

PCS Employee Worksite Wellness Program 2021-2022

Please review the information below and share with your selected Employee Wellness Champion (EWC). Return the provided application by **August 13, 2021**. EWC's are subject to review and approval by the District Employee Wellness Team. Please make sure the individual is willing to serve in this position and will do a good job for your entire staff.

Requirements for Champion

- ✓ Champion positions must be on the PTS/Instructional salary schedule and be nominated by Principal/Administrator/ Supervisor. **Administrators and hourly employees are not eligible.**
- ✓ Champion must be able to meet with district wellness team for education, planning, and reporting purposes three times per year. Meetings will be held at the Administration Building or virtually.
 - Kick off Meeting – Planning & Education
Returning Champions: August 31st, 5p-7p, Virtual Meeting
New Champions: September 1st, 5p-7p, Administration Building.
 - Mid-Year Meeting – Progress/Success
January 13th, 2022, 5:00 pm – 7:00 pm, Virtual Meeting
 - End Year Meeting - Wrap Up/Success
April 20, 2022, 5:00 pm – 7:00 pm, Virtual
- ✓ Champion will plan and coordinate programs at their individual location based upon program priorities, parameters, employee interests, and financial resources. Specific program objectives will be outlined during the Kick off Meeting.
- ✓ Champion will promote, advertise, and encourage participation of district sponsored wellness programs and screenings.
- ✓ Each Champion will be given an annual budget for the following purposes; amount will vary depending on school size.
 - ⇒ Speaker fees
 - ⇒ Instructional materials and printing costs
 - ⇒ Refreshments
 - ⇒ Incentives
- ✓ Supplement pay available, determined by number of requirements completed, paid out annually at the end of the school year. Only one Champion per site will be eligible for the supplement.
- ✓ **Champions must attend at least 1 meeting and hold 1 program in EACH semester (2 programs total) to earn any supplement.**

Requirements for Principals:

- ✓ Allow Champion time at staff meetings for wellness updates and distribution of materials to teachers and support staff.
- ✓ Provide meeting rooms as available, if needed.
- ✓ Allow Champion to utilize a bulletin board or common staff area to post wellness materials.
- ✓ Show support and promote program to encourage staff participation and acceptance. Your participation in worksite and district wellness programs is highly encouraged and appreciated!

Worksite Wellness Program FAQ

At Pinellas County Schools, the goal of our wellness program is to encourage healthy eating, physical activity, and a healthy, emotionally balanced lifestyle for our staff. With such a large population of employees and retirees, we target many areas of wellness for not only our employees and family members with low level risks, but also for those members who are struggling with chronic diseases. We are committed to providing resources, tools and incentives to our staff which support personal health improvements and achieving a healthy lifestyle.

Our branding is **BeSMART**.

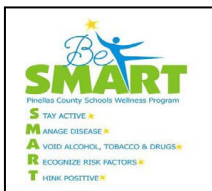
“S” Staying active.

“M” Managing disease.

“A” Avoiding alcohol, tobacco and drugs.

“R” Recognizing Risk factors, and

“T” Thinking positive.



Three basic but valuable ideas; resilience to stress, healthy eating, and remaining active, are the foundation of our initiatives.

What is the BeSmart Worksite Wellness Program?

The Worksite Wellness Program is one program offered within Pinellas County School's Be Smart Wellness Program. The program utilizes Employee Wellness Champions (EWCs) to deliver wellness programs and information to the entire staff at their assigned worksite.

What is an Employee Wellness Champion?

An EWC is a PTS/Instructional employee who receives a supplement for meeting required objectives that promote wellness at their designated school/location. **Hourly employees cannot fulfill this position.**

What does it cost the school to have this program?

Absolutely nothing! Each EWC has a budget which they can use to pay for supplies, speakers, and incentives they need for the program. The budget is determined by the number of staff at the worksite. This money comes from the district's wellness budget supplied by our insurance carrier.

EWCs have the potential to earn a supplement of **\$450**, determined by the objectives they meet for the program.

Meet #1 Aug. 31 or Sept. 1 \$50.00	Meet #2 Jan 13 \$50.00	Meet #3 April 20 \$50.00	Semester 1 Program \$75.00	Additional program first semester \$75.00	Semester 2 Program \$75.00	Additional program second semester \$75.00
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What types of wellness activities can the EWC promote?

1. The programs should be fun yet educational or inspirational, focusing on learning or reinforcing healthy behaviors. The programs should be innovative and creative. Common programs include walking, nutrition, stress management, etc.
2. The Employee Wellness Champion will also post and promote district wellness information.
3. The Employee Wellness Champion will have guidance from the Employee Wellness District team.

What types of programs do not meet guidelines?

Community fund raising events: ex: American Heart, Cancer Awareness, American Diabetes Walks/Races, etc.

What are the benefits of the Worksite Wellness Program?

It has been proven that people who are healthy and manage stress effectively are more productive, more motivated and more satisfied - at home and at work. While our focus is to promote the health & well-being of district staff through education, behavior modification, guidance and support, the program also produces good role models for the students while supporting highest student achievement.

Any questions please contact Dawn Handley, handleyd@pcsb.org or Caleigh Bean, beanc@pcsb.org.