members in an effort to ensure our wellness is a priority.**

Today, in an effort to support all of our members, the OSSTF District 19 Teachers' Bargaining Unit Executive is officially launching our *Seeking Wellness* campaign. There are four goals of the Seeking Wellness campaign:

1. Raise awareness about the importance of worker wellness;
2. Engage our membership so that we can increase our understanding of the challenges to wellness in our schools/worksites;
3. Empower our membership by providing strategies that can be utilized to improve our wellness; and
4. Advocate for changes and improvements in our physical work environments and board policies/procedures so that all secondary schools and worksites in the PDSB become healthier working and learning environments.

Between today and next week, every member will receive a *Seeking Wellness – Healthy Working and Learning Environments* pamphlet. Starting Monday, September 25th, all members are encouraged to visit www.osstfd19.ca, follow us on twitter @osstfd19, and like our Facebook page facebook.com/osstfd19 for information related to the campaign. All members are encouraged to visit www.osstfd19.ca, follow us on twitter @osstfd19, and like our Facebook page facebook.com/osstfd19. As this campaign moves forward, you will find strategies and links to research and support resources, all in an effort to raise awareness about the importance of **YOUR WELLNESS.**

We also want to hear from members. We will be seeking your feedback throughout this campaign. All members are encouraged to share resources and supports that they find useful and tweet about them using #peelteacherwellness, or, send us your thoughts/feedback/concerns on teacher wellness through the feedback option on the members only portion of our website.

Your wellness matters too. Make yourself a priority and take steps to ensure your working and learning environment is one that supports you and your wellness today and everyday. To get you started, we recommend members check out <http://readyforlife.ca/>.

In support and solidarity,



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