

# Wellness Champions

Our success could never be accomplished without the support, encouragement and dedication of all of our *Wellness Champions*, and we would like to express our sincere thanks for everything that you do!

There has been a steady increase in the number of *Wellness Champions* since the start of the program with participation of 22 *Wellness Champions* in 2006-2007 to **215 *Wellness Champions*** in 2017-2018.

These true heroes work tirelessly and energetically to create a healthy school and work environment that makes an impact. They plan programs and organize activities at their location to cover topics such as healthy eating, physical activity, weight management and stress management. They keep their colleagues up to date with important benefits and Health Rewards information, as well as motivate their staff to participate in onsite and community events, including District-wide programs such as Color Weeks and Staff Sports.

*Wellness Champions* are awarded stipends (up to \$500 per school year per location) for the programs that they organize at their workplace. In addition, each champion is able to utilize a supply budget of up to \$250 to purchase wellness items to help promote and run their programs.

Below are just some of the many fabulous activities that have been implemented at the schools and locations by *Wellness Champions*:

- Recipe contests/cookbook design
- Healthy lunch taste testing/potlucks
- Build-a-garden
- Team creation and fundraising for local 5K walks and runs
- Onsite walking/running/exercise clubs
- Weight loss challenges
- Creation of relaxation rooms, workout rooms, and wellness stores
- Painting parties for team building and stress management
- Blood pressure stations/challenges
- Onsite health lectures, financial workshops and EAP workshops
- Stress Management tips and calendars
- Healthy holiday tips and challenges



In addition to the stipend and supply budget opportunities, *Wellness Champions* are also given the option to submit applications awards to receive additional funding:

**'Well Workplace' Awards** – For many years, Horace Mann has been providing \$1,000 to Wellness to support programs in schools and departments. Eight locations (Safe Schools, Barton Elementary, Melaleuca Elementary, Del Prado Elementary, Indian Ridge School, Okeeheelee Middle, and Tradewinds Middle) were each given \$125 in the 2017-2018 school year to fund additional programs to improve employee health and wellness.

**'Wellness Spotlight' Awards** – Each month, one *Wellness Champion* and school was highlighted for their success in Wellness. A list of the winners from the 2017-2018 school year can be found [here](#).

**Other Awards** - Staff Lounge Makeover – Diamond View Elementary, Palm Springs Community Middle, and Olympic Heights Community High were each given \$150 to re-design their school staff lounges to make them more inviting, relaxing and accommodating.



***Wellness Champion*** page on wellness website:

<https://www.palmbeachschools.org/wellness/wellnesschampions>