

WELLNESS WEDNESDAY: 9.29.2020

GFPS Employee & Student News for Health, Wellness and Safety

Nutrition News

Everything you need to know about Fall fruits and vegetables in this one stop guide to buying, storing, and cooking what's in season now. [Click here](#) to read more.

Mindful Minutes

Stand and Stretch--Stand up and take a deep breath as you reach your arms up above your body. Stretch your arms out and make your body as tall and expansive as possible. As you exhale, gently float your arms down and feel how the breath helps "reset" your nervous system and brings a feeling of calm.

Optimistic October Happiness Calendar

We all need a little reminder now and then. [Click here](#) for this month's calendar.

Alluvion News

What do you know about cholesterol? [Click here](#) for Fast Facts about National Cholesterol Month.

Stop the Stigma Recordings

If you missed the events last week no worries. Several were recorded and are available on YouTube.

[Click here](#) for "*Stress and Relapse: What's the Link?*" presented by Jeff Fauque, LAC (Gateway)

[Click here](#) for "*Why are America's Students so Stressed Out?*" presented by Pediatric Psychiatrist Dr. Latoya Floyd (Benefis).

Flu Shot Schedule

If you missed this in Newsbits, [click here](#) for the flu shot schedule for staff and spouses.

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 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. **First class: 9.8.2020**

- Early Evening GFPS Yoga Class Wednesdays 5:30 p.m. – 6:30 p.m. Outdoor class please email Lisa for location and direction. **First class: 9.8.2020**

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 then. [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.

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