



WELLNESS PROGRAM “DRY CREEK CARES”

Dry Creek Joint Elementary School District Wellness Program



TARGET AUDIENCE

Dry Creek Employees



KEY MESSAGE

“Dry Creek Cares” is our Wellness Program that is committed to fostering a culture of self-care and a work-life balance. We want our employees to know Dry Creek cares about them and their families!

GOALS

- Productivity Boost
- Employee Satisfaction
- Mental Health Benefits
- Healthier Work Environment
- Reinforce Support
- Work Life Balance

RESEARCH

Our research revealed that our emails regarding wellness initiatives were often getting lost in translation, leading to underutilization of valuable resources. To address this, we recognized the need to establish a distinct identity for our wellness program, creating a recognizable brand that resonates with staff and a resource hub. “Dry Creek Cares”, our newly improved wellness program goes beyond online links to resources. It is now a way of life here at Dry Creek Joint Elementary School District.

Our communication is now streamlined with our wellness hub ensuring that all employees know exactly where to go for support. All sites also now have inviting calm spaces for teachers and staff to escape the daily grind and embrace quiet moments of relaxation and tranquility.



Scan the QR Code or visit the link, <https://www.drycreek.k12.ca.us/staff/employee-wellness>, to explore the Dry Creek Wellness Hub. Be sure to “Load More” multiple times, under news and resources to see our complete resource library.

PLANNING

The Wellness Committee consists of a small group of employee volunteers who are passionate about peer health and wellness who quickly got to work to evaluate our wellness program. The committee which meets four times a year, devised quarterly wellness treats to be delivered to each school site and district offices. When we reached out to our school sites to identify the most pressing needs for funding, a resounding call emerged for the creation of quiet, calming spaces and zen rooms, where staff can find comfort and rejuvenation amidst the hustle and bustle of school life. Additionally, we created a brand identity with a logo, "Dry Creek Cares," and immediately developed collateral to get the word out about our revitalized Wellness Program and hub.

IMPLEMENTATION

We created a page on our district website for employees that is used as the hub for all things wellness! Our hub includes, wellness tips, resources, recipes, a library of wellness articles, and an event calendar. We created an internal flyer for employees with our new Dry Creek Cares logo and included a QR Code for employees to scan that takes them to the hub. The flyer was also given to all schools and district sites to put up in their calming/staff lounge spaces. All employees also received an email detailing our revamped wellness program.

A QR code is also provided in the form of a postcard to all new hires in the district which directs them to the hub. Now, we have scheduled quarterly dates to deliver wellness treats to sites and ordered swag (chapstick, hand sanitizer, sunscreen, tote bags) to include with the wellness snacks. We also worked with the Calm Business, made available through SIG Wellness, to debut the Free Calm App for our employees and their families, scheduled Calm Mindfulness challenges and partnered with FitOn to have additional health challenges. Employees also now have an easier way to access Suportlinc, our Employee Assistance Program.

WELLNESS BY THE NUMBERS

Calm App - Avg. 7,150 minutes/month
Supportlinc - 100% case completion rate
Fresh fruit distributed District wide - 4,200



EVALUATION

The program has proven to be a valuable asset for employees and has encouraged many to get excited about their own health and wellness. Our sites have shared pictures of their calming spaces, zen rooms and treats. The enhancements have not only enriched the program but have also showcased the district's commitment to prioritizing health and wellness. District employees feel valued and cared for and the overall feedback has inspired the committee to continue evolving our wellness initiatives.





PHOTOS OF WELLNESS TREATS AND SCHOOL
SITE CALMING ROOMS AND ZEN ROOMS





