



Kaiser Permanente DIY No Cost Wellness Resources for Schools and Staff Health

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
Wellness Resources: Thriving Schools



No cost tools and resources for schools & wellness coordinators



thrivingschools.kp.org

About Thriving Schools Student Well-Being School Employee Well-Being Get Inspired Read Our News Blog 



When schools inspire and help students, staff, and teachers to be at their physical, mental, and emotional best, learning thrives.

At Kaiser Permanente, we're committed to empowering health in the places where people live, learn, work, and play. Thriving Schools is our all-in engagement to improve health for students, staff, and teachers. On this site, you'll find the tools and ideas to help you create healthier school environments, build habits for healthy eating and active lifestyles, and support teacher and staff wellness.



No cost tools and resources for schools & wellness coordinators

for Staff

Explore **School Employee Well-Being** by topic

 Healthy Eating	 Physical Activity	 Social & Emotional Well-being
 Staff Breakroom Makeovers	 Labor Management Collaboration	 Webinar Learning Series

for Students

Explore **Student Well-Being** by topic

 Healthy Eating	 Physical Activity	 Social & Emotional Well-being
 Attendance	 College/Career Readiness	 School Wellness Policies

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Thrive at work

Why workforce health matters

Save

You have an opportunity to improve the health of your employees every day. Making small changes to your workplace and company policies is a great way to start, and it's where you can make the biggest impact. On these pages, you'll find the tools and support to build a culture of health at work — and see how the right partner can help guide you along the way.

Interactive toolkits and guides



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Starting a Workforce Health Program toolkit



Wellness Committee Toolkit



Walking for Workforce Health Toolkit



Maintain Don't Gain Toolkit



Healthy Meetings Guide



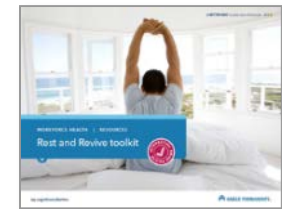
Workforce Health Resource Guide



Tobacco-Free Campus Toolkit



Rest and Revive Toolkit



Healthy Eating at Work food policy toolkit



Monthly newsletters



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Home > Thrive At Work > Monthly Health Topics

Monthly Health Topics

Inspire healthy living year-round with these featured topic emails, posters and more. Build your schedule based on the suggested monthly topics or develop a custom calendar for your business.

April: Stress Management

Too much stress can take a toll on your body and your mind. Help employees find healthy ways to de-stress with these recommendations.

[View and download resources >](#)

[Follow us on LinkedIn for more ideas like this throughout the year ↗](#)

- January – Fitness
- February – Heart Health
- March – Nutrition
- April – Stress Management
- May – Mental Health & Wellness
- June – Men’s Health
- July – Sun Safety
- August – Weight Management
- September – Flu Prevention
- October – Women’s Health
- November – Diabetes Management
- December – Mind/Body Wellness

More ideas, for any month

- Cancer Prevention
- Quit Smoking
- Biometric Screening