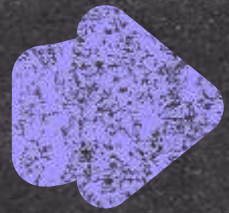


Employee Wellness in the Tillamook School District



Why do we do this work?

For the Staff

We focus on mental and physical health for our staff. Staff that participate in wellness indicate they have closer connections with coworkers, feel better about themselves, and have greater job satisfaction.

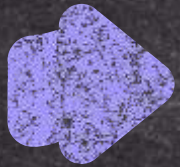
For the Students

We hope that we are setting good examples for our students who see us wearing our Wellness Wednesday shirts, see us out walking the track at lunch, and see us making healthy eating choices.

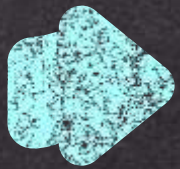
For the District

Employee wellness gives us the opportunity to work together (regardless of where we work) on one collective goal. The activities allow us to spend time together and get to know each other better within our buildings and beyond.

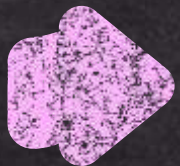
What Are Our Priorities?



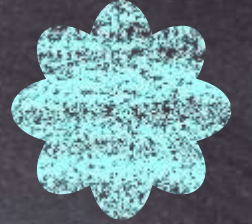
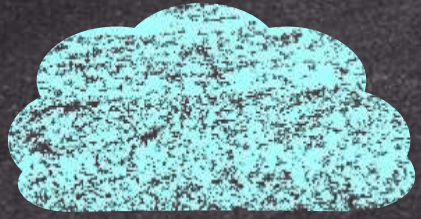
We want to provide a variety of opportunities for staff to be involved in Wellness Activities that work for them as individuals and that meet both physical and emotional needs



We want our staff to feel connected and cared about in the workplace



We want our staff to have resources & activities available to them to support both their physical and mental well-being



What Have We Tried??



Wellness Wednesday Shirts

- Each Wednesday staff are encouraged to wear their Wellness Wednesday shirt
- New staff are provided a basic one
- Orders for sweatshirts and other varieties are taken once per year
- Monthly and weekly drawings are held for those who participate







Sometimes There's Even a Trophy!!

At the high school there is a weekly Wellness Wednesday winner who gets the trophy for a week. The trophy comes with a glue gun and staff are asked to add to the masterpiece.

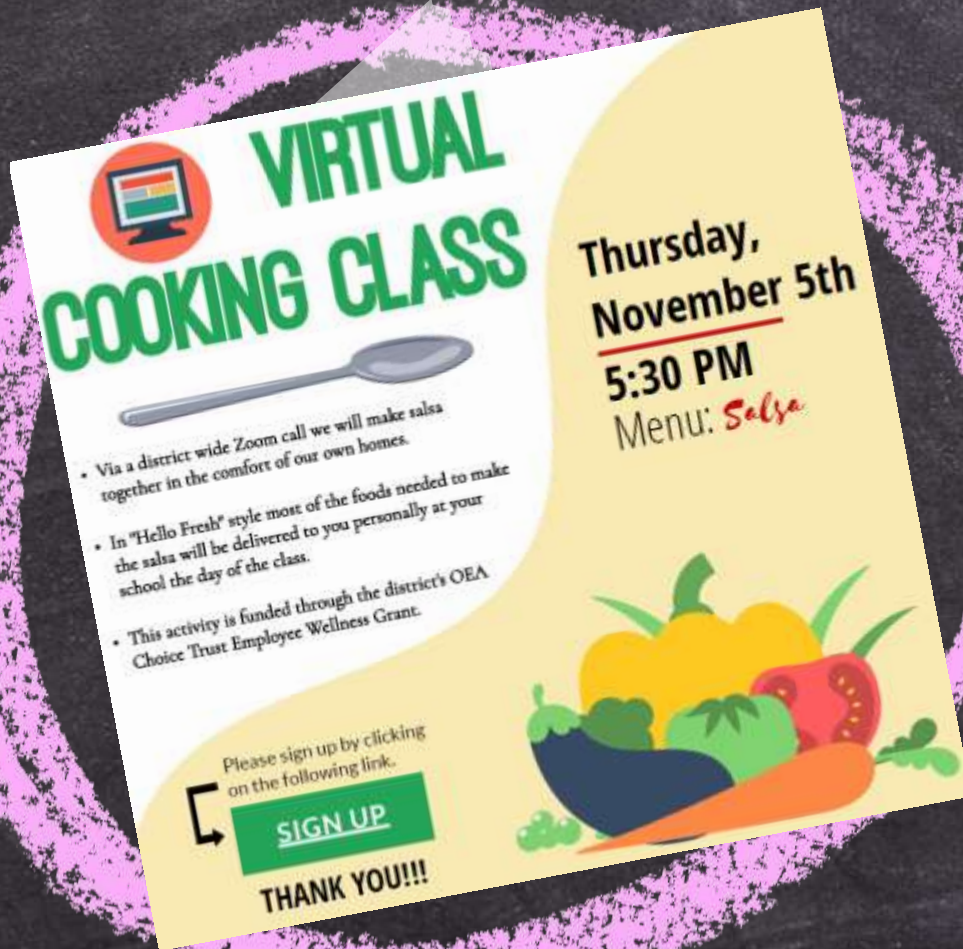
Virtual Runs & Walks Have Been a Lot of Fun



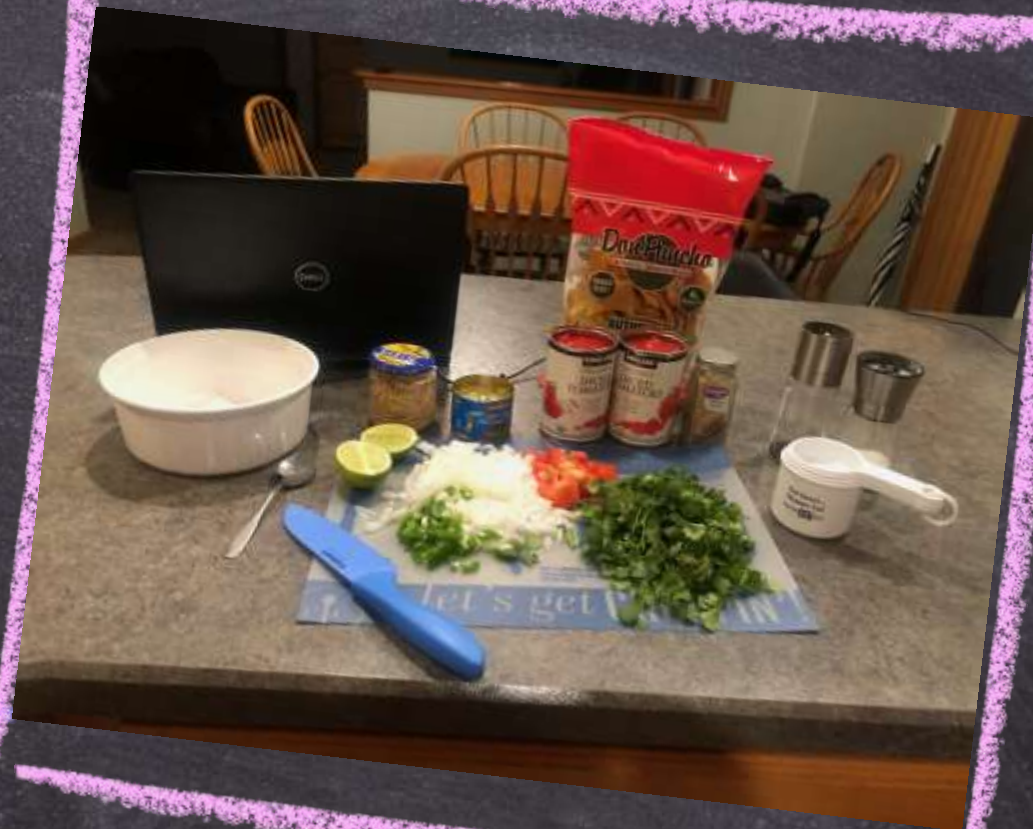
- Turkey Trot was held in November
- St. Patrick's Day Dash was in March
- Staff pre-registered and were sent race bibs
- Prizes were drawn for the Turkey Trot and staff got swag for the St. Patrick's Day Dash
- Staff were given a weekend to complete the event
- We encouraged family involvement
- Staff submitted pictures for evidence



Cooking Classes Have Been a Hit



- Staff Pre-Registered to Participate
- Ingredients were delivered to staff the day of the event (think "Hello Fresh")
- We set up a Zoom link so staff and families could join from home
- We went with quick and simple - salsa, granola, no bake items
- OSU Extension was a huge partner in this with gifts & hosting



Other Activities Include:

YOGA FOR STAFF

Yoga is offered three days a week via Zoom so staff can participate from wherever they choose.

WALKER TRACKER

Staff were signed up with Walker Tracker and set their own personal goals.

MONTHLY PRIZE DRAWINGS

Drawings are held at the end of each month for people who are participating in at least one Wellness Activity. They can enter each week of the month.

WELLNESS NEWSLETTER

A wellness newsletter is sent out three times a year to share out resources for both mental and physical wellness. This includes links to podcasts, healthy recipes, mindfulness apps and more.

BUILDING WELLNESS ACTIVITIES

Each building is allocated \$300 each year to fund building level wellness activities such as bowling, healthy lunch, paint night, etc.

HEALTHY SNACKS

Healthy snacks are provided on work days and inservice days to encourage healthy eating.


Veteran Teacher Peer Support Program

The goal of Wellness Partners is to build resilience in ourselves to better serve us and our students.

- Veteran teachers find a partner to join
- 3 one-hour meetings after school
- Focus on identifying goals to create work-life balance
- Partners work together to support each other and hold each other accountable.
- Participants are paid a small stipend for their participation in after hours work

TSD9's Wellness Bingo

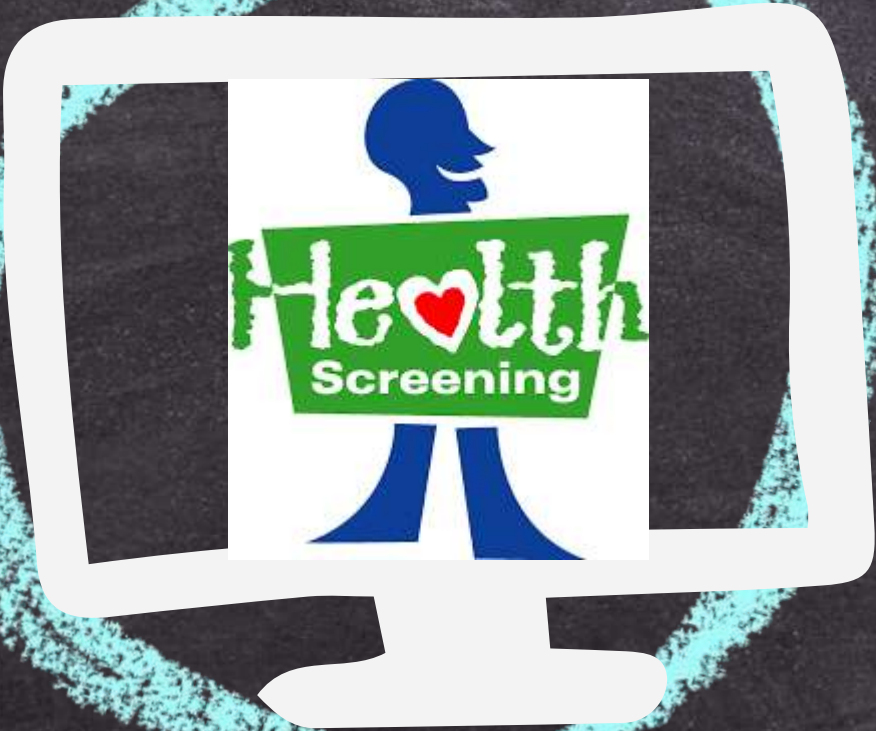
- Staff registered to participate
- They were provided a card and encouraged to get a BINGO whichever way they preferred
- We focused on both physical and mental wellness
- All participants will get smoothies and a treat bag

| | | | | |
|---------------------------------|-----------------------------|---|--------------------------|------------------------------------|
| Walk Bud's Fitness Trail @TJHS | Practiced Yoga | Drank 8 Glasses of Water Today | Went to the Beach | Cooked a Healthy Meal |
| No Sweets Today | Had a Social Media Free Day | Walked the Bayocean Spit | Went to Bed Early | Tried Something New |
| Walked or Biked Hoquarton Trail | Practiced Gratitude |  FREE SPACE | Hiked Munson Creek Falls | Performed a Random Act of Kindness |
| Read a Book | Played Disc Golf at TJHS | Made personal care appt. (dentist, doctor) | Decluttered a Space | Wrote in your Journal |
| Played a Board or Card Game | Took a 20 minute walk | Dance Party | Practiced Mindfulness | Walked Kilchis Reserve |

Use QR Code to upload your finished Bingo Card for a Prize!



Employee Wellness Screenings



- Provided completely free by Tillamook County Health Department
- Staff signed up and were scheduled
- Included blood sugar and cholesterol screening, weight check, vaccination clinic (including Flu Shot), blood pressure, mental health check, and dietician consult
- All staff who visited the majority of stations were entered to win a prize for an Amazon gift card

How Do We Make This Happen?

- Each site has a wellness representative (this includes transportation and the District Office)
- We hold monthly meetings together to plan events and gather staff input
- All wellness representatives are paid an annual stipend of \$500 for their after hours work

But Why Do We Really Do This Work?

The program in general makes you put your wellness to the front of your mind. The challenges did get me moving and thinking about steps during the day.

The biggest benefit of the activities has been the feeling of comradery. I like the feeling as if I'm part of a group that is supportive of the mental and physical health of ourselves and each other.

I have benefited greatly from seeing the impact of the consistent wellness messaging in my place of work. My colleagues appreciate and get excited about wellness activities and it has enhanced the overall health of the working environment.

It connects me with other staff. It keeps me fit. It reminds me to breathe.

Our wellness program has been great for our entire staff. The program allows us to share ideas about ways that we can stay healthy, active, and strong. Many of our staff members have bonded with one another during our wellness activities.

Thank you!

Feel Free to Reach Out!!

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