

Wellness Wednesday: 5.20.2020

GFPS Employee & Student News For Health, Wellness and Safety

1. Resources From Alliance For a Healthier Generation

If you haven't had the chance to visit [Alliance For a Healthier Generation](#), plan to. Their site is full of really good information. We have shared a number of resources this week for you to view.

Month of May Resources from Alliance For a Healthier Generation

May marks National Physical Fitness & Sports Month as well as Better Sleep Month – timely reminders to support yourself and your students in building **daily routines that boost mood and energy**.

[At-Home Scavenger Hunt](#) Promote curiosity, physical activity, and family connection

[All-Weather Family Activities](#) Inspire parents, caregivers, and kids to get creative with how they move

[Healthy Sleep Toolkit](#) Help kids and adults ease stress-related sleep disruptions with these shareable resources

[Sleep Environment Video Tips](#) Enhance sleep quality with just a few simple adjustments

["Comprehensive Self-Care for Educators" Webinar Recording](#) Gain practical ideas to support your well-being through physical activity, sleep, and more

More “Really Good” Resources From Alliance For a Healthier Generation

The end-of-school season can be bittersweet: for many, pride, relief, and excitement mix with more challenging feelings of disappointment or loss. While the highs and lows are likely to be even more pronounced this year, intentional reflection can bring reassurance and comfort.

[On the Blog: “Share, Listen & Learn”](#) Chauvon Simmons-Wright, parent and national school wellness policy advisor, shares her new mantra

[Feelings Thermometer](#) Visual aid to help students articulate emotions in times of stress

[Harmony at Home Toolkit](#) Family-based activities for early and upper grades to increase empathy and self-awareness

[On the Blog: Mindful End-of-School Celebrations](#) Intentional reflection activities to help students process learnings and successes

2. American Heart Association Resources

Eat Smart, Move More, Be Well is the advice from American Heart Association. They have created an [easy to read infographic](#) with tips to support healthy habits that address stress. Pick one thing on the list to start. No need to tackle all 10 which could create more unneeded stress.

3. 2020 Spring Wellness Challenge: Balance Your Wellbeing Wheel

Have you had a chance to take a look at the resources to Balance Your Wellbeing Wheel yet? Jump in any time and learn how! Visit the GFPS Employee Wellness site for everything you need to know about [Balancing Your Well-being Wheel](#).

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.

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.

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