

# CCS WELLNESS INITIATIVE

March 2021 Newsletter

## HEALTH RESOURCES



### MARCH IS NATIONAL NUTRITION MONTH

This month we celebrate National Nutrition Month - an annual campaign created by the Academy of Nutrition and Dietetics. We invite everyone to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "Personalize Your Plate." There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds and tastes! Need ideas for creating a healthful eating plan? [Click here](#) to learn more.



### STAY FINANCIALLY FIT

Filing a federal tax return can be a tedious and time-consuming task, so it's never too early to start preparing. **Columbus City School's Employee Assistance Program Guidance Resources** has great tools to help you with tax prep and plan for your financial goals. Check out tips to help you prepare for this year's tax season [here](#).

Personal issues, planning for life events or simply managing daily life can affect your work, health and family. Guidance Resources provides FREE, confidential, 24/7 support, resources and information for personal and work-life issues affecting you and your dependents. Stay connected by phone, online and through their app.



**CALL** .....  
800.774.6420



**ONLINE** .....  
GuidanceResources.com  
Use Web ID: CCS



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## WELLNESS PROGRAM UPDATES



### The CCS Wellness Challenge

Get Healthy, Stay Safe, and Be Ready

**HEALTHY BODIES  
ACTIVE MINDS**  
COLUMBUS CITY SCHOOLS

**The CCS Wellness Initiative is currently hosting the CCS Wellness Challenge: Get Healthy, Stay Safe, and Be Ready!** The purpose of this challenge is to promote health and wellness activities designed to educate and encourage staff about personal health management and healthy living. 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.

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



### URBAN ZEN ONLINE

The CCS Wellness Initiative is proud to present a spring session of Urban Zen Online! During the 30 - minute class, you will be guided through gentle mindful movements, restorative postures, body awareness meditation and breath observations.

► **Check under the class links section on our [wellness website](#) to access the Zoom links a few minutes prior to the class start time.**



### FREE YOGA CLASSES FOR STAFF

The CCS Wellness Initiative has partnered with the Youth Yoga Project to host FREE yoga classes held through May.

NOTE: Classes are for CCS staff only and have limited capacity. Sign-ups are on a first come, first serve basis. Please click [here](#) to view our [wellness website](#) to see the upcoming class flyer and schedule.

► **[Click here](#) to sign up for the next class held on Wednesday, March 31.**



### REAL APPEAL

Real Appeal is an online program to spark your weight loss transformation. Meet with an online coach to create health goals, track your activity, and find new ways to keep your body moving. Real Appeal@is a program on Rally Coach™ available to you and eligible family members at no additional cost if you have UnitedHealthcare benefits through the district.

► **Get started today! Learn more about Real Appeal by [clicking here](#).**



### VIRTUAL FITNESS CLASSES

CCS Wellness Initiative has partnered with OhioHealth to offer free virtual fitness classes to all CCS staff members!

You have access to a variety of different classes including: Yoga, Kickboxing, HIIT, Barre, Pilates and more.

► **See schedule and sign-up instructions by [clicking here](#).**



### CONGRATULATIONS, FORT HAYES SPECIAL BUS COMPOUND



**2020 HEALTHIEST BUS COMPOUND WINNER  
FORT HAYES SPECIAL BUS COMPOUND!**

### Fort Hayes Special has been named the 2020 Healthiest Bus Compound!

The CCS Wellness Initiative is proud to announce that Fort Hayes Special Bus Compound has won the "Healthiest Bus Compound Award"! Fort Hayes Special has earned this honor because they had the largest percentage of staff receive their flu shot.

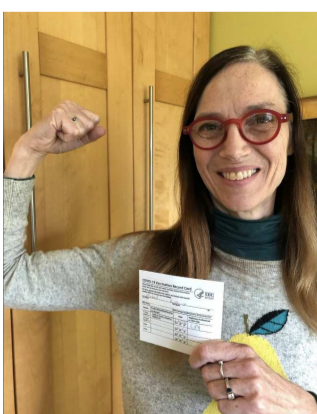
We want to thank all staff for receiving a flu shot to protect their health and the health of others belonging to our CCS community, especially during the difficult times of COVID-19. The more staff who are immunized supports the goal of keeping our staff and students safe. Way to go, Fort Hayes Special Bus Compound staff!

## STAFF WELLNESS SPOTLIGHT

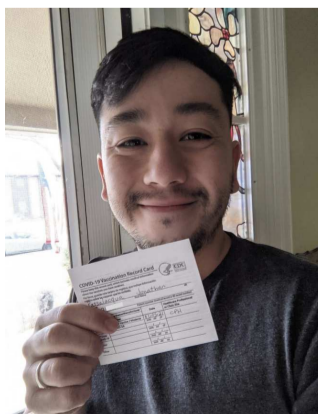
**The Wellness Team thanks all of our School Nurses around the district who have been working on the front lines of the COVID-19 pandemic.**

**We appreciate all that you do keep us safe and healthy!**

Katie McKeel



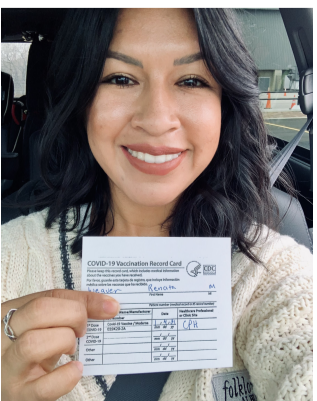
Hiro Passalacqua



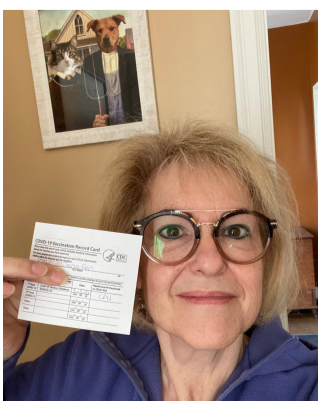
Laurie Tufts



Renata Weaver



Jennifer Blair



Michelle Thomas



**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](mailto:syerramilli@columbus.k12.oh.us)