



APRIL NEWSLETTER

Employee Wellness Monthly Highlights

Many of our schools participated in wellness-related events this past month organized by their Wellness Champion. Yoga has been popular at Ferdinand T. Day and Douglas MacArthur and is coming soon to Patrick Henry. ACHS Satellite staff took part in a 21-Day Grateful Challenge. Tuesday WERKouts at James K. Polk helped boost the physical and mental wellness tenets for staff. Charles Barrett staff received pilates balls and learned easy ways to relieve tension. A few others enjoyed smoothies at the end of the quarter and took home a healthy recipe to make their own!



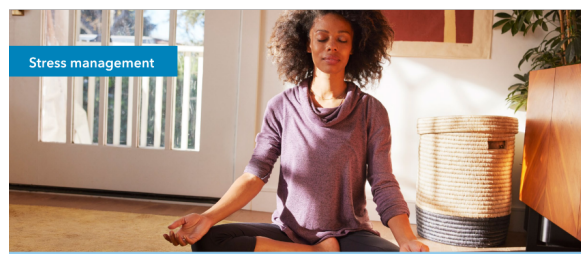
The fun will continue, Wellness Champions are busy planning a 4th quarter event for their school! If you think of an idea share it with your school's Wellness Champion!

District Wellness Challenges & Events



ACPS Wellness Bingo ended at the end of March with almost 200 ACPS staff members participating and 19 ACPS locations had entries! For every 5 squares completed, each participant had their name entered once into the ACPS Employee Wellness raffle. There was a total of 519 entries into the Wheel of Names! 50 lucky raffle winners will be receiving their gift boxes soon!

Monthly Wellness Announcement



Ways to stress less

While we can't get rid of stress completely, we do have ways to get ahead of it and learn to control it before it controls us. Learn to recognize stressful situations and build positive

Kaiser-Permanente, one of our insurance providers, monthly health topic for April is [Stress Management](#). Learn easy ways to stress less through recognition, breathing, and exercise!

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 Monthly Highlights



Find [community resources](#) to support your total health and non-medical needs. There is individual and family support, money management, legal, social enrichment, spiritual enrichment, sports and recreation, and much more! Sponsored by Kaiser, but welcome to all.

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.