

## ESEBT March/April 2014 Wellness Program Board Report



- **The Wellness Challenge 2014**
  - **205** Enrolled in January
  - **138** logged in in March
  - **Incentive Report** for 1<sup>st</sup> quarter will be out next week.
- **Seasonal Campaigns**
  - **National Nutrition Month:** March 160 participants participated in the 31-Day Eat Smart Nutrition Challenge.
- **Weight Watchers at Work**
  - **Meetings at Silver Lake and CRC**
    - Total collective weight loss to date 125 lbs (in 12 weeks at CRC), 350 pounds at Silver Lake since November.
- **Health Promotion**
  - Wellness Wednesdays: district wide weekly newsletter, more consistent communication, weekly wellness tips, weekly **Wellness Champions**.
- **Fitness Classes**
  - Classes: Yoga at Madison, Cascade and HM Jackson, and CRC, Zumba at HM Jackson, Lowell (2x week), Silver Lake (2x week) and new class begins this week at Garfield.
- **April is Stress Awareness Month:** Free Stress Management Workshops being offered “Cultivating Resilience: tips, tools, strategies and resources for navigating stress and balancing your life”. 3 hour workshop. 50 registered.
- **CRC Wellness Committee:** Wellness Wednesdays every other month. CRC Wellness Team organizes healthy pot-lucks and wellness activities to match national health observances. CRC Wellness Facility opened in February. 90 CRC staff has had safety training and orientation. Last month over 30 people used the facility for a total of 200 visits throughout the month. Plan in progress to make facility available to all district employees during hours of operation. Friday Noon Stretch 12-12:20. Brown Bag Lunch: Stress Management Tools
- **Wellness Teams: Wellness Team Scorecard (see attached) and Wellness Team Grants.** To date: Lowell, Monroe, Whittier, Silver Lake, Madison, Sequoia and Port Gardner are doing a GREAT job filling up their scorecards and earning Wellness Grant dollars to promote healthy wellness activities at their schools.
  - Lowell is doing their own Walk across America Fitness Campaign, Madison is honoring National Physical Fitness Month with their own fitness campaigns, Monroe is purchasing materials and books to start a wellness and stress management lending library, Whittier is having a healthy cooking class with a recipe exchange. Port Gardner purchased SQORDS for staff and are keeping track of their activity along with their students.
- **Presentations:** Oregon Education Association: School Employee Wellness Conference, Bend, OR. I co-presented with Inge Aldersabaes from OEA Trust on Evaluating your School Employee Wellness Program and the second presentation was “It Takes a Committee” to grow your School Employee Wellness Program.