

# **USD 312 Haven Wildcat Wellness Program**

## **“Passport to a Healthier You”**

### **Mission:**

To improve employee health through participation in the wellness program.

### **Vision:**

Healthy staff equals productive employees. Employees engaging in the wellness program will expand, improve or create a healthy lifestyle. The USD 312 wellness committee with the support of the administration and the board of education are committed to providing employees opportunities, resources, and the tools needed to achieve their healthy goals.

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Taking care of your health and the health of your family is important to USD 312 Haven. The district and wellness committee is happy to invest in the health of our employees and their families by offering a wellness program created to promote healthy lifestyle choices. Promoting the importance of a healthy lifestyle not only improve your quality of life but also will require employees to take fewer days off. All employees are able to participate. The wellness committee will strive to promote health awareness to our staff by offering point program, healthy challenges, information and incentives to encourage our staff to serve as role models for our each other, our students, our community and to ensure a better quality of life for all who participate.

### **Overview:**

There are 5 areas the wellness committee will focus on this year: healthy eating, water consumption, physical activity, sleep, and tobacco cessation. This will be done through wellness information, incentives and challenges.

# **Passport to a Healthier You Point Program**

## **Sept. 4, 2018- May 3, 2019**

Welcome to our Passport to a Healthier You Point Program! This program is a year long challenge to encourage you to make healthy choices. The overall goal for individuals is 5000 points and for USD 312 is 95,210 points.

The 95,210 is no random number but a representation and reminder of daily goals that will help you reach your individual goal.

**9 (7-9):** The number of hours of sleep you should get each night

**5:** The number of servings of fruits and vegetables you should eat each day

**2:** The number of hours you should limit your screen time to (computer, TV, video games, phone - not related to work)

**1:** The number of hours you should be physically active each day

**0:** The amount of sugary drinks and tobacco products

### **How it works:**

Below is all the ways you can earn points. You will need to track your points and turn in with any documentation if needed to **Becky Behnk**. You can keep track on by writing your points down, on an excel form, the tracking form provided by the wellness committee or any other way that makes it easy for you. You may turn in points as weekly, monthly or at anytime but we would ask that you turn in points each time you reach a milestone level (bronze, silver, gold, platinum). Once you reach a milestone level and points are verified, you will be contacted to choose and/or collect your prize.

If at any time you have questions, please contact your building committee member representative.

## Preventive Health

(You may use any checkups you had over this past summer)

200 Minimum points required

1000 Maximum Points Allowed

- **Health Screenings by a physician** 200  
Well Women & Well Man, Colonoscopy, Regular Physical, Carotid Artery Screening, Bone Density, Skin Screening  
*400 points max*
- **OR Assessment by Becky** 100  
Includes weight, body composition, blood pressure  
*100 points max*
- **Dental Exam** 200  
*200 points max*
- **Vision Exam** 200  
*200 points max*
- **Flu Shot/TDAP/Shingles Immunization** 200  
*200 points max*
- **Non-Tobacco User** 200  
*200 points max*

**Send all documentations to Becky**

## Physical Activity

200 Minimum Points Required

No Maximum – Keep Moving!!!

**Daily Verified Physical Activity 5 points/day**

Minimum 7,000 steps or,  
Minimum 30 min. of moderate Activity or,  
Minimum 3 miles

**Daily Verified Physical Activity 10 points/day**

- Minimum 10,000 steps or,
- Minimum 45 min. of moderate Activity or,
- Minimum 5 miles

**Organized Events (Run/Walk/Bike Events)**

10K or less	50 points
1/2 Marathon/Marathon	400 points

Triathlon	<b>150 points</b>
	<b>USD 312 Challenges</b>
Water Challenge (Oct.)	<b>50 points</b>
Maintain No Gain (Dec.)	<b>50 points</b>
Walk this Way (March)	<b>50 points</b>
Fruit & Veggie	<b>50 points</b>

**(Must complete challenge and report or turn in log sheets)**

**If 10 or more participants complete the challenge the committee will award the top 3 finishers, if there is less than 10, 2 prizes will be rewarded)**

### **USD 312 Physical Activity Opportunities                      5 points/day**

**Examples: Volleyball, Walking Club, Exercise Class, Weight Lifting, Game Night, Couch to 5K**

**(Must complete with USD 312 groups at USD 312 facilities and must sign in on sign in sheet)**

## **Nutrition**

### **Daily**

**(Minimum of 200 points under the nutrition and/or water heading)**

- **3 servings of fruits and/or vegetables (must have at least 1 fruit & 1 veggie)      5 points /day**
- **5 servings of fruits and/or vegetables (must have at least 2 fruit & 2 veggie)      10 points /day**

## **Water Consumption**

- **64 oz. of water                      5 points/day**
- **No sugary drinks                      1 points/day**

### **Collecting Points and Providing Documentation**

- **Make sure your name is on everything**
- **Email or mail copies of your points and documentations to Becky Behnk**
- **Keep copies of points and documents until your points are verified**
- **You must earn points in preventative, physical activity and nutrition to qualify for prizes & benefits**

**Bronze Level: 1500 points**  
**Silver Level: 3000 points**  
**Gold Level: 5000 points**  
**Platinum Level: 7500 points**

**Prizes:**

**Bronze Level: \$20 Choice Gift Card**  
**Silver Level: \$30 Wildcat Design Gift Card**  
**Gold Level: \$50 Amazon Card** (½ day off if completed by March 31)  
**Platinum Level: \$100 Cash**

**Challenge Prizes**

**>10 participants**

**1st \$100**

**2nd \$50**

**3rd \$25**

**<10 participants**

**1st \$100**

**2nd \$75**

### **New Wellness Benefit Policies**

- If you reach the Gold Level and documentations are turned in by March 31, you will receive ½ day wellness leave that must be used before the end of the current school year.
- Staff members that participate and complete at least 3 challenges which must include a beverage, a food and a physical activity challenge will earn a day of wellness leave. Staff will be allowed to accumulate a maximum of 15 wellness days.

### **New Wellness Food & Beverage Policies**

- USD 312 will provide healthy food and beverage options at all district sponsored events that are consistent with the national food and beverage standards.
- Any function during school hours where food and beverages are brought in by staff members must include healthy options including fresh fruits & vegetables.

### **Committee Members**

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