

Wellness Wednesday: 05.27.2020

GFPS Employee & Student News For Health, Wellness and Safety

1. A Note from the GFPS Wellness Team

This is the last week of Wellness Wednesday for the 2019-20 year. We hope that you have gained a bit of knowledge and learned something new. Plan to take care of yourself in the coming months. Remember that looks different for each of us! Take a look back at past issues of WW and reread some of the resources that have been shared. You will find everything from recipes to self-care tips. You will also find past challenges such as Financial Fitness and How To Balance Your Wellness Wheel both available to read at your own pace. Archived information is located on the [Employee Wellness website](#). Take care friends we wish you the best!

2. June Happiness Calendar

We are a few days into June but wanted to share this calendar. We have shared this fun option in prior months and wanted to continue. [Click here](#) to access the calendar.

3. Summertime Means Grilling Time!

Grill vegetables like a pro with these tips.

<https://esmmweighless.com/summertime-means-grilling-time-dont-forget-vegetables/>

4. The Heat is Here to Stay—Tips for Summer Exercise

As the weather heats up, try these strategies to enjoy outdoor exercise.

<https://esmmweighless.com/the-heat-is-here-to-stay-tips-for-summer-exercise/>

5. Meal Prep Tips

Meal prep is still a good idea at home or at the office.....and here 's why:

<https://esmmweighless.com/why-you-should-still-meal-prep-when-working-from-home/>

6. 2020 Summer Fitness

Our fitness classes and offerings are all on hiatus this summer. We hope to be able to start back up in the Fall. Included in the hiatus: ZUMBA, YOGA, Circuit Training, Water Exercise, the pool and fitness center. Plan to check the Employee Wellness website for updates or changes that may take place over the coming months.

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 From GFPS

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 **OR** GFPS 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