

STAFF WELLNESS



Staff Wellness Program

The Van Buren School District staff wellness program was developed to provide district employees a variety of health-enhancing activities and information. The VBSD Health and Wellness Committee strives to offer activities and info. to help reduce stress and improve overall health as well as encourage staff to serve as healthy role models for students. VBSD employees can choose to participate in district wellness events, fitness classes, and educational classes.

Yoga Class

Wednesdays – 4:00-5:00pm at King Elementary
Instructor: Taylor Henry

Yoga class is for beginners to experts. Participants perform at levels to meet their individual needs. Open for all current VBSD employees! Please email dcone@vbsd.us with any questions.



Staff Wellness Events

Each semester, events/competitions will be chosen by the Staff Wellness Committee for schools and departments to participate against each other.

Upcoming events:

Spring 2017 – Kickball (May 23)

Past events:

Spring 2016 - Bowling (March 14 at Bowling World)

Winners: Elementary – Parkview 1040

Secondary – VBHS 1233

Elementary Male & Female Top Bowlers

Patrick Allred Parkview 311

Carrie French King 267

Secondary Male & Female Top Bowlers

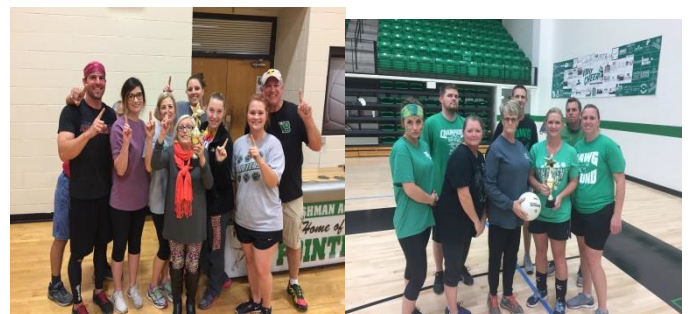
Randy Graham Butterfield 333

Summer Mulloy A Team 295

Fall 2016 - Volleyball (Oct. 10, 24, Nov. 7)

Winners: Elementary – City Heights

Secondary – VBHS



Self Defense Class

Thursdays – 5:30-7:00pm at Freshman Academy safe room

6 week class, ends on May 11

Instructor: Randy Allen

VBSD is a drug free workplace! See link below to VBSD Policy

[VBSD Policy 3.31 - Drug Free Workplace](#)

Healthy Living Links:	Local Drug Counseling or Rehabilitation Agency Links:
<u>Center of Disease Control - Physical Activity</u>	<u>Alcoholics Anonymous</u>
<u>Center of Disease Control - Nutrition</u>	<u>Gateway House</u>
<u>Center of Disease Control - Tobacco Cessation</u>	<u>Harbor House</u>
<u>Stamp Out Smoking</u>	<u>Western Arkansas Counseling & Guidance Center</u>