

# WELLNESS WEDNESDAY: 10.6.2020

## GFPS Employee & Student News for Health, Wellness and Safety

### Recipe Share

Turn to your slow cooker for the best soups to ever hit your spoon. These comforting soup recipes are ready to greet you as you as soon as you step in from the chilly air. [Click here](#) to get cooking!

### Mindful Minutes

Mindful Listening -- This is helpful when the body feels tense, the breath is erratic, or the mind seems frantic, and focusing on any of those things feels overwhelming. Close your eyes and just notice the sounds around you — what sounds are in the room, in your body, outside the window? This practice gets us out of our heads and focused on the here and now.

### Weekly Greetings & Fast Facts from Alluvion

This week the topic is Mental Health shared. [Click Here](#) to read more.

### GFH Pool Updates

All options below are **FREE** for GFPS Staff. Check with Aly in the business office (6051) for a pass.

--Morning Lap swim : Mon-Fri 6: 00 AM - 7:30 AM

--Open public Swim Mon and Wed: 7:30 PM - 8:45 PM

--Aqua Aerobics Class : Tues and Thurs 7:00 PM - 8:00 PM

### GFPS Flu Shot Schedules

[Click here](#) for the GFPS staff and spouses flu shot schedule.

[Click Here](#) for the GFPS

students and parents flu shot schedule.

### Worth Repeating:

#### YOGA News

We have received permission to restart YOGA! This will look a bit different than in the past when classes were held at our instructor Lisa Moore's studio. The two classes shared below are FREE to GFPS staff. Other classes are available for a fee. You must contact Lisa at [freetobeyogamt@gmail.com](mailto:freetobeyogamt@gmail.com) to attend the GFPS classes (copy & paste email address). Details below:

- Early Morning GFPS ZOOM Yoga Class Tuesdays 6:00 a.m. – 6:30 a.m. Lisa will send the ZOOM link the night before. You will need to email her at the above address prior to the evening before. She won't be able to send emails the morning of the early a.m. class.
- Early Evening GFPS Yoga Class Wednesdays 5:30 p.m. – 6:30 p.m. Outdoor class at Sunnyside Elementary.

### GFPS EAP Services For All Staff.

Need support? All GFPS staff members are eligible to access the EAP (Employee Assistance Program) even if they do not have the district health insurance plan. Call 1 (866) 750-1327 or go to MyRBH.com and enter "LifeMap" as your Group Code. Make sure to indicate you are an employee of Great Falls Public Schools. There is a 24-hour crisis line or an appointment can be scheduled with a counselor right them. [Click here](#) for the two-sided informational flyer located on the benefits page of the [HR Department](#) or the [Employee Wellness](#) website.

### **GFPS Wellness Facebook Page**

Invite friends and family to our page. Search for Great Falls Public Schools Wellness **OR** GFPS Wellness.

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**Visit the Employee Wellness Website** Fitness schedules, nutrition, health, and wellness topics.

Two ways to find the site:

1. [Click here.](#)
2. GOTO: Main GFPS website—>Staff—>Employee Wellness

**Visit the Student Wellness Website** GFPS Guidelines, Smart Snack calculator, student health and wellness. +

Two ways to find the site:

1. [Click here.](#)
2. GOTO: Main GFPS website—>Parents & Students—>Student