

Canby SD

~~Stress~~

structured fitness
 weights
 yoga
 pound → CIZE

community business "welcome" gift bag
 ← restaurant coupons
 ← coffee cards
 ← wine tasting

walks break during meetings

pay day breakfast

End of the Year Celebration
 pig roast →
 board →
 honor retreats

???

~~Stress~~

- Encourage exercise
- Free classes: YOGA Friends
- Challenges #1000000
- "Carcen Rooms" (Massage chairs)
- Potlucks: themed
 Coming Soon
- Crafts
- "Get your rear in gear"
 - Community partnership!

Stress

Community Partnership

Community Partnership





30

- onsite chair massage
- yoga / fitness ~~emp~~ classes
- Gym discounts
- EAP
- mini-challenges
- breastmilk / lactation rooms
- craft classes / cooking classes
- Work From Home
- Doggys
- Charity Garage



Post-it

H.A.P.P.Y * District Wellness Acronym

"Happy, Active, Productive, Passionate, Your Best You"

- Happy Hours - mini fitness activities during Staff Meetings
- Employee Potlucks - (Healthy) Community Building
- Hood 2 Coast
- District yoga class
- Shout outs at Staff Meetings

- District Wellness Newsletter
- Meditation App
- Positive Thoughts

Post-it

Good Job Bot!

Laughs

Seating Knitting

Shout-Out Board

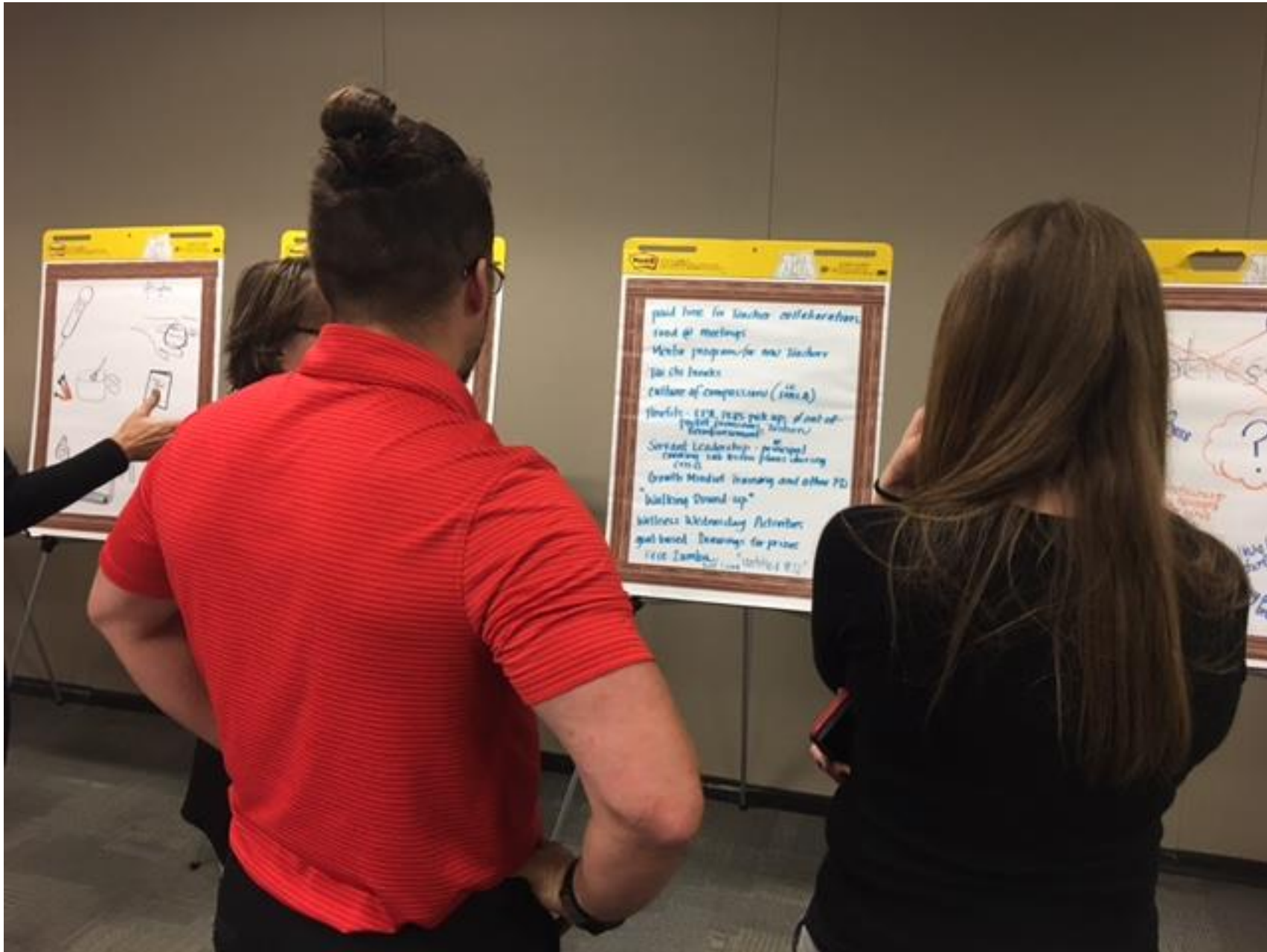
Fiddle Toys

Wine and Canvas

Escape Room ?

Adult Coloring books

District Wellness Newsletter



ZEN
garden



HILLSBORO



Massage



SCHOOL DISTRICT



Yoga

Harmony

Peace

TAI
CHI



Yoga Class

- Wellness Wednesday
- Invitations to Activities
- Positive Encouragement
- Building advocates

- E-mails
- Newsletter
- Posters

Physical ac**S**Tivities

Laufte **R** is the best medicine

Healthy **H**Heart 

 Color **S** for life
Crafts **S**

GENERAL

FOODS

District
13J

~~Stress~~

Central Curry
S.O.
Bethel S.O.

- Encourage exercise
- Free classes: YOGA Fitness
 ★ Build staff relationships
- Challenges ★ Admin buy-in
- "Cocon Rooms" (Massage chairs)
- Potlucks: themed
- Crafts
- "Get your rear in gear"
 ~ Community partnership!

Incentives

Coming Soon ☺

Cool Waves to Wellness

Mental Well Being
Employee Assistance Program
School Based Health Center
Weight Watchers
Food At Meetings
Spirit Dist

Casual Fridays
Sunshine Committee

Physical
Sports
X

District Support

Flu Shot
Holiday Party
Thanksgiving Dinner
Informal Gatherings of staff
Monthly Challenges
Healthy the day
School Health Advisory Committee

Physical

Yoga
Resistance training
Water Aerobics
Walker Tracker
Hiking
Volleyball
Basketball
Hiking Trails on Campus
Hond to Coast
Portland to Coast
Gym Membership Discount

RAINIER COLUMBIANS

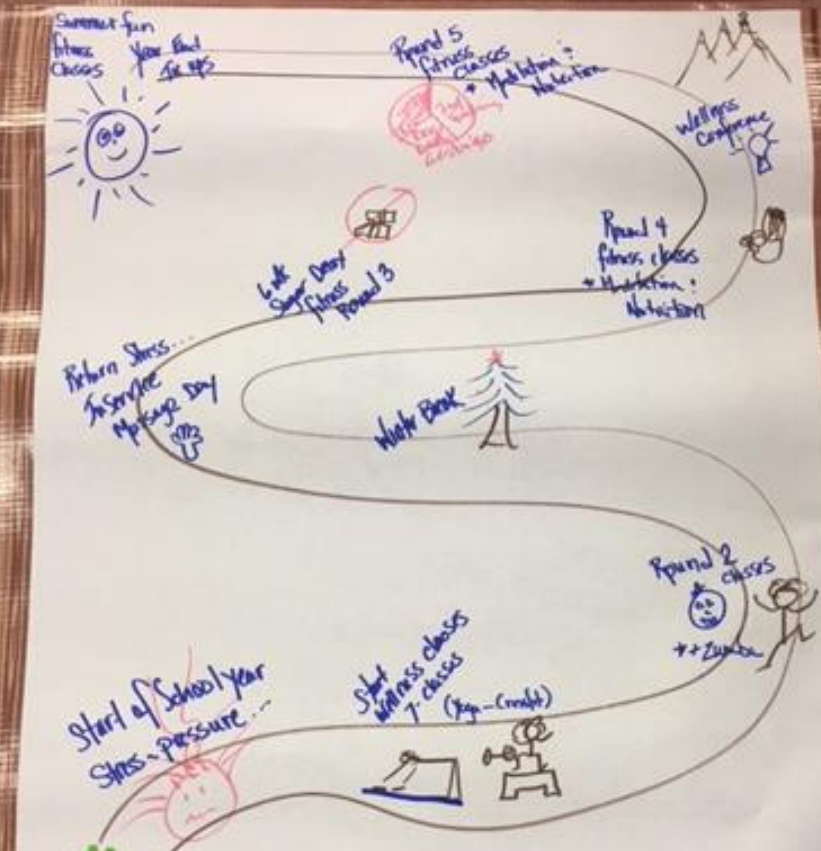
Steps to Implement
Staff Survey/Evaluate
& make adjustments
SHAC Team

Publicize Activities

Stress
U

HAPPY STAFF !!!

River of Life



South Lakes ~ Balance Path ~

You can't say "bubbles"
and be angry!
"stressed"

Stress balls

Staff
fitness
Room

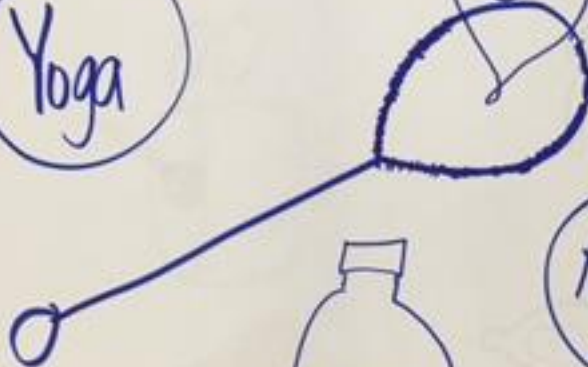
Admin/Board
Support for
Wellness/
Stress
Reduction

DEA
Choice
😊

Cooking
Classes

Yoga

School
Family
Culture



Bubbles

Humor/
Laughter

North Powder Charter School

ZUMBA



20 minutes
wellness per day

Fitness
Room
per school



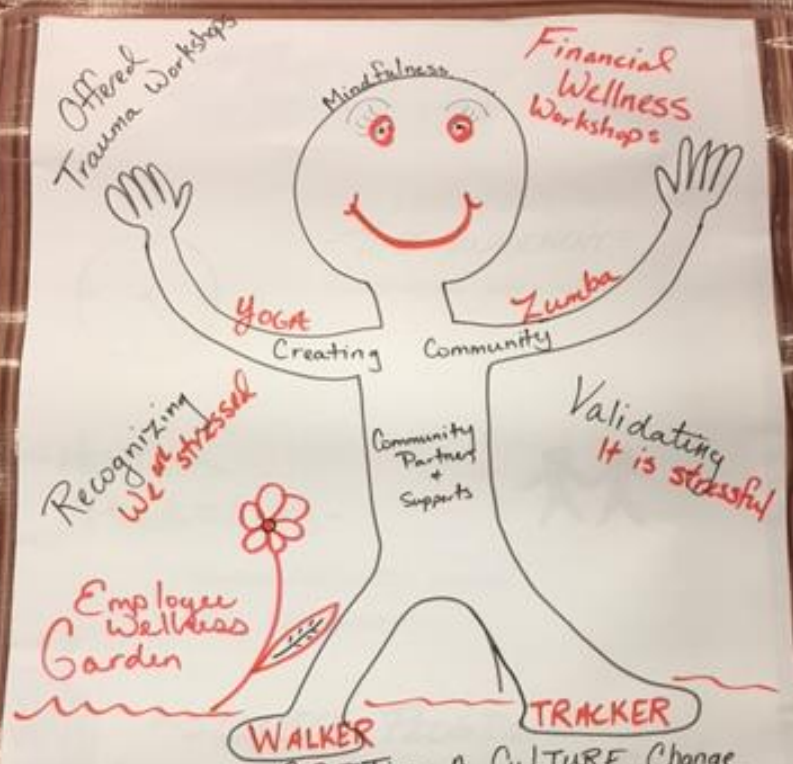
Walking

DISC
GOLF

Education
• nutrition
• fitness
• stress
• bone health

Weight
Watchers

JSD 14J



CREATING A CULTURE Change

Sharing Resources - Communicating through newsletters

Taking Advantage of existing, mandatory meetings

YOGA classes @ 2 sites

OEA CT + MESD + Centennial = XD XD now we all go bowling!

SOESD

Physical

- Hikes
- Walker Tracker
- Walk during lunch break
- Hula-hoops
- Chair Massages
- Activities during meetings

Social

~~Activities~~

- Gratitude Wreaths
- Hikes
- Walking Challenges
- Healthy Pot Luck
- Build Colleague Support

Awareness

- Monthly newsletter
- Weekly Stress Reducing Tips
- Stall Talks
- Flu Shot Clinics
- EAP Awareness
- Healthy Team, Healthy U!
- Weight Watchers
- Knowledge of OEBC Programs

Acknowledge stress, Communicate tools, Build a culture of trust and wellbeing