

Wellness Highlights

PROFESSIONAL COUNSELLING SERVICE FOR TEACHERS



How WELLthy are you?

Wellness should encompass our whole being. Our physical, social, spiritual and psychological needs are inter-related and to achieve an optimum level of health, we should adopt proactive habits that nurture our whole person. If we neglect even one area, we can become out-of-balance. And if we are out-of-balance, illnesses may develop both mentally and physically.

To maintain balance, we need to look after our physical body, our emotional needs, and our inner self. This may seem like quite a daunting task, given our very busy schedules at school and at home. There are times when we must make ourselves our priority. The Wellness Program was created within the Professional Counselling Service for Teachers to encourage and assist teachers and school staffs to take time to focus on their own wellness. The role of school wellness representatives is to promote wellness within schools but they can't do it alone. Your input and suggestions are needed so share them with your rep. If you can help organize a staff activity, I can assure you the assistance will be appreciated. Taking time to enjoy a lunch, participating in Secret Spook/Santa/Pal, doing Zumba, or geocaching with your co-workers are some examples of wellness activities. Some may focus on fitness and healthy eating while others are just plain fun and provide an opportunity to have time together to share some laughs.

One of the big challenges school wellness reps encounter is getting people involved. It is unrealistic to think that every staff member will participate in all wellness activities. But we do encourage you to take advantage of and participate in those things that you do enjoy or be bold, try something brand new. You might be surprised at how much fun you have!

Our District Wellness Facilitators are also committed to promoting wellness. They plan the rep meetings and they are responsible for creating the monthly WOW newsletter. They are a part of our team that provides vision and ideas for new initiatives to continuously enhance our current program. They also provide support to our wellness reps when needed.

Make getting WELLthy a priority for you this year. See what is happening in your school or offer to help organize something for your staff. Your MIND, BODY AND SPIRIT will benefit!



Wellness Facilitators

- District 2** Neil Boyce, Chantal Frenette, Chris Platis
- District 6** Kathy Aubin-Martin, Michelle Brenton & Heather Whittaker
- District 8** Sandra Harrington, Ann McAloney, Jill Roach
- District 10** Ellie Lord, Jonathan Logan
- District 14** Lisa Doucette, Joy Hanson, Lorelei Purvis, Mary Turnbull
- District 15** Randy Hunter, Sandra Lavigne
- District 16** Andrew Stewart, Rob Woodburn
- District 17** Robin Buchanan, Janice Shaw
- District 18** Dawn Decourcey, Stephen Everett, Mark Garnett, Kathy Szo

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