

Wellness Wednesday: 4.29.2020

GFPS Employee & Student News For Health, Wellness and Safety

Dear GFPS Staff, just a quick message to say thank you to each and every one of you! This is a busy time and having to read “one more email” is sometimes exhausting. So as always the weekly [Wellness Wednesday](#) e-newsletter is archived and available on the [GFPS Employee Wellness](#) website. So whether you skim, skip or scour, it is available to read at your convenience! Thank you from your Employee Wellness Team

1. GFPS May Day Activity

Plan to participate in the May Day activity event that GFPS has created! This activity combines creativity and exercise all at the same time. [Click here](#) to view the details.

2. Sun Safety Guidelines For Everyone!

According to the CDC we should be wearing sunscreen year round. Click below to read about sunscreen safety.

General information: https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

Families: https://www.cdc.gov/cancer/skin/pdf/SkinCancer_FAMILY.pdf

3. Sleep Resources From Dr. Michael Breus

Several great articles below on sleep. The information is from a doctor who does nothing but talk and think about helping people sleep!

Blog: [How To Get Back To Sleep When You Wake Up At Night](#)

Blog: [3 Reasons You Wake Up At Night And What To Do About It](#)

Blog: [New Science on the Health Benefits of Melatonin - and How Well Does it Really Work For Sleep?](#)

4. Red Cross Resources and Classes

The American Red Cross has many resources available on their site. Today we are sharing several:

[Click here](#) to view online Classes including: Mental Health First Aid For Covid-19, First Aid/CPR/AED, Child Care Classes,

[Click here](#) to view Kid Friendly Activities

5. 2020 Spring Wellness Challenge: Balance Your Wellbeing Wheel

What is this all about? Visit the GFPS Employee Wellness site for everything you need to know about [Balancing Your Wellbeing Wheel](#). Each week more information will be added.

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/gfpowellness/>

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