

School Staff Wellness Ideas (can be adapted for any worksite)

- Healthy snacks in break room on a regular basis, affordable to buy
- Food service provides healthy snacks during conferences or after New Year
- Massages
- Physical Activity contests that match PE curriculum units (could be random sporting events in the gym for 10 minutes on Fridays):
 - badminton contest when nets are set up
 - volleyball
 - basketball
 - bowling
- Snowman building contest
- Walking Wednesdays with staff, Lace Up for Sneaker Fridays
- Is there anyone that can teach a Zumba or other class after school and charge \$1 to staff?
- Pedometer/Fitbit challenge
- Water for staff
- Healthy food of the month sample
- Evening staff 5K run
- Yogurt parfaits in the lounge
- Salad bar potluck, healthy potluck
- Wellness bulletin board with health tips, recipes etc
- Re-fresh staff lounge (paint, rearrange chairs) and include a wellness bulletin board (parent group took this on in one school district)
- "Beat the Boss" competition
- Employee stress relief game
- Walking meetings
- Walk or bike to school, if you have a bike fleet, consider using it for a staff bike ride
- Financial health – offer class on financial planning, Dave Ramsey course
- Training/learning at staff development/in-service days, e.g Active Classroom/Active Recess, bring in someone from local clinic/hospital to talk about heart health, diabetes, depression, sleep, back and neck pain, etc
- 12 Days of Christmas (Wellness)
- Wall of gratitude
- "Healthy Selfie" initiative that asks employees to post photos on the company's Facebook page of themselves and family members doing healthy activities for a prize drawing
- The [Turkey Trot](#) is a 5K that supports Children's Services Association (CSA) of Ottertail County. CSA has paid for so many things for our students: glasses, hearing aides, medication, medical and dental appointments, clothes, therapeutic recreation, lice treatment, beds and the list goes on and on and on. We would love to see as many ISD 544 staff as possible. Please consider running, walking, volunteering and dressing up! There is also a 1-mile fun run so encourage kids and families to join us.
<http://www.zapevent.com/ListActivities.aspx?eventid=2907>
- Could any of these activities include students, school-wide programs?