

To: Board of Education

From: David Cunningham, director, human resources & legal services, Denise Johnson, assistant director of health and wellness

Re: EAP/Staff Wellness Report

Date: October 22, 2018

Background:

The district encourages all employees to pursue a healthy and well-balanced lifestyle and not only are all staff eligible for the program, but staff spouses and dependents over the age of 16 are eligible to participate as well.

The wellness program strives to support the physical, social, emotional and mental health of all district employees. The program includes site-based flu shots, discounts on fitness and cooking classes, educational seminars, stress management, the Employee Assistance Program, health screenings, wellness challenges, communication plans, and building level support.

Report:

This report will share the usage of the District Wellness Programming, feedback from staff, and goals for the 2018-2019 school year.