

OREGON SMALL SCHOOL ASSOCIATION APRIL 30TH, 2021

OE A CHOICE TRUST PRESENTATION:

"HEALTHY AND RESILIENT SCHOOLS: IT STARTS WITH YOU."

SCHOOL EMPLOYEE HEALTH AND WELL-BEING

A CRITICAL NEED

SCHOOL EMPLOYEE HEALTH AND WELL-BEING

A Critical Need

41% of first-year Oregon teachers
quit teaching within 5 years

58% of teachers and school staff
said their mental health “was
not good” seven or more days
in the past 30 days

61% of educators and school
staff “always” or “often”
find their work stressful

1 in 4
teachers miss 10 or more school days

RESOURCES

Fostering Healthy, Resilient Schools to Address Chronic Stress

www.oeachoice.com/wp-content/uploads/2016/10/Fostering-Healthy-Resilient-Schools-to-Address-Chronic-Stress-2016-FINAL.pdf

Fostering School Employee Health, Well-being and Resilience:

A Framework of Proven Strategies and Best Practices

www.oeachoice.com/wp-content/uploads/2017/10/Framework-of-Proven-Strategies-and-Best-Practices.pdf

Blueprint for School Employee Wellness

www.oeachoice.com/wp-content/uploads/2016/10/Fostering-Healthy-Resilient-Schools-to-Address-Chronic-Stress-2016-FINAL.pdf

School Employee Health, Well-being & Resilience Model

www.oeachoice.com/wp-content/uploads/2017/10/School-Employee-Health-Well-being-Resilience-Model-Handout.pdf

Teacher Stress and Health: Effects on Teachers, Students, and Schools

www.rwjf.org/en/library/research/2016/07/teacher-stress-and-health.html

A CHANGE OF CULTURE (SOCIAL & EMOTIONAL LEARNING)

**Key Article: from
State Inventions:
by Don Lang
01/2019
School Leaders'
Role in
Empowering
Teachers through
SEL**

**HEARTS: Healthy
Environments
and response to
Trauma in
Schools
A program designed
to help teachers
manage stress
and burnout**



FOOD FOR THOUGHT

- You can't do this alone and the OEA Choice Trust is here to help
- Don't need to reinvent the wheel
- You are the leader in your district and you cant afford not to invest in your most valuable asset your employees (NO MORE EXCEUSES)
- Make the time and invest you will be paid back in more ways than you could imagine
- Call me and other who have been involved and we will help you like others helped us to make this a reality for your staff'
- "Make it so" "Engage" & "Live Long and Prosper"