

Wellness Wednesday: 08.26.2020

GFPS Employee & Student News For Health, Wellness and Safety

1. A Note from the GFPS Wellness Team

The 2020-21 school year has started. Plan to take care of yourself in the coming months. Remember, that looks different for each of us! Take a look back at past issues of WW and reread some of the resources that have been shared. You will find everything from recipes to self-care tips. Archived information is located on the [Employee Wellness website](#). Take care friends.

2. 2020 Fall Fitness Options

- Some fitness classes and offerings are still on hiatus including: ZUMBA, Circuit Training, and the Fitness Center. Options that are up and running include: Water Exercise and the GFH Pool details coming.
- We have obtained permission for YOGA. This will look much different than in past years when classes were held at our instructor Lisa Moore's studio. Starting after labor day, we will be offering an early morning ZOOM option as well as a late afternoon outdoor option. To schedule these two weekly offerings we will need your input. Please take this quick survey to let us know your thoughts. [Click here for the YOGA survey](#).

3. September Happiness Calendar Theme: Self-Care September

Self-care isn't selfish, it's essential. This month we're encouraging everyone to be kinder to themselves (as well as others), especially when things become difficult. Self-care increases our resilience and helps us get more out of life. It also helps us accept others as they are too. [Click Here](#) for the Self-Care September Action Calendar.

4. Wildfires and Outdoor Activities

Wildfire smoke can travel long distances causing poor or even hazardous air quality; [placing your health at risk](#), even if you are not in the areas with wildfires. [Avoid](#) air pollution by keeping your indoor air clean; remember face coverings used to slow the spread of COVID-19 offer littler protection against the harmful air pollutants in wildfire smoke. Know when to [adjust plans for outdoor activities](#) by paying attention to [air quality reports](#) and local guidance.

5. 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.

6. GFPS Wellness Facebook Page

Look for our page on Facebook. Lots of information shared. Invite friends and family to the 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