



BASD WELLNESS INITIATIVES 2020-21

BASD Wellness Committee

Vision: Empowering a community of healthy people

Mission: To educate and support all students, staff, and community in embracing a healthy lifestyle

Goals:

- Increase well-being of the BASD staff by enhancing all aspects of health
- Increase well-being of the BASD students by enhancing all aspects of health.
- Increase awareness around health benefits of disease prevention and preventative screenings
- Improve the communication of Wellness Committee efforts and wellness resources

Cultivate your own SEL

CASEL defines SEL as a process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions (<https://casel.org>).

Visit the BASD Staff Bear Den for tips and resources to grow and deepen your own SEL practice this year.



BASD Staff Bear Den

This virtual room is a place for you to find tools and strategies to take care of your own wellness and to connect with your colleagues.

**Brought to you by your friends from the BASD SEL/Wellness Team.*

Be involved

If you have any suggestions on a particular topic, or would like to serve on your school or district level Wellness Committee, please e-mail the BASD Wellness Committee at wellness@bovertownasd.org.

Fitness Membership Subsidy

Visit a fitness facility of your choice and receive a \$20 reimbursement per month.

Staff Wellness Day

Annual staff wellness day will be held on Monday, March 29, 2021.

SEL Activities

SEL activities and PD opportunities will be offered throughout the year. SEL wellness day is TBD.

Fresh Fridays

Keep your body properly nourished and hydrated throughout the school year to fight stress and diseases. Make sure you get your free fruits or vegetables EVERY OTHER FRIDAY.

Challenges

Build healthy habits by participating in our challenges and win great prizes.
Mindful WALKtober Challenge
Healthy Holiday Challenge
Nutrition Habit Challenge
Spring Activity Challenge
Summer Bingo Challenge

National Wear Red Day

Heart health awareness – wear red on Friday, February 5, 2021.

BASD Staff Bear Den Wellness Resources

Visit our wellness website for resources and updates.

Quarterly Newsletters

Wellness tips at your fingertips to help you on your path to better health.

Staff Activities

Stay tuned for various staff activities and contests organized by your building wellness committees.

BASD WELLNESS COMMITTEE

wellness@bovertownasd.org