

Wellness Program Report June 2018

- CRC June fitness room usage: 20 individuals; 133 uses
- Updated wellness webpage
- Online training for teacher mindfulness
- Program planning for 2018/19 school year
- Held mindfulness workshop at Jackson LIF day
- Presented at Jackson Elementary during staff meeting
- Met with Kaiser Permanente and Thrive Schools to establish a fit for their program within our district (still in discovery stages)
- Continued planning stages for a district wide mindfulness in the district program
 - Working with Dr. Stewart on this program
- Met with staff for mindfulness at:
 - Jackson High
 - Everett High
 - Hawthorne
- Attended fitness classes throughout district
- Attended custodial and maintenance meetings
- Attend 2 ongoing Weight Watchers programs
 - Heatherwood Middle School – February 15th thru May 3rd
 - CRC – January 31st thru April 18th
- Attended Jackson Elementary wellness meetings