

CCS WELLNESS INITIATIVE

March 2019 Newsletter

WELLNESS UPDATES



NATIONAL NUTRITION MONTH

March is National Nutrition Month. We celebrate nutrition this month to focus on the importance of making better food choices and to learn about healthier options to reach nutrition goals.

The Academy of Nutrition and Dietetics has helpful information, including tips, tools, resources and recipes to help you incorporate healthy, delicious meals into your diet. Visit eatright.org.

[Click here](#) to learn ways to get involved and promote National Nutrition Month at your location.



FITNESS CLASSES

Are you looking for a way to stay on top of your fitness goals? Join us for CCS fitness classes! We offer FREE classes at several CCS building locations around the district.

[Click here](#) to view our fitness class schedule. A reminder that the last day of fitness classes for the school year is on April 17th.



STAFF BIOMETRIC CLINICS

If you have Medical Mutual Insurance through CCS, starting January 1, 2019 you are able to attend one biometric clinic per the 2019 calendar year. Meet one on one with a CCS nurse after your biometric appointment to discuss your results, learn valuable info about benefits, and receive tools to support your personal health. View the [March - April 2019 biometric clinic schedule](#) and instructions to make an appointment. .

*Gift cards are considered a form of compensation and are subject to employee payroll taxes.



GLOW PARTY AT COLERAIN ES

Join us at Colerain ES for a fun, dance Glow Party Celebration! The Glow Party will be held during the regularly scheduled WERQ class on Thursday, March 7th in the Colerain ES gymnasium. WERQ class begins at 4:15 PM.

[Click here](#) to view Glow Party flyer and help us spread the word to staff. Wear white and neon colors!

NEW STAFF OPPORTUNITY



YOUTH YOGA PROJECT : WORKSHOP APPLICATION

CCS Wellness is committed to supporting staff member's wellbeing. We know that a person needs to take good care of themselves before they can fully take care of others.

In an effort to support CCS staff who do the heavy lifting of teaching and caring for CCS students, our Wellness Initiative is **sponsoring up to 10 CCS staff members interested in participating in the Youth Yoga Project Workshop on a first come, first serve basis.** The workshop teaches yoga and mindfulness to staff members and explores how to help participants integrate these practices into their everyday lives and into their schools and classrooms.

The two-day workshop will be held June 8 and June 9, 2019 from 9:00 AM - 4:30 PM at GIVE Yoga Studio, 3520 N High St, Columbus, OH 43214. You can learn more about the Youth Yoga Project by clicking on the link: <https://www.youthyogaproject.net/>

[Click here](#) to complete and submit your application by Friday, April 19th.



UPCOMING WELLNESS PROGRAMMING



FINANCIAL WELLNESS WITH ELLEN M. HARVEY

Financial wellness is among the eight dimensions of wellness and an important part of our health and wellbeing. **Back by popular demand, the CCS Wellness Initiative is proud to present a FREE, three-part financial wellness series with Ellen M. Harvey for April!** The financial wellness sessions will highlight the significance of managing credit and debt, providing knowledge necessary to improve one's credit and credit score. Staff are welcome to sign up for just one session, or all three sessions! [Click to view](#) flyer and instructions to sign up.

- Tuesday, April 2: An Ode to Your Credit
- Tuesday, April 9: You Work Hard, Pay Yourself First
- Tuesday, April 16: Keep it Safe, Protect Your Assets and Your Future



STAFF WELLNESS SPOTLIGHT

KEVIN E. JACKSON, Assistant Principal at Woodward Park @ Walden

■ I have always been on some sort of health and wellness journey. Like everyone, I've had my ups and downs. Four years ago was probably the biggest moment in my journey. I had reached my highest weight ever and was unhappy with myself and was losing confidence. I recommitted to my health and wellness over the summer break and lost 50 pounds.

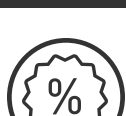
I gained new confidence and happiness and went into the new school year recharged. I spent the summer taking advantage of the Healthy Bodies, Active Minds campaign and the fitness membership provided to us from Shape Fitness. I continue to go to the gym regularly. Every night of the week after school I can be found being active in some way. I play sand volleyball, indoor volleyball, indoor soccer and rugby. At school, now as an assistant principal, I make it a point to encourage students to be active. We have 2 lunch periods in our building and most days you can find me on the playground with the students playing four square, tossing the football, playing soccer, jumping in the gaga pit, or shooting some basketball. This past week I stopped in the PE class during the hockey lesson and played with the students.

I know it may sound cheesy but I've taken a quote from the movie Legally Blonde and adapted it as part of my school mantra. The quote from the movie is "Exercise gives you endorphins. Endorphins make you happy. Happy people just don't shoot their husbands." The way I like to think is, "Exercise give you endorphins. Endorphins make you happy. Happy teachers make successful students." ■



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

CCS FITNESS PERKS



NEW FITNESS DISCOUNT FOR CCS EMPLOYEES



CCS Wellness is excited to announce our newest fitness discount partner- Renovo Fitness! Renovo Fitness, based in Hilliard, offers 24/7 gym access, personal training, group classes - something for everyone! Renovo Fitness is offering a special membership price of \$32.00/ per month. No join fees, no contracts. Visit the Renovo Fitness [website](#) to learn more about their gym offerings and view their group fitness schedule. NOTE: CCS employees should use the link below to purchase membership and bring their employee ID's for their first visit to Renovo. To purchase special membership pricing at Renovo Fitness for CCS employees, [click here](#).

For a full list of fitness discounts and locations, visit the [PERKS](#) tab on our wellness website.



YMCA OF CENTRAL OHIO - SUMMER YOUTH CAMPS



We would like to share information about **upcoming summer youth camps with the YMCA of Central Ohio.** YMCA summer camp registration is now open. The **OPEN** house at all local branches will be on Sundays: April 28th, May 12th and May 19th from 1 - 5 pm. There are traditional and sports camps available for children grades 1st - 6th and teen camp for children in grades 7th - 9th. Register on-line today at ymcacolumbus.org/daycamp.

[Click here](#) to view day camp flyer.

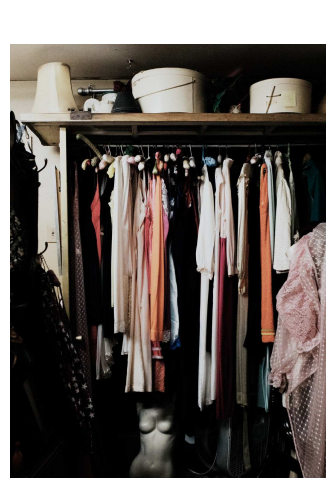
GUIDANCE RESOURCES



DE-CLUTTER YOUR LIFE

With spring quickly approaching, it's time to take advantage of the warmer weather and longer days to clean and get organized. Cutting down on clutter is the perfect way to de-stress and feel more productive. Also, cleaning around house can help you burn calories and boost your daily physical activity.

Springtime can also be a time for personal and emotional improvements, as well. Personal issues, planning for life events or simply managing daily life can affect your work, health and family. Columbus City School's Employee Assistance Program (EAP), **Guidance Resources provides FREE, confidential, 24/7 support, resources and information for personal and work-life issues affecting you and your dependents.** [Click here](#) to view a list of Guidance Resources services.



CALL
800.774.6420



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