



# Our Team

**KARYN RICHMOND,  
WELLNESS COORDINATOR**  
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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 champion. 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*

## 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](http://SUNPRAIRIESCHOOLS.ORG/DEPARTMENTS/STAFF-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
- Employee Wellness Clinic
- Building Representatives
- Variety of Wellness Resources

[SUNPRAIRIESCHOOLS.ORG/DEPARTMENTS/STAFF-WELLNESS](https://www.sunprairieschools.org/departments/staff-wellness)

## 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.



## Caring for our staff

### COMPLIMENTARY

- Monthly Challenges & Prizes
- Employee Wellness Clinic
- Live & Recorded Wellness Classes
- EAP Coaching & Counseling
- EAP Legal and Financial Assistance

- Headspace Mindfulness App
- ELEVATE Financial Wellness Platform
- Meetup App/Online Platform

### DISCOUNTED

- Massage Chair & Zen Dens
- Fitness Memberships & Classes
- Chiropractic Care
- Acupuncture