



# summer wellness calendar

Brought to you by the  
CCS Staff Wellness Initiative



**HEALTHY BODIES**  
**ACTIVE MINDS**  
COLUMBUS CITY SCHOOLS

# 2024 JUNE



**HEALTHY BODIES  
ACTIVE MINDS**  
COLUMBUS CITY SCHOOLS

A healthy lifestyle is made up of a whole collection of small, daily decisions, and is more than just eating healthy and staying active. Use this calendar to see what you can do this month to keep happy, healthy, and strong.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Use this box to write your summer goals:

GOALS

**REGISTER FOR 1  
PRIDE MARCH**  
**JUNE 15**  
REGISTER TO MARCH  
WITH CCS  
**MARCH FOR  
EQUALITY!!**



**2**  
**CCS  
STAFF SUMMER  
CYCLING CLASS**  
Every Tuesday 12-1pm  
and Thursday 5-6pm  
June 4 - August 15



**3**  
  
**REGISTER  
OR JOIN THE  
WAITLIST**

**4**  
**SIGN UP FOR A  
VIRTUAL  
MINDFULNESS AND  
MOVEMENT CLASS  
THIS WEEK**

**5**  
  
**GLOBAL  
RUNNING  
DAY**

**6**  
**JUNE IS ALZHEIMER'S &  
BRAIN AWARENESS MONTH**  
 Early detection can  
make all the difference

**8**  
*Make time for  
Self  
CARE*

**9**  
JUNETEENTH  
**ON THE AVE**  
JUNE 15  
REPRESENT CCS!  
**REGISTER**



**10** **11** **12**  
  
**INTERNATIONAL  
MEN'S HEALTH WEEK**  
Awareness. Prevention. Education. Family.  
[InternationalMensHealthWeek.org](http://InternationalMensHealthWeek.org)

**13**  
Find where  
to donate  
  
American  
Red Cross

**14**  
world blood  
donor day

**15**  
**PRIDE  
MARCH**  
10:30AM  
JUNETEENTH  
**ON THE AVE**  
12:00PM

**16**  
**HAPPY  
FATHER'S  
DAY**

**17** **18**  
*Juneteenth*  
June 19 is the national day to  
commemorate the end of slavery in  
the United States in 1865.

**19**  
**Celebrating  
June  
teenth  
Freedom**

**20**  
**FIRST  
OFFICIAL  
DAY OF  
SUMMER**

**21**  
  
**WEAR BLUE FOR  
MENS HEALTH**

**22**  
**Summer  
Safety  
Tips**

**23**  
**DRINK  
MORE  
WATER**

**24**  
**Infused water  
recipes  
to try**

**25** **26**  
  
(614) 867-6567  
gcrawford1@columbus.k12.oh.us  
Schedule an appointment  
with Grace Crawford,  
your dedicated nurse

**27**  
**DON'T  
SKIMP  
ON  
SUNSCREEN**

**28**  
**Get ready for  
your  
summer  
health checkup**

**29**

**30**  
**JOIN THE  
CCS DISC  
GOLF CLUB**

COLUMBUS CITY SCHOOLS STAFF  
**WELLNESS INITIATIVE**  
[ccsoh.us/wellness](http://ccsoh.us/wellness)

# 2024 JULY



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July is **1**

## BIPOC MENTAL HEALTH MONTH

Learn more at [mhanational.org/july](https://mhanational.org/july)

**2**

## Firework Safety Tips

**3**

## Fourth of July Pet Safety Tips

**4**

## HAPPY 4th of July

**5**

## Do This, NOT That

- ✓ Keep water nearby in case fireworks start a fire.
- ✗ Don't point fireworks at pets.
- ✓ Wear eye protection if you light a firework.
- ✗ Never try relighting a dud.

**6**

## Cook to Safe - Temperatures

**7**

## VISIT A METRO PARK

**8**

## Sign up for virtual Mindfulness and Movement class

**9**

## Do you know the Heimlich Maneuver? Review it here!

**10**

## EXPIRED DATE? check the expiration date on your SPF

**11**

## Be Prepared for Extreme Heat

**12**

## TGIF!

Plans to go out to dinner tonight? Challenge yourself to eat something healthy on the menu and drink a full glass of water.

**13**

## Volunteer today or sign up for an opportunity this month!

**14**

## QUICK MORNING WORKOUT

Jumping jacks - 10 reps  
Wall sit - 20 seconds  
Plank - 30 seconds

**15**

## National Give Something Away Day

Yes, this day does in fact exist! If you have some items you can donate, do it today!

**16**

## Your Sunscreen FAQ

**17**

## Reminder: Schedule your routine eye exam!

**18**

## WEBINAR SOCIAL MEDIA PRIVACY 2:00 PM

**19**

## Drink MORE Water

**20**

## Need a reason to go for a walk today? click below

**21**

## Feeling Restless?

Build a better sleep routine the year before school starts. Click the link.

**22**

## Take a walk today!

**23**

## 4-7-8 breathing

- 1) inhale through your nose for 4 seconds.
- 2) Hold breath for 7 seconds.
- 3) exhale through your mouth for 8 seconds.
- 4) Repeat 4x

**24**

## Do Something That MAKES yourself HAPPY

**25**

## Be Kind

Random acts of kindness make everyone feel good. Give someone a compliment today.

**26**

## Black Men's Wellness Day is August 10 REGISTER NOW

**27**

## Limit screen time today

**28**

## MORNING MOTIVATION

Tackle 2 things on your to-do list before 10AM.

**29**

## Stress Relief

with easy to use body movement practices

**30**

## Download this Monthly Budget

start tracking your spending starting August 1

**31**

## NATIONAL AVOCADO DAY

Try this guacamole recipe

**CCS Benefits:** [benefitquestions@columbus.k12.oh.us](mailto:benefitquestions@columbus.k12.oh.us)  
**CCS Wellness:** [wellness@columbus.k12.oh.us](mailto:wellness@columbus.k12.oh.us)  
**Mental Health Emergency:** Call 988  
**EAP:** 1-866-799-2728  
**UnitedHealthcare:** 1-844-210-6436  
**Leave of Absence Requests:** 888-578-8561  
**Dispatch Health:** 866-747-4324

COLUMBUS CITY SCHOOLS STAFF  
**WELLNESS INITIATIVE**  
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# 2024 AUGUST

with Wellness



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**CCS Wellness:** [wellness@columbus.k12.oh.us](mailto:wellness@columbus.k12.oh.us)

**Mental Health Emergency:** Call 988

**EAP:** 1-866-799-2728

**UnitedHealthcare:** 1-844-210-6436

**Leave of Absence Requests:** 888-578-8561

**Dispatch Health:** 866-747-4324

**National Immunization Awareness Month**

Learn which vaccines you may need



**TGIF!**

Planning to go out to dinner? Challenge yourself to drink a full glass of water!

**Pause.**

Take a few seconds to consider your breathing, listen to a favorite song, or watch a funny video.

**Stressed? Anxious? Depressed?**  
Your EAP can help.



**866.799.2728**

Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)

Web: [HealthAdvocate.com/columbuscityschools](http://HealthAdvocate.com/columbuscityschools)

**National Eye Exam Month**



Did you schedule your routine eye exam yet?

**Keep it Fresh**

Stretch your produce and dollars by knowing how to store fresh fruits and vegetables

Even mild dehydration can cause fatigue, difficulty concentrating, and mood changes. Do your best to drink enough water today.



**National Book Lovers Day**

Celebrate by trading a book with a friend or donate a book to a "Free Little Library" today.



**OFF**  
Leave your smartphone at home for a day and disconnect from emails, notifications, and other interruptions.

**Sign up for a Virtual Fitness Class this Week**

**SPEND SOME TIME IN NATURE**



**Why to get an eye exam, even if you don't wear glasses.**



**National Relaxation Day**  
Take it easy today. Relaxation is just as critical to a successful life as hard work is.

**HealthAdvocate**  
If you haven't already, log in to your EAP account. [Healthadvocate.com/columbuscityschools](http://Healthadvocate.com/columbuscityschools)

**Plan Ahead**  
Try food prepping some healthy recipes, or plan your outfits for the week ahead.

**i can DO THIS**  
(repeat to yourself)

**PROFESSIONAL DEVELOPMENT**  
No students in attendance



**Make time for Self CARE**

**DRINK MORE WATER**

**Finding a better headspace for your workweek**

**Consider a Health Coach**  
Learn more about Grace Crawford



**BE KIND  
BE BRAVE  
BE SILLY  
BE HONEST  
BE HAPPY  
BE YOU**

**MORNING WORKOUT WHILE BRUSHING YOUR TEETH**  
squats - 10 reps  
calf raise - 20 reps  
wall sit - 10 seconds

**WEBINAR TUNE IN TO A FREE WEBINAR**



**FREE FINANCIAL RESOURCES**



**Grief Awareness Day**  
Check in with yourself and your loved ones. There's no shame in seeking assistance with grief if the pain becomes overwhelming.

**National Eat Outside Day**  
Celebrate at home, at a park, outside at a restaurant or food truck by eating under the open sky!

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