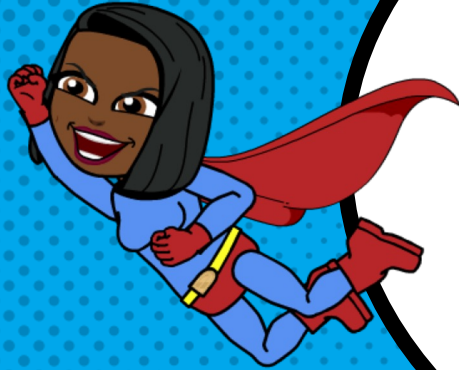




HEALTHY HEROES TO THE RESCUE

NCHEP LEARNING INSTITUTE





PRESENTING HEROES

Shannon Boyd
Buncombe County Schools

Danelle Locklear
Hoke County Schools

Peggy Owens
Hoke County Schools

Angela Simmons
Hickory City Schools

Daniel Jordan
NCHEP



OBJECTIVES

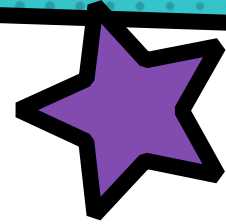
- Provide an overview of the importance of maintaining one's health and wellness within the professional area
- Increased knowledge of the need for self-care to effectively navigate through daily functioning
- Participation in practical strategies and activities to enhance mental capacity

WHAT IS WELLNESS

Go to
www.menti.com
and use this
code:



- "A state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." – The World Health Organization.
- "A conscious, self-directed and evolving process of achieving full potential." – The National Wellness Institute





BAM!

Wooooow!!

WHAT?

SELF CARE

YEAH!!

CRASH

BOOM

Wo

WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD



HEALTH EDUCATION, NUTRITION ENVIRONMENT AND SERVICES

- ***HEALTH LITERACY, INCLUDING DIGITAL LITERACY TO SUPPORT SELF-CARE***
- ***HEALTHY COPING SKILLS FOR CHRONIC DISEASE OR ILLNESS***
- ***HEALTH PROMOTION***
- ***PREVENT DISEASE (SCREENINGS)***
- ***NUTRITIOUS WELL BALANCED DIET***



PHYSICAL EDUCATION, PHYSICAL ENVIRONMENT

× Physical Education

- × Participate in staff wellness opportunities
- × Find a friend for accountability
- × State health plan benefits/[newsletter](#)
- × Visit the [Virtual Healthy School](#) for ideas to include physical education throughout the school

× Physical Environment

- × Make small changes in your classroom or school
- × Park your car further away from the school
- × Walk the stairs instead of using the elevator



SOCIAL AND EMOTIONAL CLIMATE, COUNSELING, PSYCHOLOGICAL AND SOCIAL SERVICES

SOCIAL AND EMOTIONAL CLIMATE

- ***PRACTICING MINDFULNESS***
- ***MEDITATION (HEADSPACE, CALM, INSIGHT TIMER)***
- ***JOURNALING***
- ***STAY CONNECTED TO OTHERS***
- ***LIMIT EXPOSURE TO NEWS***
- ***DISCONNECT FROM WORK***
- ***PRACTICE GRATITUDE***
- ***LAUGH!***
- ***TAKE UP A RELAXING HOBBY***
- ***SETTING BOUNDARIES***
- ***TALKING THINGS THROUGH WITH A SUPPORTIVE CO-WORKERS***

COUNSELING / PSYCHOLOGICAL AND SOCIAL SERVICES

- ***[EMPLOYEE ASSISTANCE](#)***
- ***DISTRICT WELLNESS PROGRAMS***
- ***NATIONAL ALLIANCE FOR MENTAL ILLNESS***
- ***[CRISIS SUPPORT \(24/7\)](#)***



EMPLOYEE WELLNESS, COMMUNITY INVOLVEMENT, FAMILY ENGAGEMENT



Employee Wellness

includes activities and programs that aim to improve employee health and well-being

- Take advantage of employee discounts to YMCA's/Gym Memberships
- Lunch & Learns
- Health Screenings
- Mental Health Services offered by your employee benefits

Community Involvement

meaningful, consistent participation in activities that support and improve upon social wellbeing

- Volunteer at a local non-profit-homeless shelter, animal shelter or a local food bank

Family Engagement

systematic inclusion of families in activities and programs that promote children's development, learning, and wellness, including in planning, development, and evaluation

- Checking homework
- Attending parent-teacher conferences
- Volunteering in the classroom

REFLECTIONS...

***WHAT WAS YOUR FAVORITE
EXPERIENCE OR MOMENT OF
THE INSTITUTE?***



KAPOW

SPECIAL PRESENTATION



THANKS!

