



Mission Statement

To create a culture that supports and provides opportunities, tools, and resources that inspire all employees and their families to become full partners in managing their overall well-being.

SUNPRAIRIESCHOOLS.ORG/DEPARTMENTS/STAFF-WELLNESS

Our Team

**KARYN RICHMOND,
WELLNESS COORDINATOR**
klrichm@sunprairieschools.org

Karyn's role in the district wellness program is to assist in the planning, development, implementation, and monitoring of wellness initiatives. She assists in the coordination of opportunities for staff and their families to increase their own personal wellness. Karyn also facilitates the District Staff Wellness Committee.

DISTRICT WELLNESS COMMITTEE

Each building has their own staff wellness representative. If you need more information, please reach out to them! Contact information can be found on the wellness website.

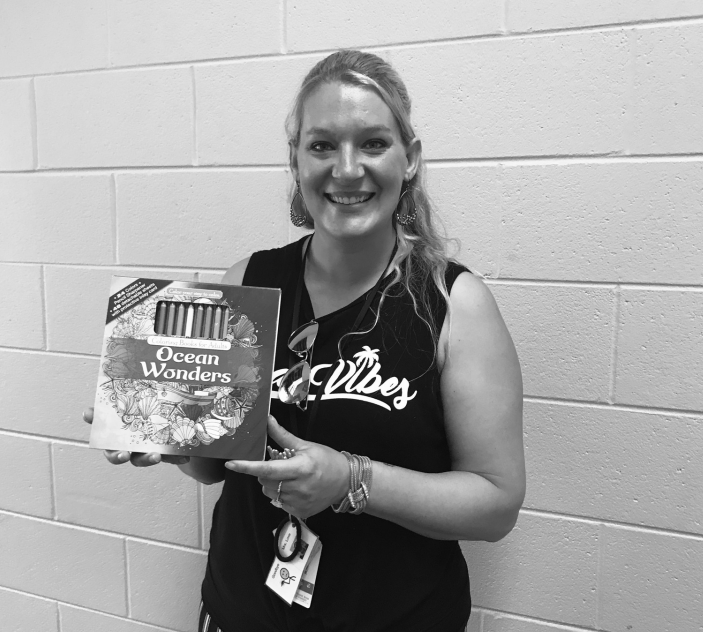


Every body, every day.

**SUN PRAIRIE
AREA SCHOOL
DISTRICT**

Employee Wellness





"Well-being is much more than the absence of illness or stress, or even feeling content; it is about teachers flourishing more holistically."

ROBERTS, A AND KIM, H. BOOKINGS.EDU, MAY 6 2019

Website

- Supportive Wellness Policy
- Past/current challenges
- Wellness tips
- Building representatives
- Resources including discounts for local wellness opportunities

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Why EMPLOYEE WELLNESS

Student Outcomes

Educator well-being increases student achievement, fosters positive school culture and decreases inequity in education access.

Staff Outcomes

Employee wellness programs increase job satisfaction, retention, productivity and happiness as well as reducing stress and improving instruction.



COMPLIMENTARY

- Monthly challenges & prizes
- Weekly wellness tips
- Dean Health Coach
- Access to district fitness facilities
- Financial counseling and mental health therapy sessions through EAP

Caring for our staff

- Mindfulness training
- Learning opportunities on self care and well-being
- Memberships for premium mindfulness apps

DISCOUNTED

- In-building chair massages
- Fitness memberships & classes
- Chiropractic Care
- Acupuncture