

Health and Wellbeing Strategy

VISION/MISSION

HealthyWISDom

The WISD Wellness Committee looks for ways to provide information and activities to promote mental, physical, and emotional health.

GROUND RULES

- Promote mental, physical, and emotional health
- Help build healthy lifestyles through education and year-round engagement activities
- Encourage professional and personal development
- Committee membership span all departments to meet the needs of all employee demographics

PHYSICAL/SOCIAL

- Hearing Testing
- Stress Workshops
- Wednesday Walking Club
- Eat the Rainbow Potlucks
- Tobacco/Alcohol Free campuses
- 5 Ways/5 Days Challenge
- Nutrition Food Demonstrations
- Annual Tailgating Potluck
- Annual Game/Field Day Luncheon
- Worker Appreciation Brunch
- Monthly Wellness Events
- Personal Safety Awareness Training
- Active Shooter ALICE Training (Alert, Lockdown, Inform, Counter, Evacuate)
- Website Healthy Living Tips/Links
- Travel Assistance
- Employee Assistance Program
- Amwell TeleMedicine
- Taste the Rainbow Cookbook
- OSHA Kits
- Full Fringe Benefit Packages

PROFESSIONAL/FINANCIAL

- Retirement Seminars (SS/401K/403B)
- SOM ORS Pension Match
- 401K Options
- Continuous Education
- Professional Development
- Life Long Learning Plan
- Regular Executive/Department Meetings
- Generous Sick/Annual/PTO Time
- Summer Flex Scheduling
- Flexible Start Times
- Full and Part Time Work Options
- Full Fringe Benefit Packages
- Computer Purchasing Cost Reduction Program

COMMUNITY

- Fun Run for High Point School Playground for disabled students/community members
- Giving Tree to collect hats/gloves for disabled students
- Pop can tab campaign for Ronald McDonald House
- United Way Campaign Participation
- Gleaners Food Bank (Fall food collection)