

Ellsworth Staff Wellness

Vision

The Ellsworth School District will provide a wellness program that provides a wide-range of health opportunities for all employees to improve their overall health and fitness levels. This program will also help them to cut down on illness and stress, and that creates a positive school atmosphere which promotes a better quality of life for staff members. The District shall encourage healthy behaviors by providing wellness programs, educational opportunities and a healthy work environment for employees.

Mission Statement

The mission of the Ellsworth Community Schools Wellness Program is to provide a wide-range of health opportunities for all employees to improve their overall health and fitness, cut down on illness and stress, and creates a positive school atmosphere which promotes a better quality of life for staff members.

Goals

- Reduce number of sick days
- Increase staff participation in staff wellness program
- Improve overall school climate
- Help staff to make healthier choices

Objectives

- 1.) Reduce overall sick leave used by the end of the *2017 - 18* school year by 50 days from the *2016 - 17* school year.
- 2.) Increase the number of staff participating in wellness activities during the *2017 - 18* school year by 5% from the *2016 - 17* school year.
- 3.) *Encourage staff to use personal days to relieve stress during the 2017-18 school year.*

Wellness Committee Members

The District Staff Wellness committee will be made up of representatives from each building and/or sector of the work force. This committee will be directed by Sharlene Kreye, school nurse.

Wellness Committee Tasks

The Ellsworth Staff Wellness Committee will meet at least once annually to review the staff wellness program. This plan has been developed and will continue to be reviewed on the basis of staff input. This plan will cover the areas of: Smoking cessation, weight loss, healthy eating, fitness activities and stress relief. With development of the plan, it was understood that more areas than those that are listed could be included in the process of providing healthy alternatives to our staff. We will also be using the input of our insurance company to make sure that all staff members have the most up-to-date information to stay on a healthy track. New staff will receive training on the various facets of the insurance and wellness program at the beginning of the school year. All other staff and administration will receive professional development of changes and/or additions to the wellness program as they occur. The Ellsworth Community School District will yearly review this program to ensure compliance of the plan. Committee members will also be responsible to help provide incentives for staff who meet preset goals.

Ellsworth Wellness Activities

Possible Weekly Challenges:

1. Pool time 2 times a week
2. Exercise for 30 minutes for 3 days a week
3. Exercise for 30 minutes for 4 days a week
4. Exercise for 30 minutes for 5 days a week
5. Stay positive all week
6. Compliment 2 people a day
7. Eat a good breakfast
8. No sick days used
9. Read a book for fun
10. Wear seat belts 100% of the time
11. Maintain a healthy weight

Daily Challenges:

1. Drink eight or more glasses of water
2. Eat five or more fruits and vegetables
3. Take 10 minutes to relax and breathe deeply
4. Floss your teeth
5. Take a daily vitamin

6. Take 10,000 steps using a pedometer
7. No TV watching for the day

Overall Activities:

1. Blood Pressure Check
2. Chiropractic Preventative Treatment
3. Cholesterol Check
4. Dentist Visit
5. Donate Blood
6. Massage
7. Physical Exam by M.D.
8. First Aid/CPR Class
9. Flu Shot
10. Mammogram/Prostate Exam
11. Dietitian Counseling
12. Smoking Cessation Program
13. Biggest Loser Challenge
14. Weight Watchers
15. Wellness Cultural Events
16. Water Aerobics

Challenges:

1. *Weekly challenges in physical and nutritional areas with incentives to encourage participation.*

Newsletter Articles:

1. Getting started on a healthy plan
2. Activity benefits
3. Stretching and strengthening techniques
4. Eating healthier
5. Motivation
6. Tips for:
 - a. Activities that can be performed at work
 - b. Nutrition and smarter eating
 - c. Fluids and better ingestion of healthier fluids
 - d. Stress management
 - e. Websites employees can use
 - f. Walking areas
 - g. Activity diary or log
 - h. Alternatives to unhealthy habits
 - i. Setting goals

Insurance Company Assistance:

1. *Check their website*