

Wellness Wednesday: 4.15.2020

GFPS Employee & Student News For Health, Wellness and Safety

1. Earth Day 2020

Today, April 22, 2020, marks the 50th Anniversary of Earth Day. In 1970, Earth day was initiated to encourage education and actions towards our environment. Below are some ideas to celebrate the day. Remember, we can celebrate Earth Day every day!

- **Nature Based BINGO** [Click here](#) for the sheet.
- **Mapril Cleanup Virtual Edition Hosted by Great Falls Neighbor Works** The week of April 27- May 1, 2020, Neighbor Works will post an activity for all age groups to participate in each day. It looks like fun! [Click here](#) to visit their website for more information or visit their Facebook page.
- **Earth Day At Home with NASA** [Click here](#) to view fabulous resources and a [50th Anniversary toolkit](#).

2. The Compassion Project

Several of our GFPS buildings have participated in the traditional school piece this past year. The project is dedicated to bringing people together around compassion – what it is, how to recognize it, how to practice it and why it is important. The project based out of Bozeman has recently created a **virtual opportunity** to continue their work. Here is their latest message: “Announcing the launch of our newest program, *Art for Resilience!* Are you ready to cultivate play, rest and connect wherever you are through art and mindfulness?” There are three areas: school series, households with kids series and friends series. Check it out by visiting their website: <https://www.compassionproject.org/> or Facebook page entitled: Compassion Project.

3. All of the Topics in ONE Blog

We are bombarded with numerous sources of health and wellness information these days. Here is a “one stop shop” BLOG to visit: <https://esmmweighless.com/blog/>

4. How Can I Eat More Nutrient Dense Foods?

The American Heart Association address this question with many examples and food “swap” ideas. [Click here](#) to visit their site.

5. 2020 Spring Wellness Challenge: Balance Your Wellbeing Wheel

We visited the topic of our own personal Wellness Wheel a few years ago. Let’s revisit in the upcoming weeks.

What is the **2020 Spring Balance Your Wheel Challenge** all about?

General Information:

- We will be finding ways to balance our personal Wellbeing Wheel with resources from the National Wellness Institute.
- All information will be shared through Wellness Wednesday in the coming weeks and available on the Employee Wellness site. You can read it right then in the email, visit the site, read it on the weekend. It’s your choice. Whatever fits into your life right now.

Thoughts you might be having right now:

- I don't have time for a "wellness" challenge.
- I'm in. I need a bit of accountability right now.
- I'm on the fence.....one foot in and one foot out.
- This is not meant to cause stress or more work, just a way to help in this very unique time. We all have different areas we are strong in and areas that we need a little support in.

How do I get started?

- In the following weeks, we will share a personal survey and tools to balance your wheel.
- → → → **Week 1: read the 6 Dimensions of Wellness Information Sheet and become familiar with the wheel [CLICK HERE](#) to view.**

Important News Worth Repeating

6. 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.

7. 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.

8. 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