



# Employee Wellness

School Board Meeting  
December 1, 2022





# Essential Questions

- How is the concept of wellness expanding in the context of increased awareness of the social/emotional needs of ACPS staff members?
- How is ACPS working across the system to promote staff wellness?
- What is the status of site-based collaboration in promoting multiple dimensions of wellness?



# ACPS Employee Wellness Vision

To promote and celebrate employee wellness as a division through a variety of initiatives during the school year that are centered around the main tenets of wellness.



WELCOMING

# Wellness is Multidimensional





# Wellness Tenets

- **Physical:** Take care of your physical body through movement, nourishment, rest and physical activity.
- **Emotional:** Be with all of your feelings in a way that is curious, kind and non-judgmental.
- **Intellectual:** Engage in creative and mentally engaging activities that allow you to find balance.
- **Environmental:** Enhance your wellness by caring for your personal, professional and natural surroundings.
- **Social:** Build and nourish positive relationships as a cornerstone of well-being.
- **Spiritual:** Allow yourself reflective time and space to be silent and still.



RESULTS-DRIVEN

# Site-Based Leadership





# Wellness Champion Deliverables

- Promote the team's quarterly division-wide events, workshops & the wellness canvas page & newsletter
- Host at least one location-specific event, activity or challenge each quarter
- Attend Wellness Committee meetings
- Be an ambassador for wellness





# Finding Fit...No Longer Fits

The screenshot shows a Google Forms interface for a survey titled "ACPS Employee Wellness Name Change Vote". At the top, there are navigation tabs for "Questions", "Responses", and "Settings". Below the title is a header image with five circular icons: a person in a yoga pose, a person sleeping, an apple, a person with arms raised, and a heart with an ECG line. The main text of the form reads: "Please select the name you find most fitting for ACPS Employee Wellness. We are rebranding with a new name to encompasses all tenants of wellness." Below this is a note: "This form is automatically collecting emails for acps.k12.va.us users. [Change settings](#)". The question section says "Please vote for the name you like best. \*" and has a radio button option for "ACPS Employee Wellness". On the right side of the form, there is a vertical toolbar with icons for adding, deleting, and moving questions, and a "Send" button at the top right.

December's wellness effort comes in the form a division-wide survey to select a new name for the ACPS Employee Wellness program.





INNOVATIVE

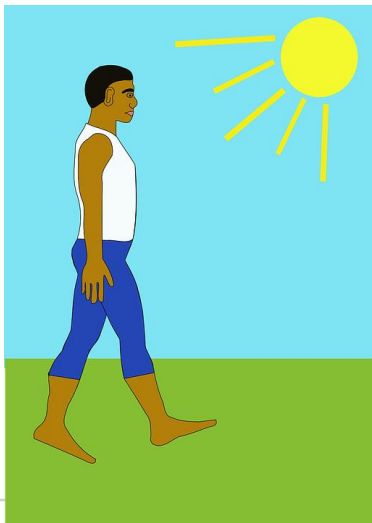
# Early 2023: United Healthcare Webinars



## Winter Webinar Series Recordings



# Quarterly Division & Site Events





# Canvas Resources

ACPS Wellness Champions Home Page

**ACPS Finding Fit**  
HEALTH & WELLNESS

**WELLNESS CHAMPIONS**

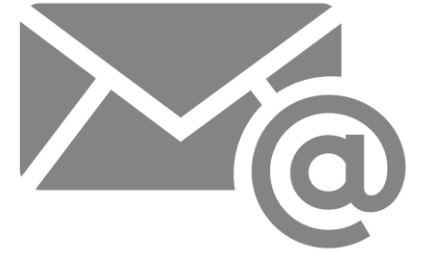
**Welcome ACPS Finding Fit Wellness Champions!**

We are looking forward to a fantastic year of supporting our ACPS staff members in taking an active role in their wellness!

- EXPECTATIONS
- DISTRICT CHALLENGES
- RESOURCES
- MEETING SCHEDULE
- PLMS COURSE INFORMATION
- TENETS OF WELLNESS



# Wellness Leaders



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# Questions?

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