

CCS WELLNESS INITIATIVE

May 2021 Newsletter

UPCOMING EVENTS



A special THANK YOU to all of our educators around the district. We recognize your ongoing dedication to CCS students and families, especially with navigating the new normal of education over the past year.

Take a moment to thank a teacher during Teacher Appreciation Week, May 3 - 7. Need some ideas to convey your gratitude? Visit the [National PTA website](#) for fun and creative ways to honor the important teachers in your life this week and everyday.



May 12th is National School Nurse Day. Join us in celebrating the healthcare heroes of the district and their contributions to improve the health, safety, and well-being of students and staff members.

The CCS Wellness Team would like to extend our heartfelt appreciation to school nurses and the Health Family and Community Services department who have worked tirelessly on the front lines of the COVID-19 pandemic to ensure our CCS community is safe and healthy. Learn more about National School Nurse Day and ideas to celebrate the school nurses in your building [here](#).

HEALTH RESOURCES

EMPLOYEE HEALTH & FITNESS MONTH



May is Employee Health and Fitness Month. This month, the CCS Staff Wellness Initiative is celebrating YOU!

Our Wellness Team is honored to support the health and well-being of the 10,000 staff of the district. Every day, Columbus City Schools staff use their physical, emotional and mental strength to create a lasting impact on student achievement in and out the classroom. We thank you for your continued efforts and encourage you to take advantage of everything our wellness initiative has to offer by checking out the [wellness website](#) for the most up-to-date news on our programming.

Best wishes to your health and happiness!

MENTAL HEALTH AWARENESS MONTH

Now more than ever, we need to find ways to stay connected. During May, join the national movement to raise awareness about mental health, seek support, fight the stigma, and begin healing. There's no better time to slow down, take time for yourself and start prioritizing your mental health. Check out helpful resources below:

- **Employee Assistance Program (EAP) Guidance Resources:** [Mental Health Awareness Toolkit](#)
- **UnitedHealthcare:** [Optum Mental Health Resources](#)
- **Mental Health America:** Mental Health Month [Tools 2 Thrive Toolkit](#)
- **Talkspace:** [Online therapy app](#) covered under your UHC behavioral health benefits
- **Sanvello:** On demand help with [stress, anxiety and depression](#) covered under UHC behavioral health benefits
- **Headspace:** [Meditation and sleep app](#) that offers free accounts for educators
- **Ohio Crisis Text Line:** Text the keyword "4hope" to 741-741 to be connected to a trained crisis counselor within 5 minutes
- **National Alliance on Mental Illness (NAMI):** [HelpLine and resources](#)
- **National Suicide Prevention Lifeline:** **1-800-273-8255**. 24/7, free and confidential support for people and/or their loved ones for distress, prevention and crisis [resources](#).

WELLNESS PROGRAM UPDATES

OHIOHEALTH VIRTUAL FITNESS CLASSES

CCS Wellness Initiative has partnered with OhioHealth to offer free virtual and on-demand fitness classes to all CCS staff members. Live fitness classes offered Monday – Friday, through Friday, July 2, 2021 with on-demand options available any time of day! Reminder: there will be no classes on Monday, May 31 in observance of Memorial Day.

How to get started:

1. Open the class schedule [here](#).
2. Complete steps 1-4 steps listed on the class schedule. You MUST complete the online waiver prior to attending class.
3. Check out the on-demand classes at the bottom of the class schedule for additional class options if you missed the live class.

The CCS Wellness Challenge

Get Healthy, Stay Safe, and Be Ready



The CCS Wellness Initiative is currently hosting the CCS Wellness Challenge: Get Healthy, Stay Safe, and Be Ready and there is still time to participate! Complete wellness activities from now until June 4th, 2021 to improve your health and wellbeing and for an opportunity to earn a \$50.00 gift card. **NOTE:** If you have already completed the required 4 out of 8 activities of the Wellness Challenge, stay tuned for information about receiving your gift card incentive in July, after the challenge deadline.

Visit the [CCS Wellness Challenge tab](#) on our wellness website to learn more. * Please note: gift cards are considered a form of compensation and are subject to employee payroll tax

IMPORTANT NOTICE: If you are actively participating in UHC's Real Appeal Program and would like credit for it towards "Activity #6- Participate in a Virtual Wellness Offering" of the Wellness Challenge, please [click here](#) to complete the form.

EMPLOYEE BENEFITS NEWS

MAXIMIZE YOUR HEALTH DURING SUMMER BREAK

A friendly reminder to schedule your routine appointments

- Dental exams, cleanings and fluoride treatments
- Vision exam
- Annual physical

▶ For a list of other preventive services recommended for your age and gender, visit: <https://www.uhc.com/health-and-wellness/preventive-care>

GET ACTIVE WITH REAL APPEAL

Real Appeal® is a lifestyle program on Rally Coach™ designed to help you improve your overall health. The program is available to you and eligible family members at no additional cost if you have UnitedHealthcare benefits through the district. With Real Appeal you have access to the following services:

- Weekly online sessions with a health coach
- Online workout class
- Fitness and weight trackers
- Success starter kit and more!

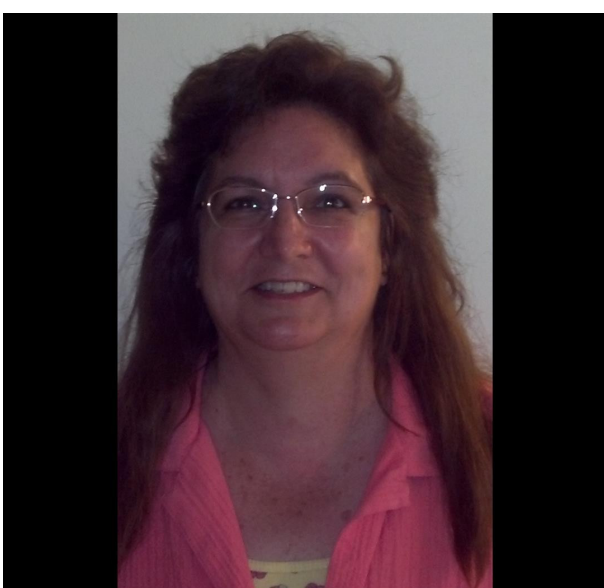
▶ Visit columbuscityschools.realappeal.com to get started today!

DID YOU KNOW THAT...?

The Benefits Department is open during summer break. If you have any questions or concerns regarding your benefits, contact them at 614-365-6475 from Monday - Friday (8:00 AM - 5:00 PM) or by email at benefitquestions@columbus.k12.oh.us.

STAFF WELLNESS SPOTLIGHT

DIANA BARNUM, Instructional Assistant - ESL/ELL at West High School



Self care for me includes being active physically, emotionally and mentally, not in any particular order. Physically, I plan a minimum of one varied activity each day of movement which includes swimming laps at the YMCA and doing weights and the treadmill at home and Plain City Barbell. Other physical activity included walks on our five acres and around town with hubby Bill and dog, Charlie, and house / yard work / cleaning.

Emotional fitness includes plenty of prayer time daily, focusing on being thankful for so many blessings, and many prayers for others. Teammates and I regularly collect donation items like food and warm clothing, and take them to a YMCA homeless family shelter near West High School and to immigrant families in need at Global Academy.

And mental activities to help stay as sharp as possible include daily Duolingo work online in other languages, mainly Spanish, plus participating in game shows of fortune, evenings with participants on the air/online and each other. Plus working on puzzles and other fun activities helps the noodle at home, too.

▶ Do you have a wellness success story? We want to hear about it. Tell us about your wellness journey and be featured in our Staff Wellness Spotlight. Please send your story to syerramilli@columbus.k12.oh.us