

# Wellness Wednesday: 05.27.2020

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

### 1. 2020 Vape Poster Contest Winners!

Just a few short months ago, we honored the top 10 poster winners with a certificate and small prize. We had not got the chance to share the actual posters until now. Right around 189 entries were received from GFPS 5<sup>th</sup> and 6<sup>th</sup> grade students. The community judges had a tough time deciding! The best part of the contest is the fact our students understand that vapes and e-cigarettes are a dangerous choice. [Click here](#) to view the TOP 10 winning posters and the winners take on these very dangerous nicotine devices.

### 2. May is National Stroke Awareness Month (Resource Health in the 406)

A Stroke can have devastating [consequences](#) and is a leading cause of adult disability and death.

A [Stroke](#) is an emergency – calling 911 is your best option.

[Prevention](#) is always best - there are many things you can do to reduce your risk of stroke.

### 3. Quick Tips For Eating at Home

[5 Tips to Eat Smart When Working from Home](#) Always good to get a few more ideas.

[What To Make With Canned Beans](#) These recipes look fantastic!

### 4. Keep Moving All Summer Long

Our friends at Alliance For a Healthier Generation have done it again! They have the best ideas. [Click here](#) to help families move more with free tools, resources, games, activities, and more designed to make physical activity easy and fun for all!

## 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