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New Wellness Committee promotes staff health and well-being

The school district's new Wellness Committee kicked off the year with a Welcome Back staff lunch recently, but more activities are on the menu. Funded by an Oregon Education Association Choice Trust grant, the committee is comprised of eight staff members who will promote the health and well-being of Crook County School District employees via physical, mental, nutrition and health fairs. Wellness Coordinator Patty Schmitz says her team plans to deliver fresh fruits and vegetables to school lunchrooms each Wednesday, share wellness news with staff, and have weekly staff salad bar drawings. The committee will bring in local trainers for fitness classes, offer challenges, and provide self-care workshops/programs to help employees manage stress and improve resilience. Thank you, Wellness Committee, for encouraging staff wellness!



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