

Ideas from Big Wall of Ideas – Journey to Wellness 11

- Getting the word out to staff that aren't reached by conventional marketing (email, Facebook)
- Catering healthy foods for conference days
- Start newsletter
- Massage chairs
- Walker Tracker intro and signups, challenges
- Give Mini Grants (split SEW Grant funds between buildings for building-driven activities and opportunities)
- Partnership with university
- Use strategies from the book
- Put together the healthy apps we are promoting, present to staff
- Improve on data collection
- Include cooking classes
- Promote Walker Tracker
- Continue to support new teachers through New Teacher Academy
- Weekly inspiration for staff
- Wellness Wednesday
- Do the RAIN – Recognize what's going on, Allow the experience to be there as it is, Investigate with kindness, Nonidentify with whatever is going on (The Onward Workbook – page 116)
- Group activities – bowling, art project, wood shop project
- Meeting breaks – cursive writing with the body, yoga
- Mindfulness
- Mindful Mondays
- Foody Fridays, potlucks, recipe sharing
- Staff social-emotional learning (tied to SSA)
- School wellness coordinators meetings more often

- Wellness rally with guest speaker
- Positivity notes and inspirational emails
- Cooking classes
- Paint Night
- Welcome bags with wellness items
- Team run/walk
- Bingo
- Salad club
- Meet and plan with health partners (Moda, Kaiser Permanente)
- Recipe club via Google Docs
- Wine and paint
- Kindness challenge
- School hour challenges
- Water bottle filling stations
- Staff wellness room
- Poster – what’s worked and where do we go next
- DVD/cook book library
- 2 free fitness classes per week
- Yoga class
- Emotional resilience training for staff
- Improved swag
- Healthy living school Facebook page
- Fun run as a team