

Reopening Schools During COVID-19: Where Does SEW Fit?

Grantee Zoom Call #2

Key Takeaways from the Call

Current Context

- All districts have to find ways to connect while social distancing and complying with public health guidance/regulations.
- How to translate some practices the virtual or socially distant setting.

Strategies

- Distribute the work by dividing jobs among the wellness committee members to avoid burning out the Wellness Coordinator. For example: asking wellness committee members to contribute to a regular newsletter.
- If possible, survey all staff to help understand what staff needs are and utilize that feedback to plan activities.
- Integrate equity and staff well-being into in the theme for the school year.
- Connect with Human Resources and Communications to integrate employee well-being into actions and messaging.
- Try to offer the same experiences/classes that were in person in the past virtually as staff struggle with change. For example: virtual yoga classes or video messages from wellness team.
- Engage newly hired staff who may not be aware of the employee wellness program and have few connections within the district.
- Create a monthly calendar of activities in Google Docs (or other virtual platform) where staff can view the offerings and classes at any time. (You can also allow staff who teach classes to edit the calendar.)
- Work on being inclusive and engage operational staff such as transportation, facilities, and food services.

Activities and Resources

- Electronic newsletters that include things like recipes, 5-day challenges, virtual resources, and a staff feature. (Feel free to use content from the OEA Choice Trust [blog](#) too.)
- Send a virtual message from the Wellness Committee to all staff letting them know the Committee is active and supports them.
- Wellness Coordinator schedules one-on-one meetings with staff members.
- Use Google Classroom to connect with staff and share well-being opportunities.
- Offer classes on-line such as fitness classes, virtual book club, cooking classes, and self-defense.
- Use the Walker Tracker platform and create wellness challenges. This is free to current and past grantees. Ask building representatives to join as ambassadors to manage challenges at the building level. Invite a family member to join with you and participate in challenges together. (Please reach out to Rachel@oeachoice.com for more information about Walker Tracker.)

- Host shorter duration challenges that feel more attainable.
- [Headspace](https://www.headspace.com/educators) for all employees (free for K-12 employees: <https://www.headspace.com/educators>)
- Back-to-school swag that is selected with employee well-being in mind (i.e. healthy low-sugar snacks, stress balls, a handwritten card, deep breathing exercise insert)
- Host a drive-thru flu clinic with a community partner.
- Organize a Random Acts of Kindness challenge
- [Podcasts](#) about well-being
- Partner with local business to provide discounts for staff and/or purchase gift cards to use for prizes and drawings.
- Provide cooking kits that accompany a cooking class such as a salsa making class that is held virtually. Offer to drop off ingredients at staff's workplace or home or provide a shopping list for what will be needed during the class
- Drive-thru pick-up on a Wellness Wednesday to give away employee wellness program branded t-shirt and lunch gift cards.
- Host quarterly districtwide challenges (building vs. building).
- Create a 30 Days to a Healthy Habit challenge where staff can choose their own healthy behavior to track.
- Use Google Forms, staff can give kudos to recognize other staff members and then share the results in a Google Doc with all staff.
- Use social media such as Facebook Groups and Instagram for the wellness program.
- Organize a recipe exchange.