

Creating Equitable Systemic Wellbeing: A School District Team's Journey



Wellbeing Definition



... is about the combination of our love for what we do each day, the quality of our relationships, the security of our finances, the vibrancy of our physical health and the pride we take in what we have contributed to our communities.

Gallup, 2014



Optimal State of Wellbeing

Underdeveloped State of Wellbeing

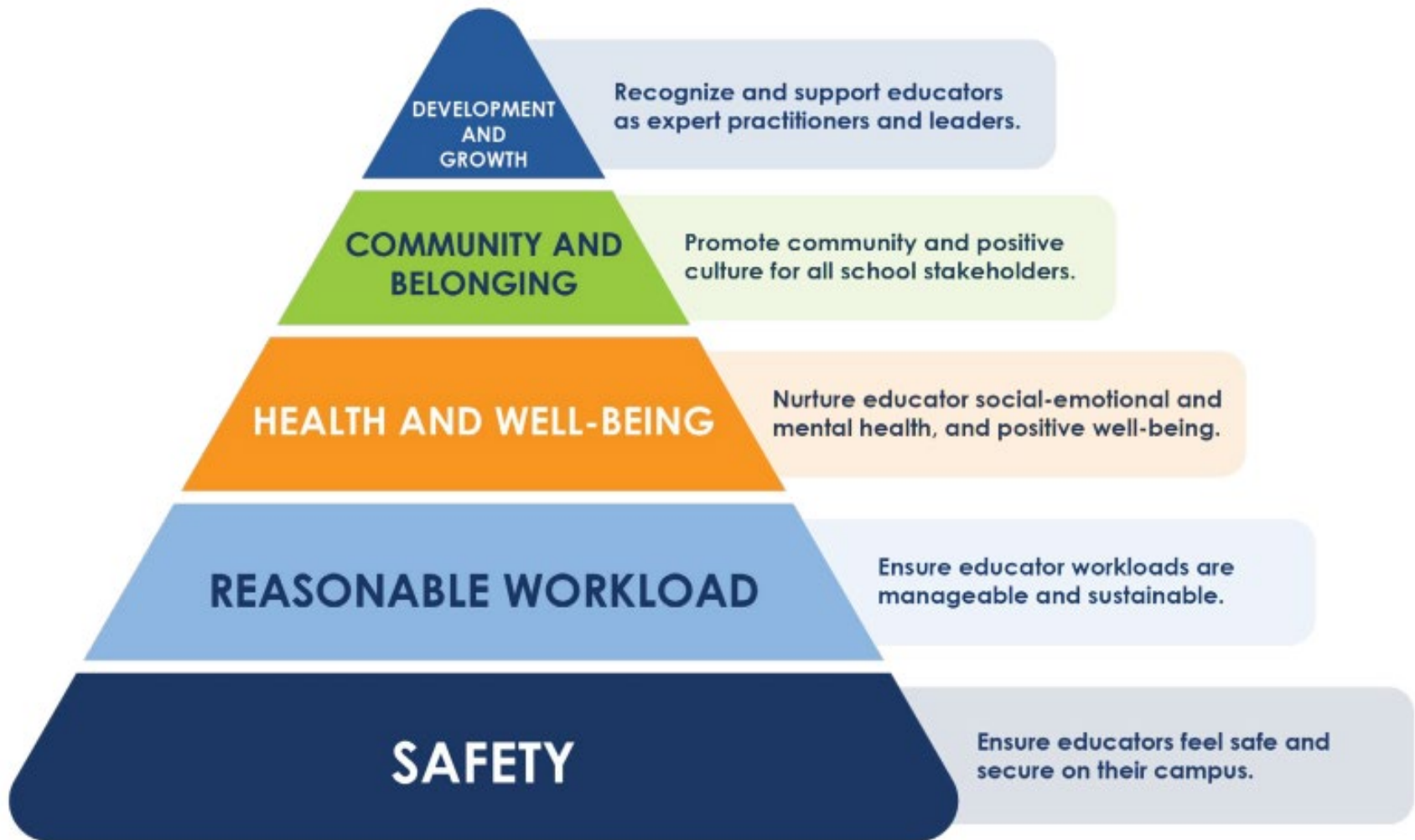
Educator Wellbeing

Positive attitude toward work, stems from

- Supportive relationships
- Belief in the ability to be effective
- Feeling professional/personal needs and expectations are met



A Hierarchy of Educators' Needs





How do we create a community of wellbeing within schools?

The Coherence Framework





Empathy Interviews

Key Elements of Wellbeing



Wellbeing SUHSD

SUHSD Systemic Adult Wellbeing

Community



Being involve within community groups, organizations, & volunteer initiatives

Purpose



Liking what you do each day, having purpose & motivated to achieve goals

Emotional



Functioning with a positive psychological state, cope with daily demands

Social



Having supportive relationships, social connection, and love in your life

Physical



Having healthy nutrition, exercise and sleep habits & energy to get things done

Financial



Managing economic life to reduce stress & to increase financial security

Examples

- | | | | | | |
|---------------------|-----------------------|----------------------|--------------------------|-------------------------|--------------------------|
| ○ PLC | ○ Continued education | ○ Practice gratitude | ○ Promote connections | ○ Movement breaks | ○ Retirement planning |
| ○ Collection drives | ○ Mentor programs | ○ Meditation | ○ Calendar social events | ○ Unplug from devices | ○ Financial advisor |
| ○ Community events | ○ Career exploration | ○ Stress reduction | ○ Volunteer events | ○ Eat a rainbow of food | ○ Personal spending plan |

Key Elements of Wellbeing

SUHSD Systemic Wellbeing Framework



Virtual Wellbeing Room



Hotlines~Textlines~Resources



SUHSD Wellness Planning



Smart Phone Apps



Puzzles & Games



Color & Creativity



Nutrition & Recipes

Daily Maintenance



Safe Coping Strategies Internal & External



Student Wellbeing Plan

Strengths



Trusted Folks to Connect for Support





For a consultation, call 800-722-EASE

PARENTING

AGING

BALANCING

THRIVING

WORKING

LIVING

INTERNATIONAL



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Find relevant information about current events. Keep up to date with what is happening now.



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Employee Assistance Services for Education (EASE)

800-772-EASE

<https://www.mhn.com/services/assistance-programs/employee-assistance-programs.html>

Company Code: EASE

Brochure:

https://drive.google.com/file/d/0B9zm6GSINUBYT2VoUkl2dnc5NHc/view?resourcekey=0-Yz92_19k2HwLnzS6avOiuQ

VRC + You = Wellbeing

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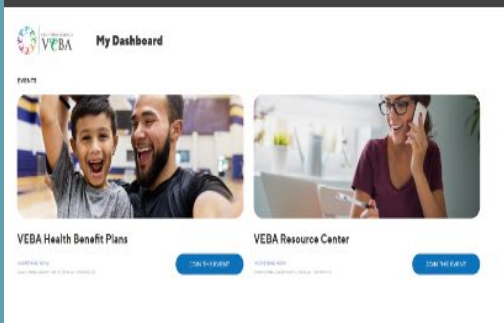
Individuals email to request classes, programs, & services for your worksite, bargaining unit, or professional organization

Phone: 619-398-4230



CALIFORNIA SCHOOLS
VEBA
RESOURCE CENTER





Welcome

Are you a VEBA Member?

Yes

No

I am not sure

Next

Need Help?

By submitting this form, I understand that my information will be handled in accordance with the notice of VEBA privacy practices [available here](#).
Questions? Please contact advocacy@mcgregorinc.com.

888-276-0250
Vebaresourcecenter.com

Voluntary Employees' Beneficiary Association (VEBA)
Resource Center



Virtual Wellness Room

We know that during difficult times we all experience a wide range of worry, stress, and emotions, so it's important to maintain a strong focus on mental health and social-emotional wellbeing. The SUHSD Virtual Wellness Room is a space for students, staff, families, and the community to find tools, strategies, and resources to help manage our psychological wellness by integrating purposeful pauses throughout the day to calm the mind, body, and soul.

Remember to breathe in peace, and exhale stress!



VEBA Scavenger Hunt

- ☐ Create an account or sign in!
- ☐ Find the VEBA resource center
- ☐ View upcoming events
- ☐ View VEBA event calendar
- ☐ Find a Healthy Eating class
- ☐ Sign up for a Healthy Eating class!
- ☐ Find a Mind and Body class
- ☐ Sign up for a Mind and Body class!
- ☐ Find a Movement and Flexibility class
- ☐ Sign up for a Movement and Flexibility class
- ☐ Find the Care and Navigation
- ☐ Find Optum EAP
- ☐ Find Carrum Health
- ☐ Find Teladoc Medical Experts
- ☐ Find VEBA Advocacy
- ☐ View your Health Benefit Plans
- ☐ View your Available 2022 VEBA Benefits room
- ☐ View VEBA Socail Media



CALIFORNIA SCHOOLS
VEBA



KAISER
PERMANENTE

United
Healthcare

SIMNSA
health plan

UNITED CONCORDIA DENTAL
Protecting More Than Just Your Smile®

UMR
A UnitedHealthcare Company

Scripps

DELTA DENTAL



SWEETWATER
UNION HIGH SCHOOL DISTRICT

Wellness Wednesday

WELLNESS WEDNESDAY

April 13, 2022

“

Love yourself enough to set boundaries. Your time and energy are precious. You get to choose how you use it. You teach people how to treat you by deciding what you will and won't accept.”

-Anna Taylor

setting boundaries

One self-care practice is to set purposeful and healthy boundaries, defining a clear space between where you end and another person begins. Setting boundaries has many mental health benefits, including decreased stress, autonomy, greater self-awareness, avoidance of burnout, improved relationships, and valued use of your time. According to Chad Buck, a clinical psychologist at Vanderbilt University, “Without a boundary, we absorb the stress around us and our own psychological resources get drained.”

three practices

1. Be Mindful of Your Emotions
 - Identify your emotions and recognize when you need to create a space.
2. Say "No"
 - Be kind, yet clear, and allow yourself permission to prioritize your needs.
3. Have Courageous Conversations
 - Be honest both with yourself and others.

February 2022

Upcoming Events

- Feb. 8: Preventing Teen Dating Violence in Schools (4-5 PM)
- Feb. 23: Virtual Bullying Workshop (9:30-10:30 AM)
- Feb. 23-24: Brief Intervention Training (8:30 AM-12:00 PM)
- March 11: Critical Issues in Child and Adolescent Mental Health (8 AM-6 PM)

Belonging

month of February, our focus is on the theme of Belonging. Both our physical and mental health is interwoven ability to feel a sense of connection to others, impacting our resilience, ability to manage stress, and overall mental health.

How to Increase Your Sense of Belonging...

- 1) Make a Purposeful Effort to Engage with Others
- 2) Be Mindful of Others (Listen First)
- 3) Keep an Open Mind and Consider New Ways of Thinking
- 4) Practice an Attitude of Acceptance (Focus on Similarities, Not Differences)
- 5) Challenge Yourself to Try Something New

Wellbeing Spotlight

For the month of February, we would like to recognize Esther Finley and the wellbeing team at Eastlake Middle School. Not only has Esther provided her staff with a surprise "wellbeing retreat" with massage chairs, mindful coloring, soothing facial treatments, and more, Eastlake Middle also recently hosted a Wellbeing Fair for the community.

Thank you Mrs. Finley and Eastlake Middle for all you do!



Wellbeing Calendar
(Upcoming Events and Workshops)

Virtual Wellbeing Center
for Educators
(Coming Soon!)

[Resources](#)

April 2022

Upcoming Events

- April 7: APIDA Cultures & Behavioral Health (8:30 AM-3:30 PM)
- April 20: Creating an Inclusive Environment for All (9:30-3:30 PM)
- April 27: A Deeper Look at Depression (2:30-3:30 PM)
- May 7: SUHSD Parent Symposium (8 AM-12 PM)
- May 11: Understanding the Impact of Substances on Youth (9-10:30 AM)

Self-Care

As important as it is to show kindness towards others, it is equally important to care for yourself. Though self-care practices may differ from one individual to another, the defining element should be that it promotes happiness and health within.

Examples of Self-Care...

- 1) Spend time with friends or family, play a sport, or join a group.
- 2) Set aside time to do something you enjoy each day.
- 3) Acknowledge your feelings and give yourself the same grace you would a friend.
- 4) Allow yourself to "unplug" from the news and social media.
- 5) Spend time in nature.
- 6) Incorporate exercise into your regular routine.
- 7) Get a good night's sleep.
- 8) Light a scented candle and listen to music.
- 9) "Declutter" your space - an organized environment decreases stress and increases focus and calm.
- 10) Indulge in something you enjoy - a massage, spa day, or bingeing a TV series!

Wellbeing Spotlight

For the month of April, we would like to spotlight Eric Span and Stephanie Ruiz in Nutrition Services and the instrumental work they have done in creating a sense of community within the Nutrition Services Department. Not only have they provided the space for several empathy interviews with all cafeteria managers, district team members and Dr. Margaret A. Sedor, Suicide Prevention and Wellbeing Coordinator, they have also been proactive in facilitating wellbeing work within their team, including an aspiration tree where team members identified their personal goals around wellbeing and a staff member of the month recognition.

Thank you for leading by example, Eric and Stephanie!



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(Upcoming Events and Workshops)

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[Resources](#)

M.E. Time (Mental Escape) Lounge



Stretching & Physical Activity



Meditation & Mindfulness



Wordsearch & Games



Virtual Travel & Relaxation

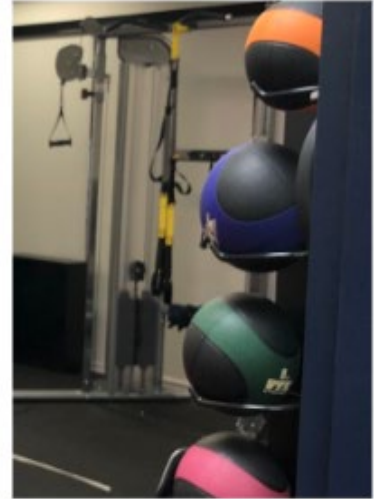


Relaxation Coloring



Wellness Planning





Wellbeing Pop-Up

Student Support Services Department



Cavalier Wellness Center

Friday, November 12
400 building

SUHSD Wellbeing Ambassadors





SUHSD Friendsgiving

Fostering District Community

Sweetwater Wellbeing Center





SUHSD Wellbeing Center

Fall 2021



May ~ Community Wellbeing Month





Why Are You Important?



Some of the reasons you are important to the school nutrition program include the following.

You:

- Commit to helping students develop healthy eating habits.
- Prepare and serve quality meals and food that looks and tastes good.
- Prepare food following standardized recipes and procedures.
- Make sure that the food served is safe.
- Serve your consumers with a friendly and caring attitude.
- Encourage students to select a reimbursable meal and eat a variety of healthy foods.
- Use standard work practices that help control costs and stay with the budget.
- Help create a workplace that makes other school nutrition staff want to be part of the team.
- Interact with students, faculty, and parents.
- Represent the school nutrition program (SNP) when away from work.
- Make many decisions that affect the quality and budget of the SNP.
- Recognize the needs to continue learning and polishing your skills.

KITCHEN SPOTLIGHT

Gloria Guzman



Gloria Guzman has been with us for 16 years. Gloria has a very passive but firm way of attending to our students. She is always willing to work without any hesitation. I have 4 years going on 5 at SOH and I've never had to watch over Gloria's Work. I realize that she has little children and grandchildren and a house full, but when she is here at work she gives it her ALL it is truly a pleasure to have Gloria Guzman as one of our staff members. THANK YOU FOR ALL THAT YOU DO!

-Nominator

How long have you worked for Nutrition Services?

Since 2007 (15 years)

Favorite thing/memory about work?

It would be preparing the lunch for students.

What is wellbeing/self-care to you?

Knowing my limits, and surrounding myself with positive relationships.

How would you describe yourself?

Quiet, kind, and funny at times

Any aspirations for this year?

Passing the Nutrition Services Assistant 2 test.

What was your favorite food as a child and what is it now?

Pizza was my favorite food as a child and will say pizza still is! Can't say no to pizza!

Anything you would like to share? recipes, favorite place to eat, rituals you do for work?

My favorite place to eat out will be Rosa's Pizza in CV, small place. Of course the giant pizza, antipasto salad, and the hamburger meal are all delicious.

Thank you Gloria!

Share your opinions on Nutrition Services anonymously



September ~ Emotional Wellbeing Month



November ~ Physical Wellbeing Month



SWEETWATER
UNION HIGH SCHOOL DISTRICT

CALIFORNIA SCHOOLS
VEBA

District Employee HIIT CLASSES

(High Intensity Interval Training)

Tuesdays, 4:45-5:45 pm
Starting October 18th

At the **District Wellbeing Center**,
1112 Fifth Avenue, CV

Register Now!

Only 15 spots available

[Click HERE to Register](#)

Questions?
Contact Cynthia Alvarez or Margaret Sedor
cynthia.alvarez@sweetwaterschools.org
margaret.sedor@sweetwaterschools.org

THE BODY ACHIEVES WHAT
THE MIND BELIEVES

The poster features illustrations of people performing various exercises like jumping, running, and using resistance bands. At the bottom, there is an illustration of a gym with various equipment like treadmills, weights, and a bench.



Data Driven Wellbeing



About Us

Our Work

Take Action

Resources

Blog



Resources

Alliance for a Healthier Generation. <https://www.healthiergeneration.org>

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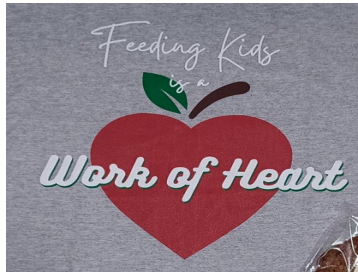
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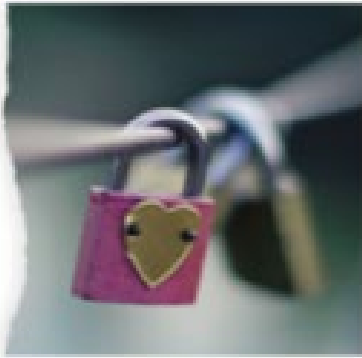
Optimistic Closure



One wellbeing goal I have is.....



Eric Span, Nutrition Services Director
Sweetwater Union High School District
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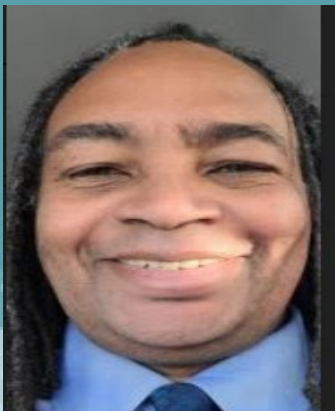
SUHSU SUICIDE PREVENTION & WELLBEING COORDINATOR

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Thank you!!

