

Position Title: Wellness Representative

Wellness Representative Description:

The Wellness Committee is a team of employees representing each school or department who serve as advocates for the district Wellness program. These individuals work to inform, engage and inspire the staff at their site.

Terms of Employment:

Appointed annually to serve during the school term.

Essential Job Requirements:

Wellness Committee Requirements

- 1- Attend Wellness meetings
- 2- Promote Wellness Programs and all relevant events.
- 3- Share ideas and opinions with other Representatives and Wellness Coordinator.
- 4- Contribute to activities and events throughout the year.
 - a. Coordinate Blood Draw
 - b. Serve on subcommittee (1 of 2)EX: Jingle Bell Run, Helping Hands

Building Requirements

- 1- Send emails to building staff as requested.
- 2- Wellness Programs
 - a. Keep up to date information.
 - b. Advertise within two days of request.
- 3- Reach out and continually engage staff in their building.
- 4- Communication
 - a. Speak at staff meetings to promote Wellness programs.
 - b. Seek out staff with promotion tools such as fliers.
 - c. Contact staff that does not use a computer.
 - d. Contact staff that work early or late shifts or do not attend staff meetings.

A committee organized to encourage and support staff to live a healthy lifestyle while promoting district challenges and wellness information.