

# CCS Staff Wellness Initiative

## March 2022 Newsletter

### WELLNESS UPDATES

#### HAPPY WOMEN'S HISTORY MONTH



"Here's to strong women. May we know them. May we be them. May we raise them."

We celebrate Women's History Month to remind ourselves of the accomplishments of women throughout the years to our culture and society. From education and technology to social justice, it's a chance to reflect on the trailblazing women who lead the way for change.

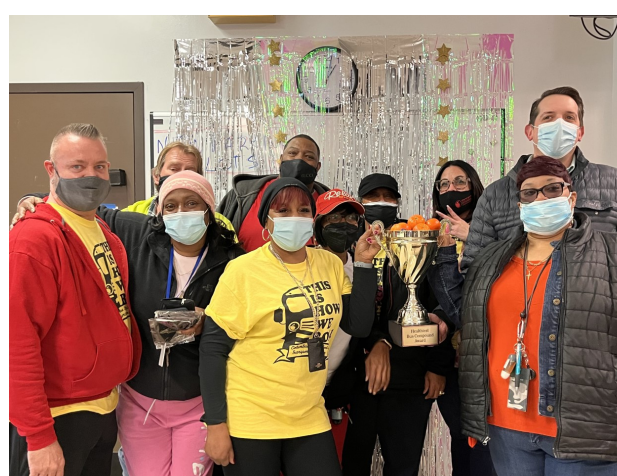
[Click here](#) to learn more about Women's History Month and download a **toolkit** for ideas to celebrate this month.



Columbus City Schools "Inside CCS" podcast will be spotlighting women across the district this month. [Click here](#) to listen and keep an eye out for more stories and podcasts as we celebrate Women's History Month in CCS!

#### CONGRATULATIONS, FORT HAYES SPECIAL BUS COMPOUND!

The Wellness Team is happy to announce that, for the second year in a row, the Ft. Hayes Special Bus Compound staff are the winners of The Healthiest Bus Compound Challenge! Ft. Hayes Special staff earned this award by having the highest percentage of staff receive their flu shot this year. The Wellness Team celebrated their win with healthy snacks and a trophy.



#### FINANCIAL WELLNESS COACHING OPPORTUNITY FOR CCS STAFF

The CCS Wellness Initiative has partnered with Enlighten Angle Financial Group to offer **FREE 8-week financial wellness coaching to staff on a first come, first serve basis**. We want you to feel empowered around money, and the #1 key to that empowerment is awareness. In this coaching program, you will take a good look at your spending patterns, the emotions that drive them, and ways that you can build a solid future for yourself and your family through planning that fits your lifestyle. These sessions include accountability, support, and follow-ups in a one-on-one coaching format with a Certified Personal Financial Coach.

Simply put, you're going to see how easy dealing with money can be, so that you can be the calm, confident and prosperous person that you've always dreamed of being.

To apply for this program, visit the financial wellness coaching tab on our wellness website [here](#).

### CURRENT WELLNESS PROGRAMS

#### VIRTUAL WELLNESS OFFERINGS

Check out the links below and take advantage of our upcoming programming:

**URBAN ZEN ONLINE** - You will be guided through gentle mindful movements, restorative postures, body awareness and breath observations to address the symptoms of everyday life. Learn helpful tips to help manage anxiety, exhaustion, insomnia and pain.

**OHIOHEALTH VIRTUAL FITNESS CLASSES** - You have access to a variety of different classes including 10 minute movement breaks, Yoga, Bootcamp, Pilates, Cardio, Zumba and more! Unable to join the live fitness classes? No worries! Take advantage of the ON-DEMAND fitness class options. Check out the on-demand link and password on the OhioHealth fitness class schedule to get started.

#### PD OPPORTUNITIES FOR CLASSIFIED STAFF

All classified staff are invited to an upcoming Virtual Lunch & Learn: Creature of Habit, presented by OhioHealth, in partnership with the CCS Training and Development department. **Join us on Tuesday, April 5th from 12:00 - 12:30 PM via Zoom.**

Habits contribute to the very person we are today. Our beliefs, our values, our personality. Based off the work of James Clear and his book, Atomic Habits, this session will provide insight into how to successfully modify habits for long lasting behavior change.

Attend the session, take the evaluation survey at the end, and your name will be entered in a drawing to earn a special gift from the Wellness Team. Stay tuned for an announcement of additional Lunch & Learns scheduled for May and June 2022.

[Click here](#) for the Zoom link information. For questions or concerns, contact [adapt@columbus.k12.oh.us](mailto:adapt@columbus.k12.oh.us).

### HEALTH RESOURCES

#### CHECK. CHOOSE. GO. WITH UNITEDHEALTHCARE

Call 911 or go to an emergency room (ER) if you have a life-threatening condition. For everything else, see your primary care physician (PCP) or family doctor first. If seeing your PCP isn't possible, it's important to know your quick care options, especially before heading to an ER.

Getting care at the best place for your condition could save you up to \$1,800 compared to an ER visit. For more details on quick care options, view the Check. Choose. Go flyer [here](#).

**Need to find a network provider or PCP?** Visiting an out-of-network provider could end up costing you more for care. To find a PCP, urgent care centers and emergency rooms in your network, go to [myuhc.com](http://myuhc.com).

**Not sure where to go for care?** Call the number on your health plan ID card.



PCP

Virtual Visits

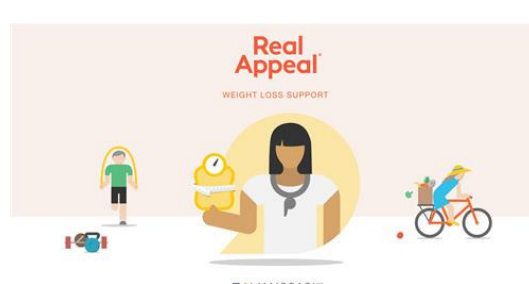
Convenience Care

Urgent Care

Emergency Room

#### STAY ACTIVE WITH REAL APPEAL

Real Appeal is a health coaching weight management program that focuses on understanding our own behavior when it comes to health and wellness. If you have health insurance through the district, you and your dependents 18+ are eligible to participate in Real Appeal.



Visit [columbuscityschools.realappeal.com](http://columbuscityschools.realappeal.com) to get started today!

### EMOTIONAL WELLBEING RESOURCES

#### COLUMBUS CITY SCHOOLS' EMPLOYEE ASSISTANCE PROGRAM

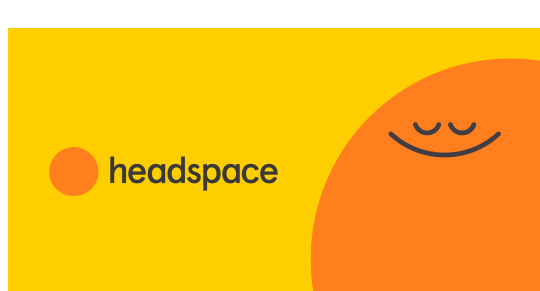
## HealthAdvocate<sup>SM</sup>

**March is National Sleep Awareness Month.** Sleeping too little, too much, or barely at all? Sleep problems have surged thanks to pandemic-related factors like disrupted routines, too much screen time, and dissolving boundaries between work and home life. Whatever the reason, not getting the recommended 7 to 9 hours of quality sleep can set you up for obesity, diabetes, heart disease, depression and other physical and mental problems. The good news: You can start regulating your sleep now to reap the benefits of solid sleep for better well-being. [View helpful tips on Health Advocate's blog and heart.org](#) for more resources on getting restful sleep.

Call Health Advocate at 866-799-2728 for 24/7 free, confidential assistance for you and your family members or visit their website at [healthadvocate.com/columbuscityschools](http://healthadvocate.com/columbuscityschools)



#### HEADSPACE APP - FREE ACCOUNTS FOR EDUCATORS



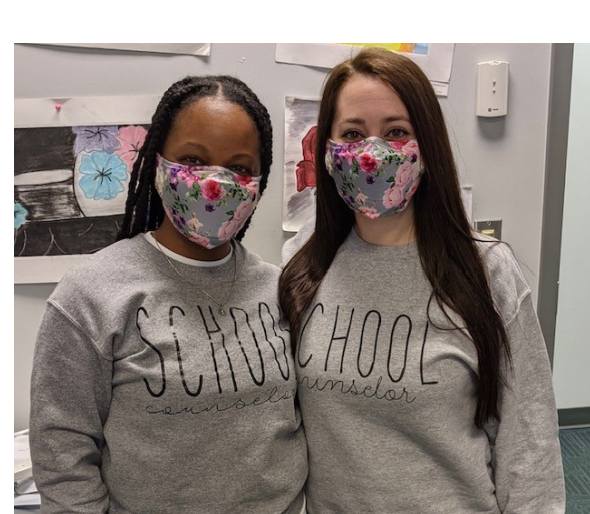
Headspace offers free access to all K-12 teachers, school administrators, and supporting staff in the US. With your free account, you have access to a full library of 500+ meditations on a variety of topics including stress, resiliency, and building compassion for yourself and others. Headspace offers playlists designed to increase concentration during the day and calming sounds to help you wind down for the evening.

Better focus, less stress and happier thoughts are just a few minutes away. **Start your free Headspace subscription today.**

### STAFF WELLNESS SPOTLIGHT

#### Sharee Thigpen & Lee Crowder, High School Counselors at South HS

The CCS Staff Wellness Initiative, in collaboration with the Youth Yoga Project, was the recipient of the Martha Holden Jennings Foundation Grant. The grant supports the Social- Emotional Learning (SEL) + Mindfulness Institute for 51 educators representing 37 CCS schools over the 2021- 2022 school year. As part of the SEL + Mindfulness Institute, staff attend virtual classes to learn mindfulness strategies and to implement mindfulness lessons to students through the school year. We want to recognize SEL + Mindfulness Institute participants, Sharee Thigpen and Lee Crowder and highlight their work. Sharee shared her and Lee's experiences in the Institute below:



South has partnered with Youth Yoga Project (YYP) for about seven years. Lee and I have completed training with YYP to run our own mindfulness groups. During the pandemic school closure, we invited students to our Bulldog Lounge, where students had learned mindfulness techniques and socialized. We also hosted a group for staff with daily meditation. This year we are implementing the YYP curriculum with weekly small group and incorporating it into our one-on-one meetings with students. Students are using these techniques to grow their self-regulation skills.

We work hard to model positive coping skills for our students. They often catch us taking some deep breaths to calm down and manage our stress. We updated our offices and suite hallway over the summer to make a calmer, more welcoming environment, including a quiet place where students (and adults) can take a moment to regroup. It also created a happier environment for us to work in.



**Do you have a wellness success story?** We want to hear about it. Tell us about your 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)

