

BUDGET FRIENDLY TIPS TO IMPROVE STAFF WELLNESS IN SCHOOLS

1 Fitness Classes

Ideas: Walking Group, Exercise Videos, Running Club

Find a staff member to head up a teacher's fitness club for staff to participate in before or after school.

2 Staff Challenges

Monthly Challenge Ideas: steps, hydration, physical activity, colorful fruits and veggies

Hold a prize drawing for staff that complete the challenge. Ask local businesses if they could donate a small prize.

3 Weekly Newsletter

Ideas: Wellness Tips, Healthy Recipe, Reminder of Upcoming Staff Fitness Classes

Regular communication is key. This serves as a helpful reminder of the benefits of wellness.

4 Wellness Wednesday

Allow staff to wear classroom appropriate workout clothes during the school day.

In order to do so, staff must offer either one movement opportunity or one wellness tip for students.

5 Fruit Infused Friday

On Fridays, offer fruit infused water for staff in the teacher's lounge.

In addition to being a sign of appreciation, flavored water is a healthier alternative to soda.

6 Mindful Minute

Begin staff meetings with one minute of deep breathing.

This technique is helpful in reducing stress throughout the day.