

Wellness Wednesday:

4.15.2020

GFPS Employee & Student News For Health, Wellness and Safety

1. News From GFPS Nursing Staff

Thank you to Erica Harp, BSN, RN, GFPS Lead Nurse and her team for sharing this information today about masks. [Click here](#) to view.

2. 3 Ways Families Can Promote Fun & Wellness At Home

Alliance For a Healthier Generation has been a trusted national resource to GFPS Student Wellness since 2005. [Click here](#) to check out their quick tips for anyone, not just families.

3. TODAY IS: **World Art Day 2020**

We all have different ideas and experiences with art. Different types may include: animation, architecture, calligraphy, ceramics, computer, drawing, folk, graffiti, illustration, mosaic, painting, performance, photography, sculpture, stained glass, tapestry, and video to name a few. Celebrate World Art Day however you wish! Here are some links and ideas to explore.

- Take a virtual tour of some of the world's greatest museums and heritage sites by [clicking here](#).
- Explore paintings, sculpture and architecture in a unique 360* view by [clicking here](#).
- You could also: draw a picture, compose a song, write a poem or story, paint, knit, quilt, build something out of wood, make plans to update your landscaping, vegetable or flower garden. **The options are truly endless!**

4. COVID-19 Updates

Visit the main **GFPS website** for up to date information. 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. [Click here](#) to view.

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.

<https://www.facebook.com/gfpswellness/>

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