

Words of Wellness



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BEING WELL TOGETHER

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Healthy Lunch Ideas From Teachers, for Teachers

"I do 'Meal Prep Sundays' and grill up chicken breast, turkey breast, and prep various salads and side veggies, as well as hard-boiled eggs. Pack up your meals in Tupperware or mason jars for the whole week and you are set!" ~Miranda V.

"Carrots (or other crunchy veggies), grapes or apple slices, hard boiled eggs, some cheese squares, and half a soybutter sandwich. Think the protein box from Starbucks – only yours is way cheaper." ~Teresa B.

"My mentor teacher kept a bowl, spoon and a can opener in her room, as well as some cans of soup. When all else fails, soup is usually a pretty good meal and fewer calories than most things." ~Angela S.

"Hummus on a low carb tortilla is my go-to, paired with some cut up veggies and a bit of ranch with chia seeds mixed in. [Add a] small apple or a clementine on the side." ~Angie W.

Administrators Supporting School Employee Wellness

Eat Healthy!

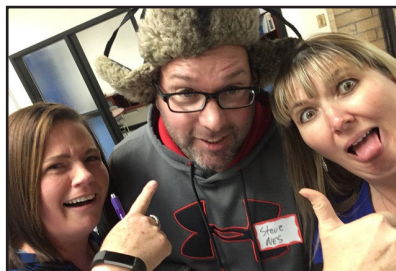
- Invite a Dietitian to speak to school employees
- Provide healthy snacks on PD days

Be Active!

- Incorporate walking into meetings
- Lead a scavenger hunt on a PD day
- Role model being active - take students / school employees for walks instead of meeting with them in your office
- Partner with a local fitness club to get reduced memberships for school employees
- Incorporate "school-wide" DPA breaks (visit: <http://www.gonoodle.com> and <http://www.everactive.org/video-clips> for loads of fun ideas)

Create a Supportive Environment!

- Greet your staff in the morning (be present at the front doors)
- Maintain a positive attitude - be constructive when challenges arise
- Know the names of spouses of your employees (and their children's names too)
- Write notes/letters of thanks or celebration to others
- Have a celebration wall in the staff room
- Link personal wellness to professional Growth plans (encourage employees to set wellness goals then offer support / encouragement throughout the year)
- Play music over the school intercom during transition time between classes
- High Five Fridays - encourage school employees and students to give as many high fives as possible (Make someone smile Mondays, Thumbs Up Thursday, etc.)



School Employees Supporting Each Other

Eat Healthy!

- Host healthy potluck lunches
- Offer healthy snacks in the staff room - eliminate unhealthy foods in the staff room
- Ask to have a Dietitian offer an in-service on meal planning

Be Active!

- Organize movement clubs (jogging)
- Host pedometer challenges: who can walk the most steps in a day / week / month? Challenge staff at another school

Be Kind to Others!

- Be a mentor to a new school employee / ask someone to mentor you
- Support, encourage, and celebrate each other's success
- Celebrate birthdays
- Recognize milestones
- Be a Mystery Friend / Secret Santa
- Be welcoming to new employees, substitutes, and temporary employees
- Organize walking / talking clubs
- Laugh together
- Smile
- Do a random act of kindness every day—it could be as simple as wishing someone a "good day"

