



NORTH ROSE - WOLCOTT CENTRAL SCHOOL DISTRICT

Academics 🐾 Commitment 🐾 Excellence

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NOTICE OF ANTICIPATED VACANCIES

May 8, 2023

The North Rose-Wolcott Central School District is seeking candidates for the following anticipated position for 2023-24 school year:

District Wellness Coordinator

1. Attend quarterly WIN Committee meetings as scheduled. At this time, 2 virtual (December and March) and 2 in person (September and June) meetings are being planned.
2. Meet/communicate regularly with Smola Wellness Consultant Rick Amundson.
3. Establish and convene a Wellness Team consisting of a variety of Wellness Champions will meet regularly to create and carry out a Wellness Action Plan and recommend how the allocated FLASHP Wellness funds will be spent.
4. Develop a Wellness Action Plan shall include but not be limited to the following:
 - Ongoing Wellness Communication plan with employees that includes promoting the quarterly Community Health Magazine, monthly Smola Consulting Positive Pulse newsletters and various other communications that promote a **positive culture** of employee health and wellness.
 - Promote and implementation of the “**Lift the Community**” project. (\$300 stipend available).
 - Promote and implement the **10 Day Whole Food Plant Based Challenge**. (a \$300 stipend is available for a trained Plant Based Coach).
 - Promote and implement the **3M’s Challenge** (Movement, Mindfulness and Meditation)
 - Develop strategies to promote a variety wellness programming, opportunities and communications to all employee groups, **especially for support staff and spouses**.
 - Schedule and promote UR Wellness Biometric Screenings and a Wegmans Flu Shot clinic.
 - Promote the Excellus MD Live Telemedicine program.
 - Promotion of Wegman’s Pharmacy Home Delivery.
 - Healthy Blue/Rally Rewards Promotion/Education (\$300 Ambassador Stipend available)
 - 2 times per year dental cleanings promotion.
 - Promotion of the appropriate use Urgent Care and Emergency Care.
 - Promote preventative health practices through a Primary Care Physician (PCP)
 - **Inclusion of covered spouses in select wellness initiatives**

5. Each FLASHP entity has been allocated \$6,500 to use in support of appropriate wellness activities as specified in the Wellness Action Plan. Expenditures must be approved by the FLASHP Wellness Consultant. Preference will be given to requests/programs that meet the following criteria:
 - Ongoing programs; i.e. initiatives that meet several times (skill building)
 - Programs designed so that employees have “skin in the game”
 - Incentives that are commensurate to the number of participants in the program
 - Diverse programming that that meets the differing needs/interests of your employees
6. Districts are encouraged to promote participation in a local **walk/run fitness event of their choice**. Preferably, the event you select will be the culmination of locally sponsored fitness building initiatives. For those employees and spouses who participate fully in the event, FLASHP will provide a T-Shirt and reimburse the employee ½ of the registration fee up to a maximum of \$20.
7. To publicize district wellness successes, submitting story ideas to be considered for publication in the quarterly Community Health Magazine is highly desirable.
8. Wellness Coordinators are encouraged to submit a year end Wellness Summary to their district and Rick Amundson by the end of June.

If interested in this position, please visit our website (www.nrwcs.org) and click on Employment Opportunities. Please apply to Fred Prince, Director of Human Resources. If you have any questions, please call (315) 594-5501 or email fprince@nrwcs.org.

Deadline for applications: May 15, 2023 or until filled