

## FACULTY WELLNESS DAY PRESENTATION WELLNESS SYMPOSIUM

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### INTRODUCTION

#### OVERVIEW OF 3 FACULTY WELLNESS DAYS

#1:

Time block: 1:00-3:30

Format: 15-min introduction, 15-min change/move to workshops, 75-min workshops, 30-min wrap-up session

Workshops: 16 – Yoga/Pilates, Lap Swimming, Aerobics – Floor Hockey, Basketball, Volleyball – Massage Therapy, Nutrition & Healthy Eating

#2

Time block: 1:00-3:30

Format: 3 40-min sessions, 20-min wrap-up session

Workshops: 5 options –

Dynamic Stretching, Rock Climbing, Volleyball

Yoga, Weight Training, Floor Hockey

Cancer Prevention, Heart Healthy Cooking, Line Dancing

Static Stretching, Body Weight Strength Training, Power Walking

Dynamic Stretching, Circuit Training, Team Handball

#3

Time block: 7:30-3:30

Format:

45-min breakfast/socialization

40-min working groups – schedule for the day, wellness boggle, team statements

110-min student wellness sessions – choices

-Alcohol and other drugs

- Eliminating intolerance
- Family/relationship violence
- Internet safety
- 30-min working groups – critique/review morning workshops, schedule for afternoon
- 45-min lunch
- 20-min faculty wellness kickoff – announcements, door prizes
- 2 1-hour wellness sessions (convention format)
  - 33 workshops offered – open to all teachers to present
- 20-min wrap-up

#### STEPS IN ORGANIZING A FACULTY WELLNESS DAY

- Secure a date from central administration
- Meet with faculty from wellness dept
- Send a “call for presenters” email to all faculty
- Personally invite some faculty to present (coaches, trainer, etc.)
- Match workshop offerings with available spaces-ADJUST IF NECESSARY
- Ask presenters for description of workshop and equipment request list
- Make phone calls/visits for door prizes
- Order T-shirts for presenters
- Distribute list of workshops to faculty well in advance
- Organize equipment 3 days in advance
- Thank everyone who helped
- Follow up with powerpoint slideshow?

#### POSITIVES & NEGATIVES SURROUNDING THE DAY

##### Positives:

- An opportunity for the wellness staff to “shine”
- Interaction of faculty in non-traditional ways
- Break in monotony of “just another meeting”
- Release of endorphins – positive feedback
- Reinforcement of importance of wellness for staff as well as students

## Negatives:

- Who should be included?
- Some resistance from staff
- Time-consuming for wellness staff (particularly for coordinator)
- Elimination of opportunity for wellness staff to participate rather than teach
- Teacher responses to sign-ups were a problem (lost emails, non-Responses, fear of the unknown, criticism of format)

## QUESTIONS?