

Key Components of a Staff Wellness Program:

A staff wellness program should be tailored to meet the needs and wants of the employees at your school. It should also take into account the resources available to implement and manage a successful program. **The following are the key components usually found in a staff wellness program:**

- 1 Physical Activity:** Opportunities to integrate physical activity in the school day such as walking, jogging or yoga programs.
- 2 Healthy Foods & Beverages:** Access to healthy options for staff to eat and drink throughout the school day (including in the faculty lounge).
- 3 Stress Management:** Provision of workshops, information and counseling on how to manage stresses specific to the school environment and how to balance work and family.
- 4 Weight Control Programs & Nutrition Programs:** Support and resources provided such as assessment of current diet and goal setting to eat healthier. Resources provided can include meal planning, education on healthy foods, weight check-ins etc.
- 5 Health Screenings:** Provision of health screenings such as blood pressure, blood sugar, cholesterol and breast examinations and advice on appropriate follow-up medical treatment.
- 6 Immunization:** Provision of immunization for common illnesses found in the school environment such as flu.
- 7 Education & Awareness:** Provision of workshops, classes and information on common health issues in the school environment such as back care, asthma,