

# Wellness Wednesday: 5.6.2020

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

### Spring & Summer Safety Tips

Thank you GFPS Safety and Transportation Department for sharing these timely tips. Summer is on the way! Click the links below

[14 Spring Injuries to Avoid](#)

[Summer Bug Safety: Tips to Stay Bite-Free](#)

### National School Nurse Day is TODAY!

Thank you to all nurses across our nation, but we especially thank our very own GFPS Nurses! They rock! [Click here](#) to watch a fun video with messages from each of them.

### Who Needs New Meal Ideas?

Meal planning and cooking can become routine and dull. Visit these two well-known sites to find delicious recipes! Let us know if you found something fabulous and worth sharing!

[Cooking Light](#)

[Eating Well](#)

### 2020 Spring Wellness Challenge: Balance Your Wellbeing Wheel

Jump in any time and learn how to balance your wellbeing wheel! Every one of us has a wheel. Visit the GFPS Employee Wellness site for everything you need to know about [Balancing Your Wellbeing Wheel](#). Each week additional information will be added. New this week: rate your wheel activity.

## News Worth Repeating

### 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 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.

### 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