

# Wellness Wednesday: 5.13.2020

## GFPS Employee & Student News For Health, Wellness and Safety

### 1. Why Your Aches and Pains Can Predict the Weather

Who can feel a barometric change coming? My hand is raised! [Click here](#) for a news clip and to view interesting information.

### 2. May is Melanoma Awareness Month

- In Montana melanoma is the [2<sup>nd</sup> leading cause](#) of cancer among teens and young adults (aged 15 to 39) accounting for 12% of all cancers in this age group.
- There are [345 new cases](#) of melanoma each year in Montana; melanoma incidence rates in Montana are higher than the United States overall.
- Learn [more](#) about how to protect yourself and your family.

### 3. The GFPS Movement Busters Challenge!

Have you seen this yet? Who doesn't love the **Cupid Shuffle**. Plan to participate in this District Wide challenge. [Click here](#) for the details that were in this week's Newsbits.

### 4. 30-Day Parenting Challenge while Social Distancing

Staying engaged with kids during the COVID-19 time helps them feel more connected and comfortable. Take the new [30-day Parent Challenge](#) with tips and daily activities to engage with your children while also practicing social distancing. This could work with students, nieces, nephews and grandchildren. No time? Visit the [Parents Lead](#) website for a lot of resources on many topics. Share this resource with our GFPS families and friends.

### 5. Prevention Week May 10 - 16, 2020: Alcohol Use for Montana Youth (Source: MT DPHHS)

As the end of the end of the school year and summer time are approaching, it is good timing to talk to any young adult in your life. Start the conversation today with your teen about [NOT using alcohol](#)

- [Alcohol remains the number one](#) drug of abuse for Montana's youth. In 2019, 26 percent of 9th graders, 30 percent of 10th graders, 33 percent of eleventh graders, and 46 percent of 12th graders had used alcohol within the past 30 days.
- [Parents, we need your help](#); studies show that parental disapproval of underage drinking is the number one reason youth chose not to drink alcohol.

### 6. Happy Sweet 16 to the MT Tobacco Quit Line

May marks the 16th anniversary of The Montana Tobacco Quit Line which has had over 100,000 callers since it started in 2004. Tobacco users who access the Montana Tobacco Quit Line are 7-10 times more likely to quit than if they were to try alone. The quit line offers free coaching as well as 8 weeks of FREE nicotine replacement therapy; and three months of Bupropion at a \$5 copay. The Montana Tobacco Quit Line has three special programs

and one general program. To access the programs listed below visit the website:

<https://dphhs.mt.gov/publichealth/mtupp/quitline>

- The Quit Now Montana Pregnancy Program for expecting mothers,
- The American Indian Commercial Tobacco Quit Line for American Indians looking to quit commercial tobacco
- My Life, My Quit, a texting-based youth program.
- Main Quit Line call **1-800-QUIT-NOW**

#### 7. **2020 Spring Wellness Challenge: Balance Your Wellbeing Wheel**

Jump in any time and learn how to balance your wellbeing wheel! We all have a wheel. Visit the GFPS Employee Wellness site for everything you need to know about [Balancing Your Well-being Wheel](#). Each week additional information will be added. New this week an optional activity which takes a little bit of time - [Wholeness Reflection Exercise](#)

## News Worth Repeating

### 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.

### 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.

### 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