Wellness Program Update



- Fall Wellness Programming
 - Health Fair and Flu Vaccine Clinic
 September 30th at CRC
 - Flu Vaccine Clinics at 7 district locations
 - This year to include staff, students, families
 - Collaborating with High School and Beyond nights
 - Weight Watchers at Work
 - Seven informational meetings district wide this week
 - WALKTOBER
 - First day of registration 350 registered and 45 teams
 - Fitness Classes (groups forming)
 - Program Recognition: Golden Apple Award to be presented at the Healthy Worksite Summit on October 1st

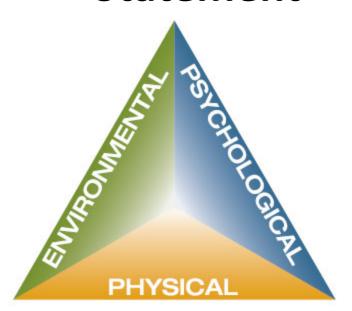
Trends in school employee wellness Trend is to see staff and community wellness as an integral part of student health and academic success.

Alliance for a Healthy Generation

Example: Cherry Creek School District

"The mission of the Cherry Creek School Districts comprehensive wellness strategy is to be the healthiest community in the nation, together with our students, staff and families".

Wellness Program Vision and Mission Statement



"The district is intentionally embracing and fostering a comprehensive model of wellness to include physical, psychological and environmental well-being. This speaks to a long-standing commitment to educating the whole child."



Wellness Program Vision and Mission Statement

Reflective Questions

- What would a healthy district culture here at Everett Public Schools look and feel like to you?
- What are the **benefits** of having a healthy district culture?
- What is the expected **end result** of a healthy district culture? How will you "measure" healthy culture?

