

To: Board of Education

From: David Cunningham, director, human resources & legal services
Denise Johnson, coordinator, health & wellness curriculum

Re: Staff Wellness

Date: January 21, 2016

Background:

The Board of Education has supported staff wellness initiatives since the fall of 2008. The purpose of the program is to support employee wellbeing by creating a thriving workplace by providing opportunities for physical fitness, nutrition education and addressing people's social, emotional and behavioral health.

Denise Johnson, formerly a teacher at Hillcrest Elementary School, was assigned as the wellness coordinator effective August 2015 because of the links to her work on student wellness and nutrition curricula. The ties between what we are teaching students and opportunities for staff engagement in wellness create a synergy that benefits both groups.

Report:

The report will summarize current programming, highlight accomplishments and share the benefits the district is realizing with this initiative. Each of the 21 buildings has a wellness representative whose tasks are to promote wellness by providing information and encourage participation by engaging staff in activities of their choosing. The report will highlight the Employee Assistance Program (EAP) as a successful and appreciated tool that continues to improve the overall wellbeing of staff. The EAP provides multiple resources for staff with legal and financial assistance, elder and child care referrals, counseling and on-site seminars on a variety of life skills topics.

Staff value and appreciate the wellness program. With the linkage to what we are doing in the student wellness area, we are experiencing a renewed energy from staff regarding their own wellness and wellbeing.