

Teacher Wellness Resources Recommended by the CDC

[Staff Well-Being](#) – Alliance for a Healthier Generation

[School Employee Wellness](#) – CDC Directors of Health Promotion and Education

[Workplace Health Promotion](#) – CDC

[Tips for Promoting School Employee Wellness](#) – CDC

FoodWise Can Support MPS Wellness Groups

FoodWise can offer support and guidance to schools interested in starting a wellness group focused on nutrition and active lifestyles. We can't take the lead organizing the group, but we can assist your group leaders along the way.

The CDC recommends a free program called School Health Index, which has pre- and post-evaluations to assess the current practices and action plans to guide schools on their goals to improve student and staff wellness.

This toolkit has ten components; the eighth is about teacher wellness. Due to eligibility, at this time, FoodWise could support only the first and second components, and possibly the tenth component if focused on nutrition and/or active lifestyle.

The School Health Index is available at the [Action for Healthy Kids](#) website.

Components:

- Physical education and physical activity
- Nutrition environment and services
- Health education
- Social and emotional climate
- Physical environment
- Health services
- Counseling, psychological, and social services
- Employee wellness
- Community involvement
- Family engagement

[The CDC has this interactive tool that shows how each area of the school can apply the School Health Index.](#)

Important considerations:

Teachers' interests in wellness may vary. It's important to ask the teachers what their wellness priorities are and in what ways they would like to be supported.

The CDC interactive tool shows some ideas for the teacher's lounge:

- Creating a comfortable and relaxing environment
- Designating an area for celebration boards and bulletin boards
- Promoting healthful snacks (fruits, veggies, etc.)
- Providing healthier options in a vending machine (if there is one)
- Having a water dispenser available
- Including light fitness equipment (such as small weights)

The school could also support teacher wellness with the following:

- Providing wearable step counters
- Posting fitness trail signs at the school (inside and/or outside). Students can also use these! These prompt stretching, doing jumping jacks, or doing any other exercise at different points along the way, and the signs can include positive messages, too, or if we do them together, the signs would need to include nutrition information as well.
- Connecting teachers with local gyms or fitness trainers
- Creating a walking club
- Offering Zumba/dance evenings for teachers
- Coordinating fitness challenges and friendly competitions, etc.

These efforts should never be about a number on the scale or body shape and size. The focus is about feeling better and prioritizing our physical health (which helps our mental health!) and reminding the teachers how valuable and cared for they are.