

466 STAFF WELLNESS POLICY**I. PURPOSE**

This policy serves the staff and adult employees of the Crosslake Community School (CCS). The purpose of this policy is to set parameters to promote a healthy physical, mental, social and emotional working space where employees feel appreciated and can practice healthy habits. We strive to incorporate wellness into our lives and into the lives of our families.

II. GOALS

- Encouraging staff to increase physical activity
- Encourage staff to de-stress and focus on mental health
- Encourage healthier eating practices and proper hydration for staff and students
- Healthy prevention steps
- incorporate staff and student families to live healthy lives

III. PRACTICAL WAY TO INCORPORATE THE GOALS:

- Promoting blood pressure checks in the staff lounges or nurses office
- Providing healthy snacks of fruits & veggie trays in the staff lounges
- Holiday Wellness Challenges - turkey trot, Christmas trivia, walking challenge
- Hydration Challenge - Re-Think your drink
- Mini Massages
- Tone-up Tuesday: some activities include, yoga, pickleball, aerobics
- Small, inexpensive gifts. All staff receive the same thing

By promoting healthy fun, acknowledgement of challenges and rewards, and allowing for healthy mental practices, we will increase staff morale, value our employees, and continue longevity of employment.

Policy 466, Staff Wellness, is found in the Staff Handbook also.