



EMPLOYEE WELLNESS

UNDERSTANDING THE WSCC MENUS OF EVIDENCE-BASED PRACTICES

To make evidence-based practices (EBPs) more easily understood and accessible to schools, university partners of Healthy School Successful Students have developed Menus of Evidence-based Practices for each component of the WSCC model.

EBPs are shown to increase academic success, graduation rates, and student safety, while decreasing bullying and fostering a positive school climate. When school administrators and staff use EBPs, they are better able to produce successful outcomes for students and school communities.

With the variety of evidence-based strategies that the Menu provide allows schools and districts will be able to find a practice that fits their time and funding availability.

Information for this document was gathered from the CDC's WSCC model and WSCC Menus of Evidence-based Practices.

BENEFITS OF FOCUSING ON EMPLOYEE WELLNESS

- A school community that supports the health of all its employees creates an environment that also promotes student wellness and success.
- Healthy school employees are less likely to be absent, are more productive, and can serve as healthy role models for their students.
- Supporting employee health programs is beneficial for school districts because healthier employees can decrease turnover rate, lower the cost of insurance premiums, and minimize substitute pay.

EVIDENCE-BASED STRATEGIES

- Teacher stress was reduced when interventions included strategies of meditation, aerobic exercise, or workplace mindfulness training.
- Student wellness interventions such as a school garden, healthy choice signage, and the removal of vending machines were also found to have positive effects on employee wellness.
- Interventions that trained teachers in mental health literacy found that their ability and likelihood to seek help from others was improved.

DISCOVER YOUR STRATEGY

- Check out the Employee Wellness Menu of Evidence-based Practices to find what works for your school community!

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