

RSU 71 Wellness Committee



October 30, 2024

Dear RSU 71 Staff and Students,

The Wellness Committee met yesterday afternoon. We are excited to share the 24/25 goals for both staff and students. Committee reps all agreed that taking care of staff is super important. They believe that when staff feel balanced and well taken care of, they can then better attend to their students.

Here are the goals:

Staff Goal: Support all staff as they focus on their self-care by offering opportunities for wellness.

Student Goal: Increase the number of minutes spent outside during the school day that includes both learning and recreating.

The recommendation from the committee is to make both goals a bit of friendly competition.

1. The committee is asking the principals/directors to provide at least 15+ on early release days and/or staff meeting days for staff to participate in a planned staff wellness activity (planned at the school level by the school

team. It could be a walk, a game, time to connect with others, etc). Staff who participate will get their name added to a monthly school drawing for a prize (to be provided by the Wellness Committee).

2. School teachers will track (with their students) the number of minutes spent outside learning and recreating during a month. The winning class at each school will be entered into a district drawing. The winning class per month will win some kind of healthy reward from our Food Service Department. :)

We hope you all understand the work of the committee is to support you and your students. Please reach out if you have any questions.

Sincerely,
Your Wellness Team

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