



Whole School, Whole Community, Whole Child (WSCC)

EMPLOYEE WELLNESS



Employee Wellness Component: Fostering school employees' physical and mental health protects school staff, and by doing so, helps support students' health and academic success. A comprehensive school employee wellness approach is a coordinated set of programs, policies, benefits, and environmental supports designed to address multiple risk factors (e.g., lack of physical activity, tobacco use) and health conditions (e.g., diabetes, depression) to meet the health and safety needs of all employees.

Resources

Alliance for a Healthier Generation

https://www.healthiergeneration.org/take_action/schools/employee_wellness/

Guidance for Employee Wellness

https://www.healthiergeneration.org/take_action/schools/employee_wellness/

How to Do a Biggest Loser Weight Loss Challenge at Work

<http://www.wikihow.com/Do-a-Biggest-Loser-Weight-Loss-Challenge-at-Work>

Kaiser Permanente Thriving Schools

<https://thrivingschools.kaiserpermanente.org/>

National Education Association Healthy Futures

<http://healthyfutures.nea.org/get-informed/school-employee-wellness/>

For more information, visit www.WSSCC.health.ok.gov or contact OKWSSCC@gmail.com. Revised 4/4/18

Resources (Continued)

School Employee Wellness

http://www.eatsmartmovemorenc.com/Worksites/School_Worksite/Texts/School-Employee-Wellness.pdf

School Wellness Champion Start-up Kit

http://thrivingschools.kaiserpermanente.org/wpcontent/uploads/2014/12/KP_School_Wellness_Champion_ToolKit.pdf

Thriving Schools: Employee Wellness Resource Center

<https://thrivingschools.kaiserpermanente.org/school-employee-wellness-resource-center/>

Webinars, Success Stories and Guidance on Supporting Employee Wellness in Schools

<http://thrivingschools.kaiserpermanente.org/wellness-resources/schoolemployee-wellness/>

Workplace Health Promotion

<http://www.cdc.gov/workplacehealthpromotion/>

Workplace Stress

<http://www.webmd.com/men/features/work-stress#1>