

AWLS Wellness

December 2024



Mission



Meet the needs of **Anthony Wayne students** through the **care of** **and attention to the continuous** **improvement** and **growth** of a **highly qualified workforce.**

Why focus on wellness?



- ★ Improved Health Outcomes
- ★ Positive Employee Morale
- ★ Increased Productivity
- ★ Reduction of Absenteeism



What do we focus on?



SOCIAL



Communication and
Collaboration

EMOTIONAL



Empathy

INTELECTUAL



Learner's Mindset
Critical Thinking

PHYSICAL



Adaptability and
Flexibility

How is this accomplished?



★ Focus - Wellness Wednesdays

★ Challenges

- Quarterly and Timely

★ Activities

- Organized
 - BGSU Family Recreation
 - Biometric Wellness Screenings
 - Wellness Wednesday Workouts
 - Pickleball Socials
 - Book Clubs
 - Hands Free CPR

★ Integration

- PD Days

★ Education

- Newsletters
- Classes
 - Parenting, Couples, Individual

★ Access

- Employee Assistance Program (EAP)
- Weightroom
- Health Care

★ Recognition

Who is behind the How?

★ Wellness Team

- Representative of the district
 - School Nurses
 - Building and Department Reps
 - Savage - Michelle Cleland
 - Partnerships
 - Employee Assistance Program (EAP)
 - YMCA
 - BGSU
 - Local wellness experts/practitioners

