



FEBRUARY NEWSLETTER

Employee Wellness Monthly Highlights

We have rebranded! By popular vote, we are now called ACPS Employee Wellness. Our mission remains, to provide resources and events to encourage ACPS employees to take an active role in their wellness. Wellness is multidimensional and our focus is around six tenants of wellness: *physical, mental, spiritual, emotional, social, and environmental.*

District Wellness Challenges & Events

ACPS Wellness Bingo

For every 5 squares completed, your name will be entered once into the ACPS Employee Wellness raffle. There will be a total of 20 raffle winners. Wellness Bingo will run during the 3rd quarter of the school year.

To submit your Wellness Bingo cards [click here](#) and complete the Google Form by **March 24th**.

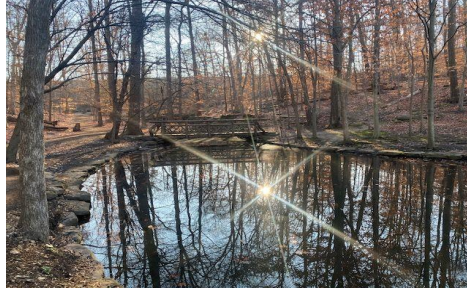
 Try making a new recipe.	 Make yourself up your own wellness plan.	 Choose a wellness activity that suits your needs.	 Read a new book.	 Drink 8 cups of water every day for one week.
 Make a healthy smoothie this week.	 Use the stairs instead of the elevator for one week.	 Hydrate for 5 minutes every 30 minutes.	 Make a bit of the Bingo card this month.	 Try a new wellness practice.
 Write a 200 word or less story or poem.	 Try a new workout for 1 week.	 Free class.	 Prepare healthy snacks for one week.	 Try a new wellness practice.
 Go to church or synagogue.	 Share a kind word with a friend or family member.	 Get a wellness message.	 Practice a wellness activity.	 Get your stress under control.
 Sleep 8 hours for three nights.	 Sing along to your favorite song for one week.	 Post a positive quote where you can see it daily.	 Enjoy nature by heading outside for one week.	 Thank yourself for one thing.

Wellness bingo with YOU! A district-wide challenge sponsored by ACPS Employee Wellness.

[ACPS Wellness Bingo](#) is back this year and our district-wide for the third quarter is a bingo challenge running February 13 - March 24th. For every 5 squares completed, your name will be entered once into the ACPS Employee Wellness raffle. There will be a total of 50 raffle winners. To submit your Wellness Bingo cards complete the [Google form](#) by **March 24th**.

Free [pre-recorded webinars](#) on health and well-being are being offered by United Healthcare. There is a comprehensive library of presentations consisting of over 70 health-related topics. Access them at your convenience from work or home.

Monthly Wellness Announcement



Explore the hidden gem, [Winkler Botanical Preserve](#) in the west end of Alexandria. While hitting the physical and environmental wellness tenants. The park is not yet ready to host field trips, but invites ACPS staff to enjoy the urban oasis. The preserve is home to multiple trails, streams, a lake, a waterfall, native plants, and animals. Entry is free and open daily from 8:30am - 4:00 pm.

ACPS Employee Assistance Program (EAP)

ACPS offers an [Employee Assistance Program](#) through Hartford. EAP offers immediate, no-cost assistance for emotional or work-life counseling, financial information, and legal support and resources: 1-800-96-HELPS (1-800-964-3577).

Insurance Provider Resources



Both ACPS providers offer a variety of resources that support wellness. Find support on fitness, nutrition and recipes, preventive care, weight management, and more. To learn more visit [ACPS Employee Wellness](#) and select your insurance provider.