

Wellness Ideas and Resources 2011-2012

1. 10-10-\$20- 10 lbs. in 10 weeks, pay \$20; or 10- 10- \$10
2. Staff party with kids- family promotion- face painting, etc.
3. Loretta Laroche video
4. "While You Were Out" - if someone is out sick- clean or decorate their room
5. Bring in guests- yoga instruction, zumba, etc.
6. Potlucks
7. Ornament exchange
8. Secret pumpkin
9. Items for staffroom (aspirin,etc.)
10. Magazine/book swap
11. Secret Santa
12. Karaoke
13. Smelly soap for bathroom
14. Duty exchange/swap
15. Onlinepools.com- office pools for selection pools- 20 players for season/playoffs. This is a free site to hold a hockey pool for either the season or the playoffs.
16. Fitness Room- treadmill and elliptical- to have dedicated time for teachers.
17. Weight Club- record weight loss/gains each week. We did the "walk away the pound" 2-3 mile DVD 2-3 times a week or P90X videos 2x/week.
18. Survival pools
19. Sandwich days
20. In-school lotto- pick personal 649 #'s and as the real numbers are drawn, personal numbers are marked off the individual lists- whoever has their 6 numbers marked off first wins the prize.
21. Lotto tickets
22. Coffee clubs- each person brings in a tin- meet together for 2 min. to say hello, have a laugh, before our day begins.
23. Friday snack/social

24. 50/50
25. Themed staff meetings (Hawaiian, etc.)
26. Use 50/50 \$ to buy lunch for the staff
27. Birthday gift cards (\$2 to Tim Hortons)
28. Staff Family Day (Christmas Party)
29. Wellness person for the week (notes in boxes, provides snacks, etc.)
30. Fun soap in the staff bathroom
31. Fancy coffee day
32. Random Acts of Kindness Week
33. Kindness Wall (staff and students)
34. Thank you slips (Thank you for...)
35. Tree Go
36. Duty raffle
37. Crazy Christmas Sweater Contest
38. Yankee Swap
39. Amazing Race
40. After school- restaurant/bar
41. Thanksgiving/Christmas/Easter Dinners
42. Movie Night
43. Pedometer Race
44. Teacher Challenges
45. Order Out
46. Monthly fitness activity
47. Fitness guest speakers
48. Staff dance routine (example "Thriller" to perform for students at Halloween)
49. Body by Vi- healthy shakes (could try and sample as a staff)
50. Apples with quotes for first day
51. Birthday snack/small gift from Wellness
52. One birthday celebration in staff room per month. Staff signs up to bring a "treat" for 1 birthday celebration.

53. Retired staff and current staff card night
54. Jr. staff vs. Sr. game
55. Put Wellness Activities on staff calendar so staff can schedule babysitters in advance.
56. Staff activity every last Friday of the month
57. Positive notes
58. Thank you cards
59. Get Pharmacist/Ford Apothecary speaker in
60. Soup or salad or sandwich day
61. Treat of the week
62. Coffee and muffin day
63. Spa Day at Medes (Moncton)
64. Walk Across Canada Pedometer Challenge
65. Spa Night
66. Stocked staff room and cupboards
67. Allocating TWCF funds for Wellness Committees
68. First snow day lottery
69. Biggest Loser Challenge
70. Staff breakfast
71. Winery Tours
72. Exercise videos on Smartboard after school
73. Staff bowling
74. Friday afternoon appetizers and drinks
75. Curling
76. Laughing Yoga
77. Riverview Spa to U- (Check under Google)
78. Jon Raymond- students there will do Spa treatments at a reduced rate.
79. Parties- eg. Jewelry parties
80. Secret Pals
81. Prizes at staff meetings
82. Meditation- take time to relax, meditate with staff members

83. Make a weekly tradition with the family. (eg. Breakfast at Tim's every Saturday)
84. "How to Eat, Move, and Be Healthy" by Paul Chek
85. "Why Zebras Don't Get Ulcers" by Robert Sapolsky
86. www.humourforyourhealth.com