Employee Wellness Policy

All District employees serve as role models for students and are the key to the successful implementation of comprehensive school health and wellness programs. The District and school sites aspire to provide environmental support, resources, and opportunities to enhance the health and wellbeing of employees. This may include but is not limited to workshops, presentations,health fairs, resources and education about: health promotion, stress management, employee morale, healthy lifestyles, injury prevention, chronic disease, and being an exceptional role model. The wellness program may also include health risk assessments, preventative screenings, health coaching, benefit education, workplace safety, work-life balance, and third-party counseling.

Professional learning opportunities will help District employees understand the connection between academics and health, and understand ways in which health and wellness can be integrated into ongoing District reform and academic improvement efforts.

The District will work in partnership with the local bargaining units to identify strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District promotes and encourages employee participation in health promotion programs and will work in partnership with the local bargaining units to identify programs that are free or low cost for District employees.