

# 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  
Summer Hours - TBA

Yoga class is for beginners to experts. Participants perform at levels to meet their individual needs. Open for all current VBSD employees! Please email [dccone@vbsd.us](mailto:dccone@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.

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



Spring 2017 - Kickball (May 23 at Citizens Bank Stadium)

**Winners:** Elementary – City Heights  
Secondary – Admin. Team



**Self Defense Class**

6 week class, dates TBA

Instructor: Randy Allen

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

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

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