



School Worksite Wellness

BENEFITS FOR SCHOOL STAFF



DID YOU KNOW?

- Stress is the number one issue for school employees. It can zap energy and increase risk for high blood pressure, weight gain and depression.
- Physical activity protects against harmful effects of stress and decreases depression by boosting serotonin levels in your brain.
- Workplace environments shape your day-to-day choices that influence your health.

SCHOOL EMPLOYEE WELLNESS

Supporting Personal and Professional Goals

School employees juggle many responsibilities and are faced with competing priorities while always putting students first. When you're expected to do more with less, it is often difficult to find the time and energy to focus on your personal health and wellness.

School employee wellness programs support you to maintain or improve your health and deal with stress. They look different in every school, but could include healthy food options; opportunities for walking, stretching and other movement; stress relief; health screenings; and skill-based classes, such as preparing healthy meals on a budget. They contribute to a positive work climate and a culture of health.

Advancing School Staff and Student Success

Having support for your physical and mental health and overall well-being makes it easier for you to focus and stay energized throughout the workday, reduces stress and helps you find balance. This supports your passion – to be present and effective with students. Students, family and community members also win because they pick up the healthy habits you and your colleagues model in school.

Great programs exist because of great people. The Lake County School District No. 7 wellness program, S.W.E.A.T., is successful and beneficial because of the amazing staff we have who are dedicated to living a healthier life and promoting this to the students and community of Lake County. S.W.E.A.T. gives staff a space to focus on their own health, uninterrupted by the demands of the education profession.

— Brandi Harris, Behavior Specialist, Lake County School District No. 7

OEA CHOICE TRUST CAN HELP YOU START A WELLNESS PROGRAM

School employees can work together to create the wellness program that works for them – from a small step of creating a walking group, to a more comprehensive program. Determine what you need, talk to other employees and ask your administrator for support – they'll benefit too!

OEA Choice Trust offers expertise, experience across Oregon and grant funding to help schools create wellness programs that support their employees' specific goals. Together with teachers, administrators and school staff, we are building a culture of wellness in Oregon schools. Please join us.

WORKPLACE WELLNESS IN ACTION

Lake County School District

In the first year of the Lake County School District's wellness program, nearly 90 percent of employees participated. Such an impressive turnout shows how much employees here value wellness. District leadership was key, rallying administrators, wellness team members and maintenance staff to work on wellness together. As part of the wellness program, the district built a new fitness center for staff and helps employees manage stress and stay healthy with monthly challenges and activities that don't stop when the school year does.

Lane Community College

Lane Community College employees launched an "Undress the Stress" campaign with a grant they received from OEA Choice Trust. Designed to help Lane's 1,000-plus employees cope with stress, the campaign helped lower blood pressure, improve productivity and enhance quality of life. Employees practiced stretching, yoga, breathing and other physical activity, and said this made them feel better, incorporated more exercise into their daily lives, and helped them lose weight. Some of these stress-relieving techniques have trickled down to students at the college, who now run into their instructors at the campus gym and enjoy stretch breaks during their classes.

Defining the Terms

Health is a state of physical, mental and social well-being.

Wellness is a lifelong, active process of making choices and commitments to be healthy and well.

Worksite wellness is an organized, employer-sponsored initiative that supports employees' adoption of behaviors that reduce health risks, improve quality of life, maximize personal effectiveness and benefit the organization's bottom line.



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Inspiring Schools To Create Healthy Workplaces For All Staff

OEA Choice Trust is the only organization dedicated to workplace wellness for all Oregon public school employees. We believe that no matter their role, all school employees should have the support they need to be physically, mentally and emotionally well. Healthy worksites reduce employees' stress, boost energy and morale, and promote better balance in life — a win for teachers, staff, administrators and students.

Join the dialogue to create healthier workplaces, and become a leader for school employee wellness in your school! Visit our website at www.oeachoice.com to learn more, then give us a call to find out how a grant might benefit you and your workplace.