

Celebrating a culture of health and wellness

Chinook's Edge is one of three Alberta school divisions asked to take part in a research project through the School of Public Health at the University of Alberta. Researchers are looking at the 'Weekdays til 6' work/life balance initiative, and they are also interested in the collaborative benefits of the Chinook's Edge 'Matters Committees' and the overall Staff Health & Wellness priorities.

It has been a year since Chinook's Edge launched Weekdays til 6, a unique approach to managing the amount of electronic communication that previously bombarded staff long after the work day was done. Since its launch, information requests have been received from school divisions, wellness organizations and media throughout the province. Most importantly, Weekdays til 6 has honoured the personal time of families and staff, to ensure teachers and school staff are refreshed and prepared to deliver their very best work to students each day.

This month also marks the second anniversary of the establishment of the Staff Wellness Worker position in Chinook's Edge, and Aaryn Manning has been carrying the torch to move the division forward in wellness priorities through activities great and small. She works to galvanize the Wellness Champions, the team of representatives from each school who take wellness priorities to the farthest reaches of our division, and she also works to provide individual counselling as needed. The Staff Wellness Worker role is considered vital to the wellness priority in Chinook's Edge.

We are pleased to report that the U of A continues to invest in the work of our Wellness Champions through a \$20,000 grant, which they have provided for the past few years.



Priorities - A crew from the U of A sets up to film an interview with Superintendent Kurt Sacher. As part of their research into the Chinook's Edge priorities around health and wellness for staff, students and families, the U of A also interviewed Nicole Wiens and her Grade 1 students at Carstairs Elementary, as well as Principal Jay Steeves at Spruce View School, for their perspectives on wellness in Chinook's Edge.

"We are focused on health and wellness, because we care about our people and are committed to looking after them as best we can," said Kurt. "In the end, students and families are best served by well-rested, energized, happy people."



Wellness Champions, who represent every school and department, work throughout the year to enhance the health and wellness initiatives in Chinook's Edge.

For information and updates, visit the Staff Health & Wellness link under Quicklinks.

<https://www.cesd73.ca/Staff%20Health%20%20Wellness.php>

CESD Staff Health and Wellness essence statement - We will embrace environments that support health and wellness, empowering all staff to thrive as compassionate, healthy, and well-balanced individuals.

Educate Encourage Engage Embed Empower