

# Wellness Program Update



- Fall Wellness Programming
  - **Health Fair and Flu Vaccine Clinic**  
September 30<sup>th</sup> 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 1<sup>st</sup>

# Wellness Program Vision and Mission Statement

## 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”.

“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?