

When Wess Garrod retired in 2006, a plaque was presented to him honouring his commitment and dedication to staff and student wellness.

To continue his legacy and commitment to healthy, active living, the Board has created an award to be presented on a yearly basis to an employee of the Limestone District School Board who has demonstrated leadership and initiative in the promotion and improvement of staff and student well-being. Examples may include:

- Introducing a new activity or program at the school that has contributed to student and staff health and wellness.
- Initiating a staff event or program that supports employee health and wellness.
- Leading an event related to healthy living in which students have been engaged in the planning and implementing of the event.
- Supporting colleagues during times of stress, promoting and contributing to a healthy workplace.

If you wish to nominate an employee who you believe is worthy of consideration, please submit your application no later than **Friday May 12, 2023**, to:

Shauna Mitton, Executive Assistant to the Director of Education  
[mittons@limestone.on.ca](mailto:mittons@limestone.on.ca)

Nominations must also include a one-page citation (double-spaced) that would be read, if the nominee is the award recipient, during a presentation ceremony at the June Board Meeting. Please e-mail the citation as a separate document, along with the completed Nomination Form.



**We're Putting  
Wellness First**



**We're Turning  
Innovation into Action**



**We're Committed  
to Collaboration**

Limestone District School Board is situated on traditional territories of the Anishinaabe & Haudenosaunee.  
Robin Hutcheon (Chair) | Krishna Burra (Director of Education and Secretary) | Craig Young (Treasurer)

Wess Garrod  
Health & Wellness Award  
Nomination Form

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Name of Nominee: \_\_\_\_\_

Position: \_\_\_\_\_

School/Department: \_\_\_\_\_

Name of Nominator: \_\_\_\_\_

Reason for Nomination:

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Signature:

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Date: