

School Employee Wellness Activities

School Employee Wellness: An Introduction

This webinar will provide an overview of school employee wellness with an emphasis on steps for meeting the Alliance guidelines.

Activity: List 5 barriers to implementing a School Employee Wellness program. List 5 factors that might promote or facilitate implementing a School Employee Wellness Program.

1. IMPEDING FORCES <i>barriers</i> to implementing a SEW program	1. DRIVING FORCES <i>factors that promote/facilitate</i> implementing a SEW program





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Implementing School Employee Wellness Programs (SEW) WORKSHEET

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|---|
| <p>2. List the possible benefits of having a SEW program in your school.</p> |
| <p>3. What other initiatives or committees already exist in your school that employee wellness may be a natural fit?</p> |
| <p>4. Who should be part of your SEW Committee? List titles and/or interest areas of staff members who might make good school employee wellness committee members.</p> |
| <p>5. List the programs that already exist in your school or community that address, promote, or could be used as a resource for:</p> <ul style="list-style-type: none">❖ Physical Activity❖ Nutrition❖ Weight Management❖ Health Screenings❖ Stress Management❖ Tobacco Cessation |
| <p>6. Based on participating in this session, what are three things you Could do to further school employee wellness efforts in your school?</p> <ul style="list-style-type: none">❖❖❖ |



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7. You would like to meet the Alliance Bronze school employee wellness criteria. What are three things that you will need to do?



8. List three community or national resources that might be useful in the planning or implementation of a school employee wellness program.



Implementing your Employee Wellness program

This webinar provides practical skills for implementing a sustainable employee wellness program. Strategies for implementation at the gold level of recognition will be emphasized.

Activity 1: Staff Wellness Interest Survey

This short survey is designed to determine staff members' interests, while at the same time giving staff a chance to better understand the concept of a wellness program. This information will be used to plan health and wellness activities. All responses will be kept anonymous.

For each of the following, please indicate your level of interest in participating:

N=60

Physical Activities	Very interested	Might be interested	Not interested
Developing a personal fitness plan	80%	20%	
Aerobics	20%	60%	20%
Improving balance, flexibility, muscle endurance			
Dancing		10%	90%
Team sports	50%	30%	20%
Walking Program	90%	0	10%
Strength training	10%	30%	60%
Yoga	50%	40%	10%
Bicycle/Trail riding		50%	50%
Fitness Testing	80%	20%	
Health screenings (blood pressure, blood sugar, cholesterol, BMI, etc)	80%	20%	
Other (list):			
Other (list):			
Informational Session(s)			
Weight management	80%	20%	
Healthy cooking and meal planning	60%	20%	20%
Label and menu reading	90%	10%	
Diabetes management	30%	30%	40%





Blood pressure management	70%	30%	
Cholesterol management	80%	20%	
Heart disease and stroke prevention	70%	30%	
Asthma management	30%	40%	30%
Living with arthritis	30%	40%	30%
Back care	50%	30%	20%
Stress management	90%	10%	
First aid/CPR	50%	50%	
Alcohol/drug abuse	20%	20%	60%
Tobacco/smoking cessation	20%		80%
Immunizations			100%
Other (list):			
Other (list):			

Staff Wellness Interest Survey

For the following, please select one number for each question:

- 1= Very likely
- 2= Somewhat likely
- 3= Not very likely
- 4= Not at all likely

1. I would buy heart-healthy snacks during the day if they are available (for example, pretzels, yogurt, fresh fruit, 100 percent juice, dried fruit, etc.).

4 3 2 1
 1=50% 2=50%

2. During my planning time or before or after school, I would participate in a physical activity like stretching, aerobics, yoga or walking if there were a place to do it.

4 3 2 1
 1=10% 2=50% 3=40%

3. During my planning time or before or after school, I would participate in a physical activity like stretching, aerobics, yoga or walking if there were a group of us.

4 3 2 1





4. I would eat fruits and vegetables if available at our staff meetings.
4 3 2 1 1=50, 2=30, 3=10, 4=10%
5. I would participate in group activities encouraging healthy eating or physical activity if they were offered to staff.
4 3 2 1 1=80, 2=10, 3=10%
6. I would like to get at least 30 minutes of physical activity most days of the week.
4 3 2 1 1=70, 2=30%
7. I would participate in a health promotion program for staff if it were offered.
4 3 2 1 1=90, 2=10%
8. I would be more likely to participate in a health promotion program for staff if there were incentives such as (please list): Gift cards, t-shirts, days off work
4 3 2 1
9. I would read health tips (articles, recipes, information on upcoming events) via email, bulletin board, newsletter or other source.
4 3 2 1 1=70, 2=30%
10. I would like to improve my eating habits.
4 3 2 1
1=70, 2=30%

Suggestions and comments are welcome. Please use the back of this sheet of paper.

If you want to know more about this program and how you can help, please contact_____.

Sources:
Adapted
from

Tompkins County, New York, Worksite Wellness Program *Working Well Works*, Arkansas Department of Health, and WEA Trust.

Activity 2: Implementing School Employee Wellness Programs





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Directions: Attached are the results of a school employee wellness interest survey. The results are listed in percentages for each answer based on 60 people completing the survey. Using this data, create an employee wellness action plan (form attached). Once completed, use this form to identify local, community or national resources that you might use to help implement your plan.

Possible local/community/national resources for completing this plan:

- 1.
- 2.
- 3.
- 4.



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