

Wellness Initiative for CCTEC

2019

CCTEC was awarded the American Heart Association Workplace Wellness bronze level award for the 2017 grant year, and the silver level award for the 2018 grant year. Workplace Wellness is a researched based data collection model which CCTEC engaged in to assure it was working on making sustainable changes in the overall wellness of the school. CCTEC will continue working with AHA and strive to reach the gold level in the 2019 grant year. Through biannual interest surveys, all areas of wellness will be evaluated and accommodated to meet the variety of needs of the staff. These surveys will also help the Wellness Committee review the activities provided and realign them to the staff's interests. The CCTEC Wellness Team also meets with an AHA coordinator to assist in formulating goals for the school. CCTEC will continue a staff-wide wellness plan using a point system to help facilitate the set goals. Staff members can earn points for voluntary participation in the activities outlined in the Wellness Initiative. During a set time frame, points will be accumulated using the predetermined value of each event set by the Wellness Committee.

Individual wellness hinges on seven aspects of wellness: emotional, intellectual, physical, social, environmental, financial, and spiritual factors. At CCTEC we feel that we can operate a successful school of staff, students, parents, and community members by supporting each other's wellness. We have outlined events and programs that support this initiative. As our student and staff population grows, we are looking to build the supportive services necessary to ensure success for everyone.

The Wellness Initiative will be presented in three phases:

POINT System

Each time a participant earns a point, they must enter their information into the Staff Wellness log in a Google Doc. A point opportunity document will be shared and include activities that are drawn from the staff surveys and AHA's 7 areas of wellness wheel.

A designated wellness team member will tally all points and the gift cards will be awarded at the monthly faculty meeting for a \$100, \$50, and two \$25 gift cards.

CCTEC will begin "Fit Fridays" to incentivize a healthy diet. Culinary students make staff lunch every week. One option is always higher in fat content or calories such as ribs, macaroni & cheese, or cheeseburgers. The other is a lighter meal such as salmon or a portobello mushroom burger. For choosing the "fit" meal, staff will earn points that contribute to the monthly drawings, and choosing the fit meal gives you the opportunity to enter a drawing.

Phase 3- January 2019- March 30, 2019

- On the 30th of each month (or last work day of the month), points will be tallied. The Wellness team will meet on this day to process the numbers. If a participant has logged

the correct points for 2 of the 3 months they will be eligible to be chosen to receive a gift card.

Phase 4-April 2019-June 15,2019

- On the 30th of each month (or last work day of the month), points will be tallied. The Wellness team will meet on this day to process the numbers. If a participant has logged the correct points for 2 of the 3 months they will be eligible to be chosen to receive a gift card.

Phase 5-September 2019- December 30, 2019

- On the 30th of each month (or last work day of the month), points will be tallied. The Wellness team will meet on this day to process the numbers. If a participant has logged the correct points for 2 of the 3 months they will be eligible to be chosen to receive a gift card.

Planning for participation is: 40 participants per phase (3 month period of time)x 3 phases = \$1,800.

CCTEC will participate in community benefit races/5ks. To promote wellness among staff and the community, we need to provide the entrance fee for staff to these various events. These include: Breast Cancer Awareness 5K (Sept), Parvin State Park Bone Run (Oct), Jolly Holly (Nov), Cumberland County College Run (Apr).

Cost - \$25 per race x 20 = \$500

CCTEC will continue to pay a Yoga and a Crossfit instructor once a week for 1 hour of service. Three participants are required for payment for the week. Instructors for these activities will advertise and provide extending information about wellness.

9 months (Jan- May, Sept- Dec) of 4 times per month at \$25 per week = Yoga payment of \$900

9 months (Jan- May, Sept- Dec) of 4 times per month at \$25 per week = Crossfit payment of \$900

Physical wellness also involves well-balanced meals. "On Your Mark Til Dark" is an event to promote exercise, healthy diet, and social wellness among staff and their families. This event was designed to allow staff to come to the school after hours, play games outdoors with family, and clean eating. In all, it contributes to social wellness by helping to build a stronger community.

Cost - \$400

CCTEC's Culinary program will provide healthy cooking classes for staff and students to attend where they will participate in making a balanced meal. Participants will receive the recipes and learn new substitutes for unhealthy foods. The knowledge gained carries over to family life and promoting wellness at home and in the community.

Cost - \$5/person x 30 x 2 times = \$300

CCTEC will provide a financial wellness presentation to new and voluntary faculty regarding financial planning and budgeting. This will be presented by Jared Gruccio of GWN Securities, Inc. pro bono. Topics include budgeting, credit score, home ownership, and retirement. The desired outcome is to maintain holistic wellness as a faculty.

CCTEC will distribute pamphlets and memos regarding emotional wellness, in addition to addressing new faculty the importance of stress management, maintaining a sleep schedule, preventing smoking, and utilizing counselors if necessary.

Cost - \$200

To increase participation and improve our score to achieve the Gold level, CCTEC must purchase a CardioCheck Plus Analyzer to provide glucose screenings.

Cost - Analyzer + eGLU Test Strips= \$1,000

CCTEC will participate in teacher appreciation week by providing various goods and services to teachers to promote wellness. We would like to provide staff with a complimentary massage from Hand & Stone, appreciation cards from other staff and students, an assortment of healthy snacks/fruit, door prizes, and a free Friday staff lunch.

Cost - \$1000

CCTEC maintains the beliefs that wellness involves staying curious and engaging in learning new things. Weekly professional development is offered by our teaching staff and administration.

Requested total

\$7,000