

# 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.

A variety of fitness classes will be offered for VBSD faculty. Participants perform at levels to meet their individual needs.

Open for all current VBSD employees!

Please email [dcone@vbsd.us](mailto: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.

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



Fall 2017 - Bowling

**BARRE Fitness Class**

Tuesdays & Thursdays – 4:00-5:00pm at Central Elementary  
Currently being offered in Fall 2017  
Instructor: Jennifer Bauman

**Yoga Class**

Wednesdays – 4:00-5:00pm at King Elementary  
Spring 2017  
Instructor: Taylor Henry

**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="#">Center of Disease Control - Physical Activity</a>	<a href="#">Alcoholics Anonymous</a>
<a href="#">Center of Disease Control - Nutrition</a>	<a href="#">Gateway House</a>
<a href="#">Center of Disease Control - Tobacco Cessation</a>	<a href="#">Harbor House</a>
<a href="#">Stamp Out Smoking</a>	<a href="#">Western Arkansas Counseling &amp; Guidance Center</a>