



Norfolk Public Schools Employee Wellness Advisory Council

Purpose of the Employee Wellness Council

To oversee initiatives of the Norfolk Public Schools Employee Wellness program under the direction of the NPS Wellness Coordinator. This will include creating program philosophy, vision, mission, goals and objectives, evaluating the needs of the organization, recommending specific programs, determining needed resources and establishing evaluation outcome measures.

Council Goals

To make recommendations for wellness program initiatives, to be conducted across the school district. To act as champions of wellness, promoting participation of all employees in healthy lifestyle activities. Each Wellness Council member will participate in (where appropriate) and promote programs in partnership with the Wellness Coordinator. The council will support the goals of the NPS Employees Wellness program, which are to provide opportunities, support, and encouragement for employees to seek healthy lifestyle choices that enhance physical, emotional, mental, social and spiritual well-being.

Who the Wellness Council Represents

The Wellness Council Members represent a variety of school district departments. The council will act on behalf of departments not represented and will seek input from those departments through regular communication. All departments will have an opportunity to have representation on the council as members are rotated off and are replaced bi-annually. The following are qualities that we are seeking in a Wellness Council Member:

- Values fellow employees as the most important resource
- Champions health and wellness at the workplace.
- Respected by peers and practices positive health habits as a role model
- An advocate for change, demonstrating enthusiasm that motivates employees to make lifestyle changes
- A creative thinker
- Works well in a team structure

Time Commitment for Wellness Council Members.

The Wellness Council will meet 3-4 times per year, for one and a half, hours. The commitment will be for 2 years, giving other departments a chance to be represented, as members rotate.