**Staff Wellness Throw Down- 2018 (first half of the school year)**

**Timeline (pending Counsellor and Health Champ feedback)**

**Objectives**: - To promote staff wellness- in response to the Wellness Survey in the

 Spring of 2018

* Have fun
* To increase wellness awareness around the 5 dimensions
* To support wellness in all school communities
* To enhance the Health champions (H.C.) role in each school community

**September 19-October 5th**- Promotion and communication of endeavor

**October- Month of being Outdoors**

***We know October may be the last month of the 2018 year in Lethbridge where we can go outside without freezing!!! In this day and age of digital connectivity, it is time to reconnect with nature and put down our phones.***

October 8th (start)- For the month of October starting October 8th- October 30th **on school days and school hours only.**

**The challenge**: For staff to get outside for at least 20 minutes three times a week. The last week staff report to their Health Champion if they accomplished this goal. If the Health Champion receives at least 50% of staff who have accomplished this challenge the H.C. must tweet out they have accomplished this challenge using the @LethSD51 and school handle indicating this accomplishment. It would be great to also include a picture of staff from their school enjoying the Great Outdoors!!!!

**November- Month of Gratitude**

***Remembrance Day is in the month of November. This month often is a time for reflection, appreciation of the precious life we live. We appreciate people, pets, and other simple things that make our lives better***.

November 5th (start)- for the month of November starting November 5th- November 30th **on school days only**.

**The challenge**: For staff to show gratitude 5X through the month on school days and school hours only and each staff member tweet out at least once that act of gratitude using the @LethSD51 handle. The last week staff report to their Health Champion if they accomplished this goal and the staff will have to show the Health Champion their tweet.

**December- Month of Positive Social Emotional Connection**

***December is a month that can bring about mixed emotions. We see celebration and festivities around us and on social media. At times December can be a month when people feel most alone or isolated. In December we want to encourage “face to face” time versus social media time.***

December 3rd (start)- December 21st – **school hours and days only.**

**The challenge:** We encourage all staff to eliminate social media (facebook, Instagram, twitter, whatsapp, etc) use for at least a week for the month of December. In the spirit of promoting face to face connection we encourage staff to put a statement on their social media indicating they are away from social media for a week to increase face to face connection.

The Health Champion will record how many staff have accomplished this challenge in the last week of December. If the Health Champion receives at least 50 % of staff fulfilling this accomplishment the Champ will tweet out this accomplishment using the @LethSD51 handle on behalf of the school !