



HEALTH & WELLNESS



Amador County Public Schools

Presented by David Vicari
Board of Trustees Meeting
Wednesday, January 27, 2021

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Agenda

- Employee Wellness
- Employee Recognition
- Questions and Answers

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Employee Wellness Program

- Monthly “Fit For Life” Newsletters
 - Various health tips, a monthly wellness challenge, healthy recipe, Trail of the Month, local monthly activities, and a national day calendar
 - Participants are entered to win raffle prize
 - Previous challenges: Read a Novel, 10K Steps a Day, Champions of Kindness, Wellness Bingo
- Current Projects
 - Mental health webinar with local therapist
 - Virtual 5K for charity
 - Financial wellness webinar with local financial advisor



FIT FOR LIFE

A NEWSLETTER BROUGHT TO YOU BY AMADOR COUNTY UNIFIED SCHOOL DISTRICT
HUMAN RESOURCES DEPARTMENT

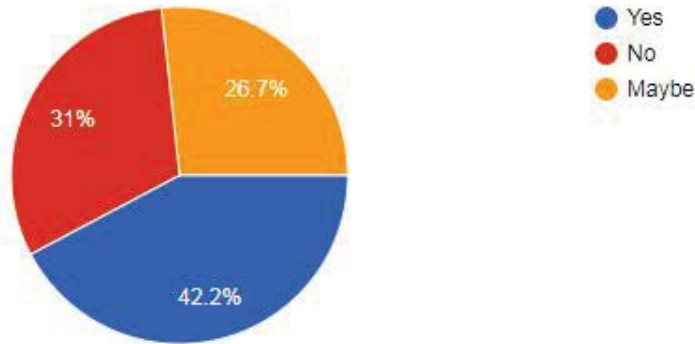
Employee Recognition

- Service Awards
- District Office Employee Highlights
- Monthly Board resolutions honoring various employee groups
- Employee Recognition (Certificated/Classified) during Board Meetings
- Superintendent’s birthday cards to all employees
- Spring 2020 - Board Approved \$250 Extra Duty Wages for all employees
- Fall 2020 - Board Approved \$1,500 Extra Duty Wages for all employees
- Teacher Employee of the Year - Coming Soon
- Classified Employee of the Year - Coming Soon

Employee Wellness Survey- 125 Responses (as of 1/21/2021)

Do you feel that you have a healthy work/life balance?

116 responses



Top Five Wellness Health Topics

Weight Management **45%**

Managing Stress **44%**

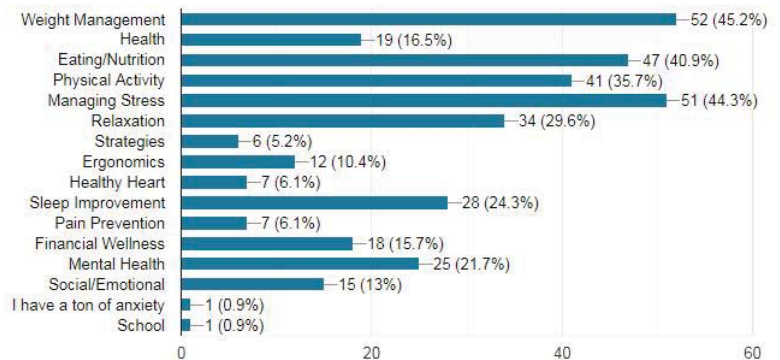
Eating/Nutrition **41%**

Physical Activity **36%**

Relaxation **30%**

As you think about your current state of wellness, please pick the top 3 health topics in which you are interested.

115 responses



Top Five Wellness Activities

Stress Management **44%**

Sports & Movement **43%**

Health Challenges **43%**

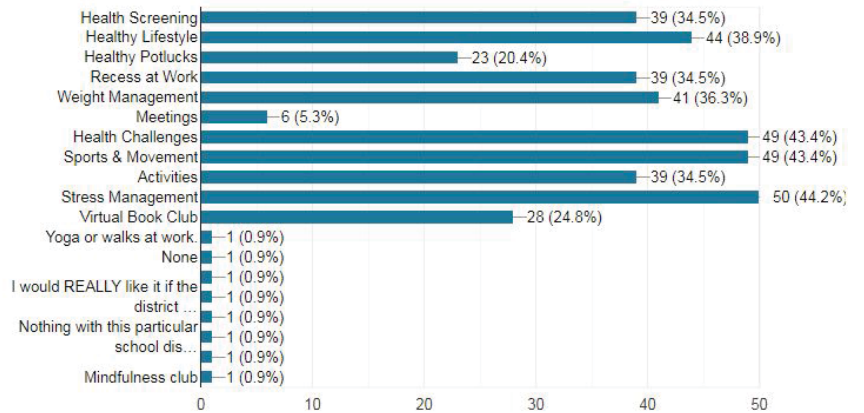
Healthy Lifestyle **39%**

Weight Management **36%**

Recess at Work **35%**

Which of the following wellness activities might you participate in? Please check your top 5 choices.

113 responses



QUESTIONS?

