

Wellness Wednesday: 3.25.20

GFPS Employee & Student News For Health, Wellness and Safety

1. Reliable Sources For COVID-19 Updates

If you haven't already, plan to visit the main **GFPS website**. You will see a [COVID-19 UPDATE](#) button surrounded by a germ graphic. It is very important to view trusted and reliable sources during this time. There are six topic areas: Current Information on Coronavirus, Messages from Superintendent Moore, Current Information on: Child Care, Food Services, Elementary Education and Secondary Education. [Click here](#) to view the information or click the blue link in the line above.

2. GFPS EAP Services For All Staff.

No matter what life throws our way, there's someone there to help us through it. A compassionate ear, expert advice, professional support is all just a call away. 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 tell the person you are an employee of Great Falls Public Schools in Great Falls MT. There is a 24 hour crisis line or an appointment can be scheduled with a counselor. [Click here](#) for the two sided informational flyer located on the benefits page of the [HR Department](#) or the [Employee Wellness](#) website.

3. Delicious Recipes From the Pantry

You'll be surprised what you can whip up with just a handful of basic ingredients from your pantry! Check out the sites below for ideas and recipes.

- [Food Network Easy Pantry Recipes](#) including main dishes and desserts.
- [Betty Crocker Dump and Go Dinners and Desserts](#) Betty Crocker to the rescue!

4. Other Self-Care Resources We all have different ways we practice self-care. Find what's right for you! Here are a few ideas.

- [Six Questions to Ask Yourself During Quarantine](#) a self-check list.
- [Greater Good Resources](#) developed for educators and parents supporting learning and well-being.
- [Exercise at Home Resources](#) free resources.
- [Walking Meditation](#)

5. GFPS Wellness Facebook Page

Look for our page on Facebook! Lots of great information, fun quotes and more. Invite friends and family to the page. Search for Great Falls Public Schools Wellness or you may also search @gfpswellness <https://www.facebook.com/gfpswellness/>

6. Online Safety Training Options From GFPS Safety & Transportation Department

GFPS has partnered up with MSGIA to once again offer an online safety training incentive to all District staff through Safe Schools. Please view the attached safety training

information sheet. The incentive will run Feb 1st through April 30th. Every Great Falls Public Schools employee that completes an online training course during this time has the opportunity to sign up for a \$50.00 card drawing. MSGIA is offering 7 cards for the 2019-2020 Spring incentive. Please feel free to contact the GFPS Transportation/Safety office if you have any questions. [Click here](#) to view the program details.

7. Additional Resources

As we move through the coming weeks and you find resources for health, wellness and safety, please share them to us! Reply to this email with information. Thank you in advance for any resources you may find to share.

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 Wellness