

BOARD MEMO

Date: December 1, 2022
For ACTION
For INFORMATION
Board Agenda: Yes
No

FROM: Rene Paschal, Acting Executive Director of Human Resources

THROUGH: Melanie Kay-Wyatt, Ed.D., Interim Superintendent of Schools

TO: The Honorable Meagan L. Alderton, Chair, and
Members of the Alexandria City School Board

TOPIC: Staff Wellness

ACPS 2025 STRATEGIC PLAN GOAL:

Goal 1: Systemic Alignment

Goal 2: Instructional Excellence

SY 2022-2023 FOCUS AREA:

Staff Wellness and Growth

SUMMARY:

The memo informs the Board of the ACPS Human Resources Department’s staff wellness plan for the 2022-2023 school year. Supporting the health of school staff impacts retention and recruitment of quality staff and also helps to support students’ health and academic success. Every school employee, no matter the role they play, contributes to a school’s mission and can benefit from a comprehensive wellness program.

BACKGROUND:

Wellness is more than just the absence of illness. A broader approach to the concept of wellness is being revamped to support our staff so that they may in turn support the social and emotional health of our students. A partnership between the Compensation and Benefits Department and the cadre of Wellness Champions representing each school meet regularly to support the six dimensions of wellness:

- Physical
- Mental
- Social
- Emotional
- Spiritual
- Environmental

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RECOMMENDATION:

The Interim Superintendent recommends that the School Board review the information on staff wellness.

IMPACT:

An effective employee wellness program can decrease employee absenteeism, improve staff retention and productivity, as well as communicate the inherent value of self-care and emotional management.

ATTACHMENTS:

1. Presentation on Staff Wellness

CONTACT:

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