

# Executive Summary

Prepared for Board of Trustees Meeting  
December 8, 2009

## Staff and Student Wellness

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### **Board Goal:**

#### **In pursuit of excellence, the district will:**

Provide support services and promote health, wellness and safety for students

Promote health and wellness in the workforce

### **Purpose of Report**

This report will provide the Board of Trustees will an overview of identified sources of stress for both staff and students. In addition, the report will identify the multitude of activities and programs are actively being utilized to reduce the impact stress has on staff and students.

### **Objectives**

- Identify Sources of Stress-Staff and Student
- Identify Symptoms and Manifestations of Stress
- Identify Activities and Programs currently utilized

### **Operational Impact**

Staff and students who realize that stress is a component of daily life but are made aware of the programs that Denton ISD has implemented to decrease the negative effects of stress on their individual lives

### **Results**

Increased awareness of attempts our district is making to alleviate the stress felt by staff and students