



# See CATCH Webinar

STUDENT WELLBEING STARTS WITH STAFF WELLBEING



CATCH®

# Today's Presenters



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# Our Vision

*Schools **embrace** health as an **enduring** value.*

# Our Mission

*We **empower** school communities to cultivate **Whole Child** wellness as a **lever** for **student success** and **social equity**.*



# Basic Assumption

Behavior is **influenced** or **determined** by the **environment** – because **environments value & reward** certain **behaviors**.





# What's the Goal?

To be a school where everyone is working together and speaking a common language that creates and maintains a healthy school environment.



# WHAT IS CATCH?

## COORDINATED APPROACH TO CHILD HEALTH

Through training and resources,  
CATCH empowers educators to create  
& maintain a healthy school  
environment

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because if you change the  
environment, behavior will follow!





**DID YOU KNOW?**

**50%**

of **teachers** leave  
within the **first 5 years**  
of teaching.  
(NEA)

**Teaching** is now rated  
as a **highly stressful**  
profession in the US.

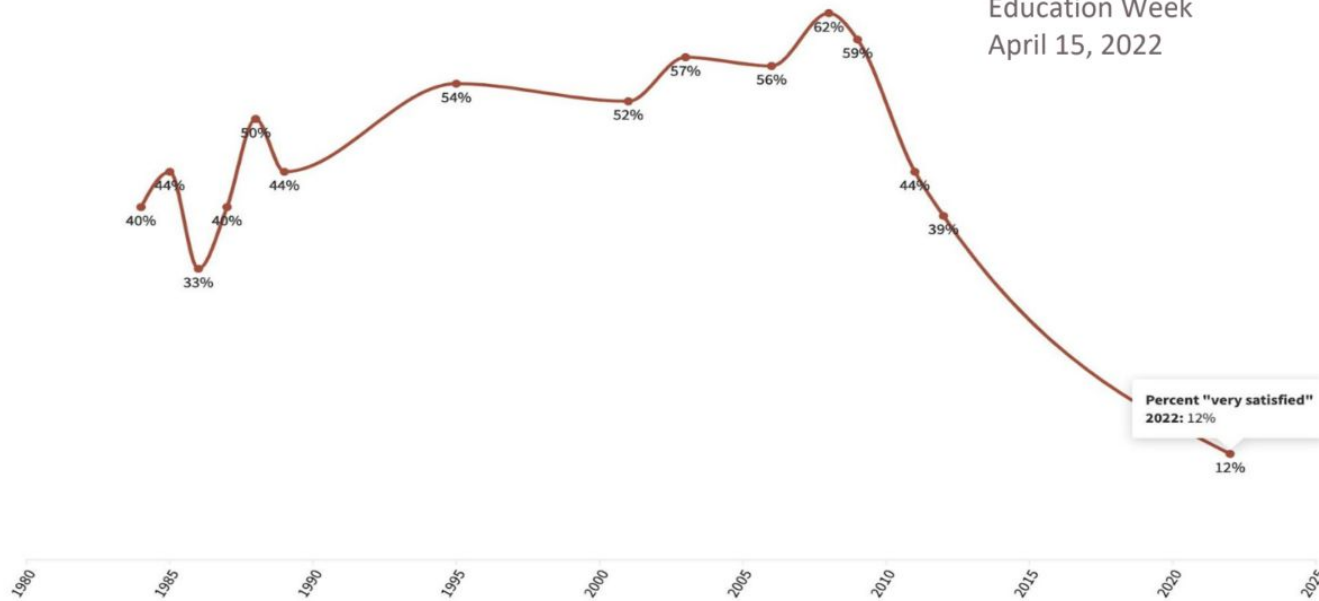
**46%**

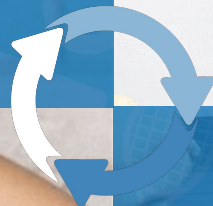
of **teachers** report  
**excessive daily stress**  
(Gallup)



## Percentage of K-12 teachers who say they are 'very satisfied' with their jobs

Education Week  
April 15, 2022





CATCH<sup>®</sup>

# Whole Person Wellness

Nurturing the:



MIND



HEART



BODY

*We need to have healthy teachers in order to foster healthy students!*





# Consequences

- Teachers who report greater burnout early in the school year have classrooms with more behavior problems across the year.
- When teachers are highly stressed, children show lower levels of both social adjustment and academic performance.
- Students' cortisol/stress levels are much higher in classrooms led by a teacher who report feeling overwhelmed (high on burnout).

McLean & Connor, 2015 ; Hoglund et al, 2015;  
Oberle and Schonert-Reichl, 2016



**What can we do about this?**

**#1**

**WELCOMING & INCLUSIVE**

**#2**

**CULTIVATE TRUST**

**#3**

**PRO-HEALTH POLICIES  
& PROCESSES**

## **Supportive Environments**


**#4**

**STRUCTURED & CONSISTENT**

**#5**

**EMPOWER AGENCY & SELF-EFFICACY**





Shared Values & Beliefs

# **Environment in Action**

# From Self Care To We Care



## FOR YOUR MIND

- Organize a book club
- Regular, relevant training and PD
- Dedicated time for collaboration and planning
- Communities of Practice
- No tech lunches



## FOR YOUR HEART

- Teacher mentor programs
- Regular faculty recognition
- Faculty lounges with quiet and calm down spaces
- Social events for faculty
- Team building and trust building activities as a faculty



## FOR YOUR BODY

- Walking/exercise clubs
- GO foods and beverages in the faculty lounges, meetings and school events
- Provide training & resources for PA/ Mindfulness breaks during the day
- Provide movement breaks during meetings and PD

# Integrated with School Priorities & Practices

## SEE CATCH - SEE IT IN THE ENVIRONMENT



- Normalize frequent activity/mental health breaks during the day for teachers and students
- Normalize sharing self care and stress management strategies with students
- Normalize drinking water and eating GO foods at school with students
- Normalize practicing mindfulness and emotional regulation with students





# Role Modeling A We Care Environment



## Ask your colleagues....

- What do you do to support your own health for your mind, heart and body?
- How can you intentionally bring these practices into the school day?
  - to support your wellbeing
  - be a role model for students and families?
- Can we agree on instructional practices and policies that encourage a healthy mind, heart and body?

# Poll

Do you have an  
employee wellness program  
at your school?

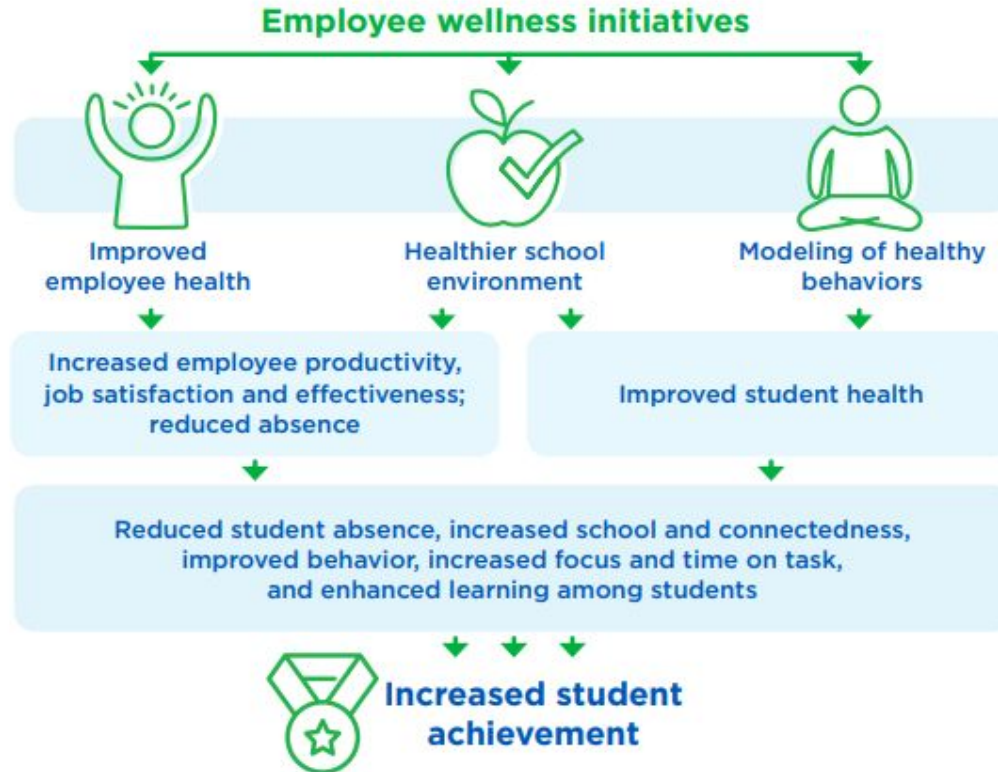


# Role Models

- Someone who serves as an example, someone who others look up to.
- Usually most impressionable on children and youth.
- Teachers are often seen as role models in the eyes of students.
- Give important life lessons, and their actions have a profound influence.
- Positive role models influence actions, often in the form of imitation, and motivation.
- When students see school employees practicing healthy behaviors, they are more likely to want to practice those healthy behaviors too!



Figure 1: Potential Impact of School Employee Wellness Initiatives on Students





New!

## ENGAGING KEY PARTNERS

Engaging Key Partners for School Employee Wellness



Partnership, employees, and wellness efforts is an effective. Partners can provide:

## ESTABLISHING SUPPORT

Establishing Support for School Employee Wellness Programs

For a school employee wellness program to be successful and sustainable, it needs the support of the:

- District superintendent.
- Local school board.
- School principal.
- Assistant/Vice principals.
- Finance director.
- Human resources administrator.
- Staff who represent the interests of various employee groups (i.e., union leaders, employee assistance programs, PTA, etc.).

These leaders are important decision-makers and need to see the value of investing in school employee wellness programs. To establish support for school employee wellness with leaders:

- Explain the benefits.
- Share actual data, including the return on investment (ROI)\* and available employee data that demonstrates need (e-Engaging Key Partners for School Employee Wellness).
- Show how school employee wellness aligns with district goals, mission, values, and initiatives.
- Tell success stories.
- Invite leaders (e.g., PTA president, superintendents, principals) to be part of the wellness team.

This fact sheet contains information and tools to help establish support for school employee wellness programs. It highlights both the benefits of investing in school employee wellness and the impact COVID-19 has had on schools and school employees. It also provides three tools to use to establish support with school leaders and administrators:

- A Starkey Speech: Investing in School Employee Wellness
- A PowerPoint: Investing in School Employee Wellness
- The Wellness ROI Calculator



Wellness has created a calculator to help you estimate the effect of well-designed wellness programs on health care costs, absenteeism, and productivity.

Visit the document with this title in this series of fact sheets.



SCHOOL EMPLOYEE WELLNESS

## CREATING A CULTURE AND CLIMATE

Creating a Culture and Climate of Wellness for School Employees



Attitudes, work, A purpose, type of resources vision, beliefs, and feelings that shared perceptions of well-being!



## TAKING ACTION

Taking Action to Improve School Employee Wellness



or district employee wellness, wellness sessions, etc.) from all health data for all employees and to take your initiative to meet the Engaging Key Partners for School Employee Wellness in engaging racial and ethnic minority for guidance, see the CDC's Health Equity.

of employees and consider whether the activities of shifts, cultural practices, and financial circumstances, employees can participate and include strategies to recruit communication. Districts

include a variety of intrinsic motivators, such as on a feeling of importance degree of autonomy, values, facilitating social and employee recognition, areas:

WELLNESS A SUSTAINED EFFORT

IT'S A CULTURE SHIFT

School-based team or a role of the school can to expand beyond the sustainability.

ing the health interests and needs of school employees and health conditions in your schools, it can help gather this information. Once a district/school to assess their capacity for staff with, and what partnerships already exist that trying new partners is to ensure that the partners, sexual orientation, job roles, socioeconomic, planning meeting to discuss community services types, or shared experiences.



hey, staff, your district/school. Remember that building a ok to start small and build over time. d materials may need to be adapted and translated.

SCHOOL EMPLOYEE WELLNESS

SCHOOL EMPLOYEE WELLNESS

SCHOOL EMPLOYEE WELLNESS

# School Employee Wellness Toolkit

# Establishing Support for School Employee Wellness Programs

- Benefits of SEW Programs
- **Stairway Speech:**  
Investing in SEW
- **PowerPoint Presentation:**  
Investing in SEW
- Wellsteps ROI Calculator



# Creating a Culture and Climate of Wellness for School Employees

- Schools are set up for wellness!
- Resources for developing wellness policies
- Wellness culture & climate checklist
- Missing Link - Social-emotional learning

# Taking Action to Improve School Employee Wellness

- Employee Wellness Policies
- Communication
- Preventive Services/Health Care/Benefits
- Social-Emotional Health and Stress
- Nutrition and Healthy Eating
- Physical Activity/Movement
- Financial Wellness
- Built Environment
- Employee Recognition

# Engaging Key Partners for School Employee Wellness

- **WHO** are District, School Level, & Community Partners?
- **HOW** they can help?
- **WAYS** to engage them?
- Helpful tools to use to engage each partner

# SOPHE.org



sophe.org





An aerial photograph of a large, multi-colored hula hoop (rainbow flag) being held by a group of people in a park. The hoop is the central focus, with its vibrant stripes of red, orange, yellow, green, blue, and purple clearly visible. A large group of people, including children and adults, are gathered around the hoop, holding its edges. The scene is set in a grassy park area with trees and a paved path visible in the background. The entire image is overlaid with a semi-transparent blue filter.

**SEE  
IT IN  
ACTION**



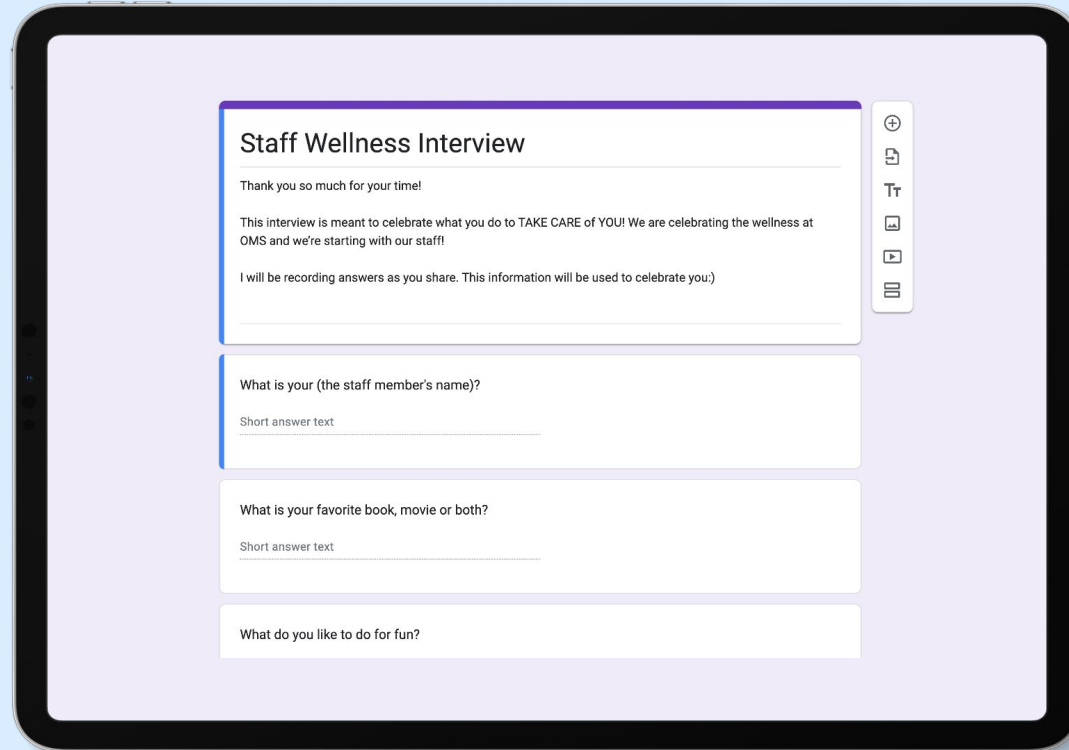
# Staff Wellness Scavenger Hunt



- **Step 1** - Ask staff to fill out a [Google Form](#) reflecting on what their personal health picture looks like
- **Step 2** - Use information gathered to create [personalized staff posters](#) (great student activity!)
- **Step 3** - [Ask staff](#) to get creative! Put their posters up and have fun!
  - **\*\*AWARD THE BEST POSTERS\*\***
- **Step 4** - Sends students around on [scavenger hunt](#).
  - **\*\*Create rewards for turned in forms\*\***

*Special thanks to  
the **CATCH** program  
for supporting  
our efforts!*

# Step 1 - Give staff a chance to share...



**Staff Wellness Interview**

Thank you so much for your time!

This interview is meant to celebrate what you do to TAKE CARE of YOU! We are celebrating the wellness at OMS and we're starting with our staff!

I will be recording answers as you share. This information will be used to celebrate you:)

What is your (the staff member's name)?

Short answer text

What is your favorite book, movie or both?

Short answer text

What do you like to do for fun?

Icons in sidebar: +, document, Tt, image, play, list

# Step 2

Mr. \_\_\_\_\_'s Self Care!

*Wise words ... Hard Work  
solves all Problems*

MY FAVE...



**SLOW**  
FOOD



**WOAH**  
FOOD



Ways to relax...



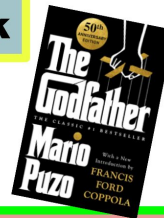


# Step 2

## Stay Active!



## Favorite Book



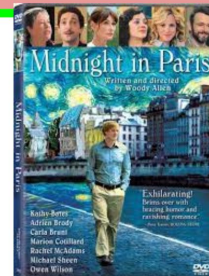
## My happy place...



WITH EVERY WAY  
WITH NATURE,  
ONE RECEIVES  
FAR MORE THAN  
HE SEEKS

FAMILY IS  
*my happy* 😊  
★ PLACE ★

## Favorite Movie



# Step 3 - Display!

Greetings Oakridge Staff!

The Wellness Team has worked with Student Council and Teens United to collect information about how **YOU** take care of **YOURSELF**. This has been a stressful year and we're hoping to finish the year strong by celebrating all the ways that you keep yourself WELL in these trying times. We hope you enjoy this creation meant to CELEBRATE YOU!!!!!!

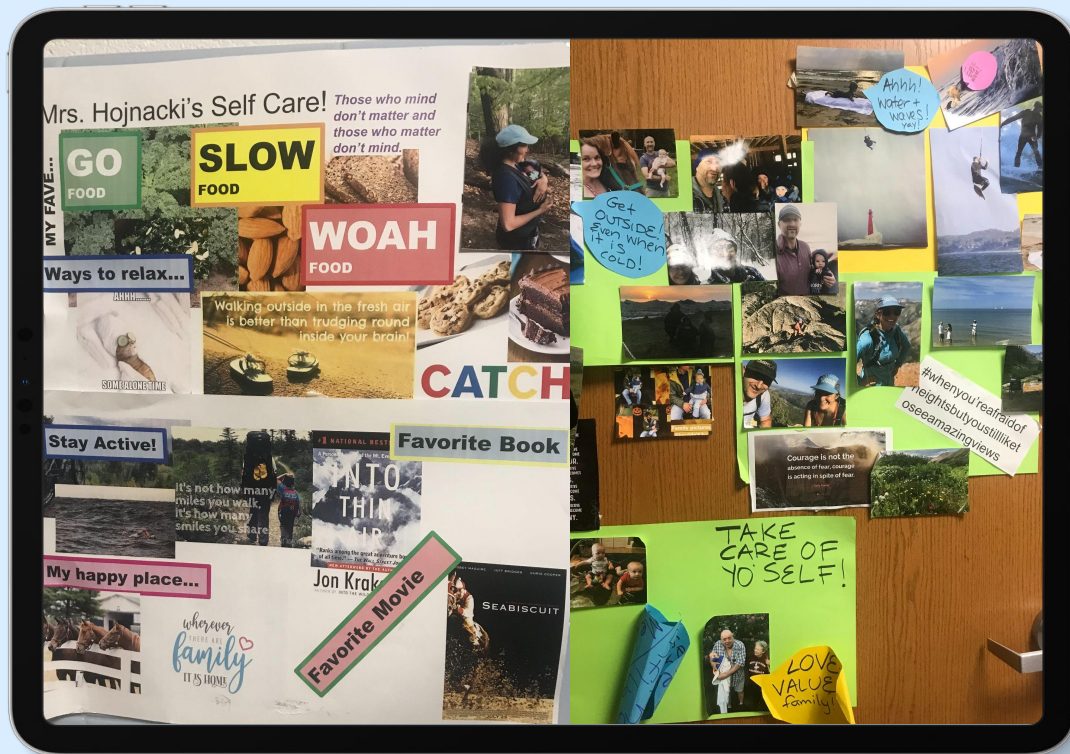
**Please put these posters in a location where students and other staff can see them (door, hall etc).**

We would like these posters to help spur conversation about how your eating, exercise and stress management helps **YOU** feel better every day. Some suggestions are - a place on your door, outside of your door etc. that you stand often.

**We encourage you to add pictures, quotes, messages to your poster to further send this message:)**

Thank you for everything you do!

## Step 3 - Display!



# Step 4 - Scavenger Hunt!

## Staff Wellness Scavenger Hunt Instructions

Staff Wellness Scavenger Hunt YOUR NAME \_\_\_\_\_

What to do:

1. Record the name of a staff member who matches the item on the scavenger hunt.
2. Go to that staff member and talk, laugh, and learn about their item. They will initial your form!
3. Bring to the office for a GO-SLOW-WOAH food after you have found all 5 items!

Rules:

- You must have 5 different staff members on your sheet.
- You may only talk to staff members during passing time or any other time with their permission.

| Item # | You are looking for someone...              | Name of staff member that you found | When you saw them |
|--------|---|-------------------------------------|-------------------|
| 1      | ...who made to relieve stress               |                                     |                   |
| 2      | ...whose "slow" food is cheese and crackers |                                     |                   |
| 3      | ...who talked for exercise                  |                                     |                   |
| 4      | ...   |                                     |                   |

### **STEP 1**

**Put your name on the form!**

### **STEP 2**

**Find the items listed on staff wellness posters**

### **STEP 3**

**Talk to the staff member & get a signature**

### **STEP 4**

**Bring your form to the office to claim your GO-SLOW-WOAH food (you pick!)**

There must be 5 different staff names on each form  
Passing time only (or any other time with a teacher's permission)



An aerial photograph of a large, multi-colored hula hoop (rainbow flag) being held by a large group of people in a park. The hula hoop is the central focus, with its vibrant stripes of red, orange, yellow, green, blue, and purple clearly visible. A large crowd of people, including children and adults, is gathered around the hoop, holding its edges. The scene is set in a grassy park area with trees and a paved path visible in the background. The entire image is overlaid with a semi-transparent blue filter.

**SEE  
IT IN  
ACTION**



"Why I'm a CATCH MVP"



[View All-In Challenge](#)

# See CATCH Challenge

My name is  
Ms. Rose and...

I'm a  
**CATCH MVP**

**M**

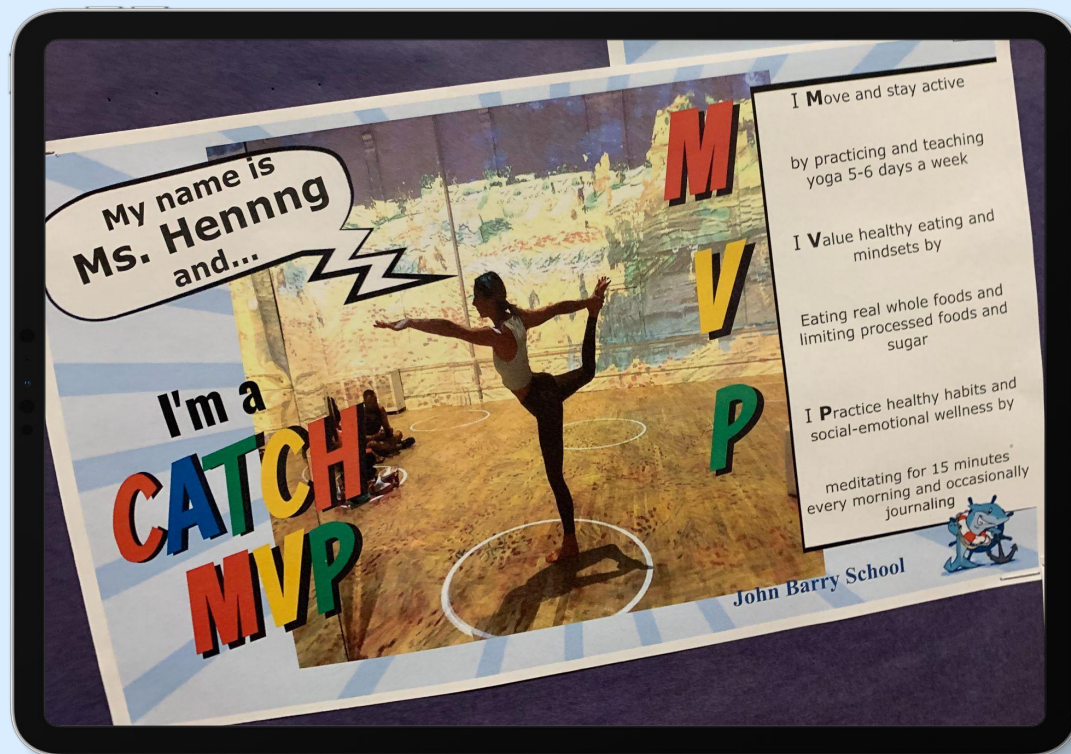
**V**

**P**

- I **M**ove and stay active by  
*Walking my dog every day*
- I **V**alue healthy eating and mindsets by  
*Eating fruits & veggies with every meal*
- I **P**actice healthy habits and social-emotional wellness by  
*Taking a deep breath to calm down when I'm mad*

Blue Elementary

# Examples



# Q & A

*Any questions?*





## Mind-Heart-Body Reflection



**MIND:** Something **new** you learned



**HEART:** Something you **felt** as you listened



**BODY:** 1-2 **action steps** you will take in next 2 weeks related to anything discussed in our webinar today

Use QR Code to launch Padlet



# Next Steps



- Check out the **Educators Club!**
  - ***Post in community buzz** about your staff wellness initiatives*



- Use the SOHPE **School Employee Wellness** Toolkit



- **Share** pictures or videos of staff role modeling healthy behaviors on social media using **#CATCHinAction** or **#CATCHMVP**

## CATCH Daily News

# EDUCATORS' CLUB UPCOMING TRAININGS & EVENTS

### OCTOBER

- 10th | **CATCH My Breath In-Service** (*virtual*)  
25th - 26th | **CATCH My Breath Train-the-Trainer** (*virtual*)

### NOVEMBER

- 28th - 29th | **CATCH My Breath Train-the-Trainer** (*virtual*)

### DECEMBER

- 7th | **CATCH My Breath In-Service** (*virtual*)  
5th - 6th | **CATCH My Breath Train-the-Trainer** (*virtual*)



### ***IF IT AIN'T FUN, IT DON'T GET DONE!***

CATCH virtual and in-person trainings are always a hit! Designed with the educator in mind, they will keep you moving and engaged. Get CATCH certified to make implementation an easy ride!



# THANK YOU!

*Questions? Contact Us!*

[www.catch.org](http://www.catch.org)

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@CATCHhealth

