

Staff Wellness Zones: Fostering Resilience for School Staff

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Objectives

Learn

- Learn strategic partnership takeaways from school and health care sectors.

Understand

- Understand the key tenants of co-designing effective solutions to support holistic wellness environments for educators and other school staff.

Create

- Create inclusive relationships that promote healthier school environments.

Fostering and Resilience



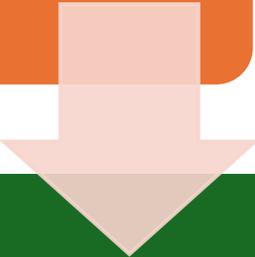
Fostering – encourage or promote the development of (something, typically something regarded as good)



Resilience – the capacity to withstand or to recover quickly from difficulties: toughness.

STAFF WELLNESS ZONES

A dedicated space within the school to foster resilience for teachers and staff.



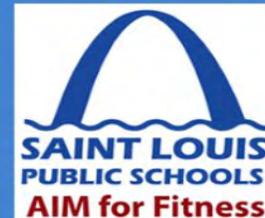
The focus is on improving the overall physical and mental well-being of teachers and staff.

Staff
Wellness
Zones
welcome all
staff

STAFF WELLNESS ZONE

**PAUSE,
RECHARGE, AND
RESTORE.**

BJC Health.



Staff Wellness Zone Model



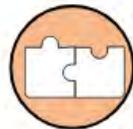
Assess

- Thriving Schools Integrated Assessment is completed and indicates need for a staff wellness zone (SWZ)
- School has administrative buy in
- School has SLPS district approval



Prepare - make a plan

- School requests support from BJC for SWZ development
- School identifies space for SWZ
- Site visit - discuss resources needed and priorities
- Survey staff and review results
- Order needed items - deliver to school
- Set date for assembling items and transformation of space



Implement - take action

- Gather volunteers for transformation day
- Assemble items and set up SWZ (pictures before / after)
- Have ribbon cutting and welcome staff to the new SWZ
- Share SWZ utilization tool with all staff and explain purpose



Evaluate and Sustain

- Collaborative meeting in SWZ 3 months after launch to discuss utilization and success/challenges/opportunities
- Discuss plan for maintenance of the SWZ and resources



Assess

Alliance for a Healthier Generations

[Alliance for a Healthier Generation](#)

Thriving Schools Integrated Assessment -

[Thriving Schools Integrated Assessment | Alliance for a Healthier Generation](#)

- Create a learning environment that promotes student achievement and the well-being of kids, teachers, and staff.
- The Thriving Schools Integrated Assessment helps schools and districts quickly and easily identify strengths and opportunities for improving policies and practices in the ways that matter most to them.

9 Topic Areas for Thriving Schools

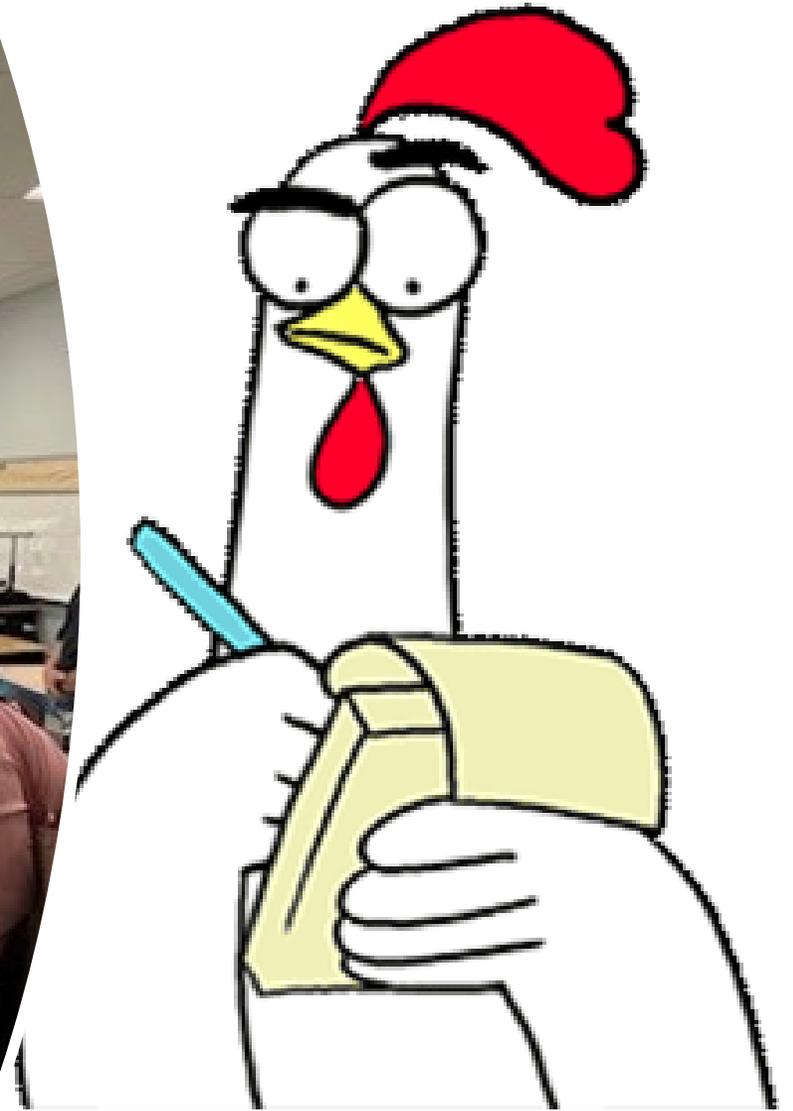
[Topics for America's Healthiest Schools | Alliance for a Healthier Generation](#)

These evidence-based best practices build a foundation for whole child health and distinguish [America's Healthiest Schools](#).

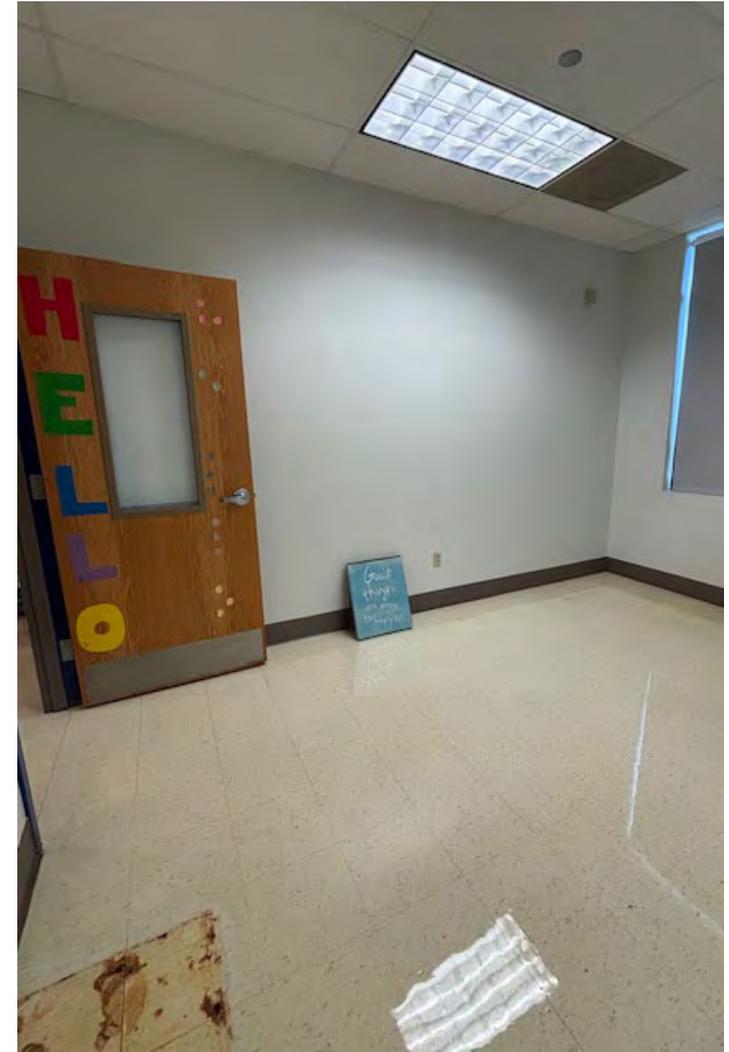
- School Health Services
- Local School Wellness Policy
- Nutrition & Food Access
- Physical Education & Activity
- Health Education
- Social-Emotional Health & Learning
- Tobacco-Free Schools
- Staff Well-being
- Family & Community Engagement

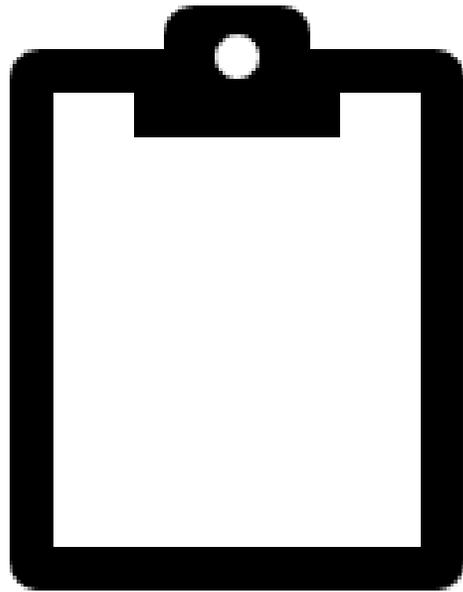


Prepare – Make a Plan



Gateway Michael - Before Staff Wellness Zone





Staff Survey

- Introduces the concept of the Staff Wellness Zone
- Asks staff about willingness to use a Staff Wellness Zone
- Asks about staff interests
- Asks for preferences about environment
- Asks for feedback about activities and materials

Staff Wellness Zone Menu

Lighting	# needed	Cost (each)	Total cost
Floor Lamp			
Table Lamp			
Curtain Panel			
Curtain Rod			
Total cost for Lighting:	-----	-----	

Sound	# needed	Cost (each)	Total cost
Sound machine			
Fountain			
Total cost for Sound:	-----	-----	

Seating	# needed	Cost (each)	Total cost
Floor pillow			
Yoga mat			
Chair			
Sofa			
Total cost for Seating:	-----	-----	

Materials	# needed	Cost (each)	Total cost
Puzzles			
Mindfulness Cards			
Books / coloring books			
Posters			
Journals			
Markers			
Colored pencils			
Total cost for Materials:	-----	-----	

Air	# needed	Cost (each)	Total cost
Air purifier			
Live plants			
Oil diffuser			
Total cost for Air:	-----	-----	

Decor	# needed	Cost (each)	Total cost
Small table			
Area rug			
Brochure rack			
Shelf			
Total cost for Decor:	-----	-----	

Games	# needed	Cost (each)	Total cost
Playing cards			
Mad Libs			
Checkers			
Portable Cornhole game set			
Word search book			
Foldable table tennis set			
Total cost for Games:	-----	-----	

Summary	Total cost
Lighting	
Sound	
Seating	
Materials	
Air	
Decor	
Games	
Grand Total:	

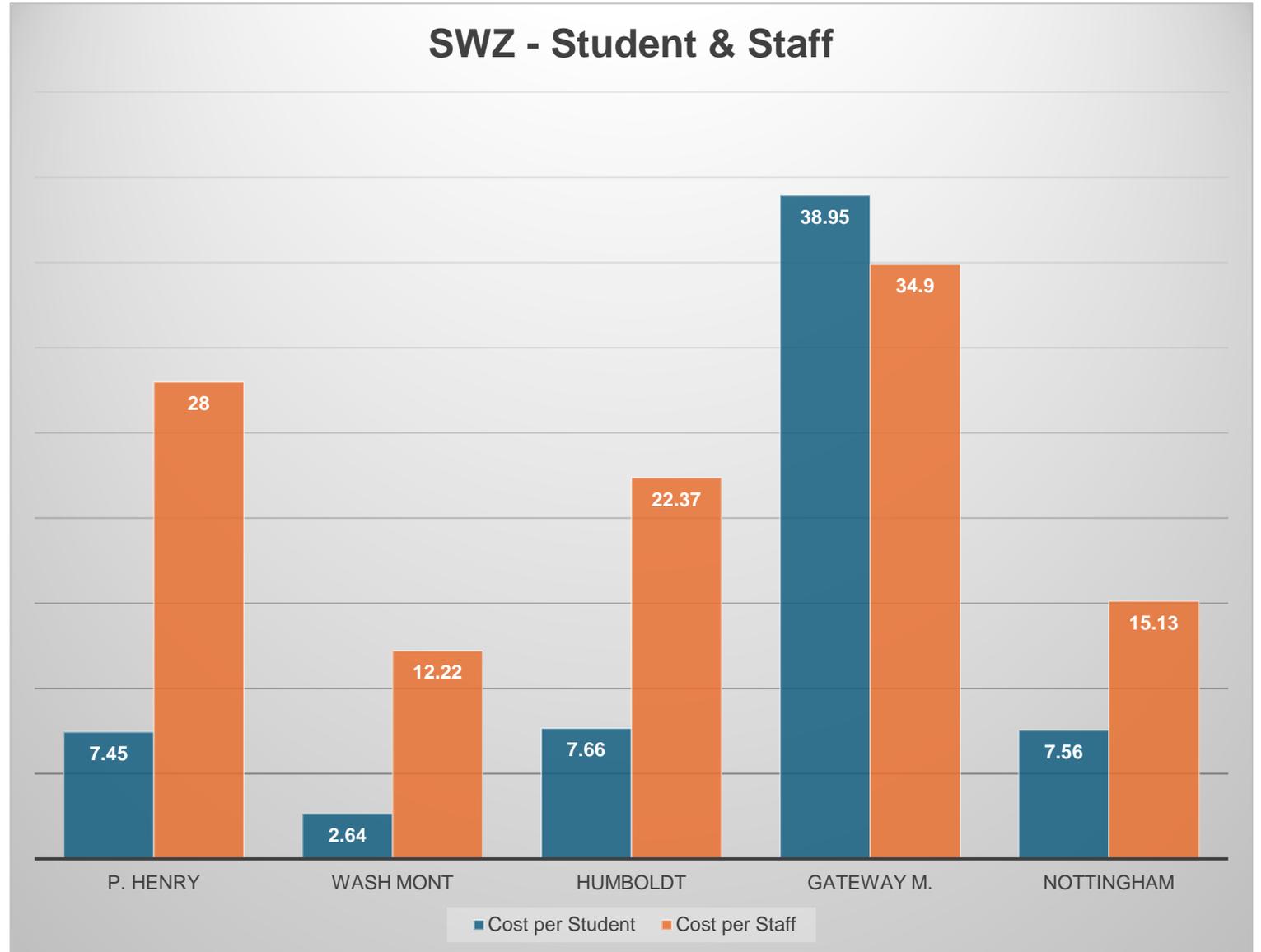




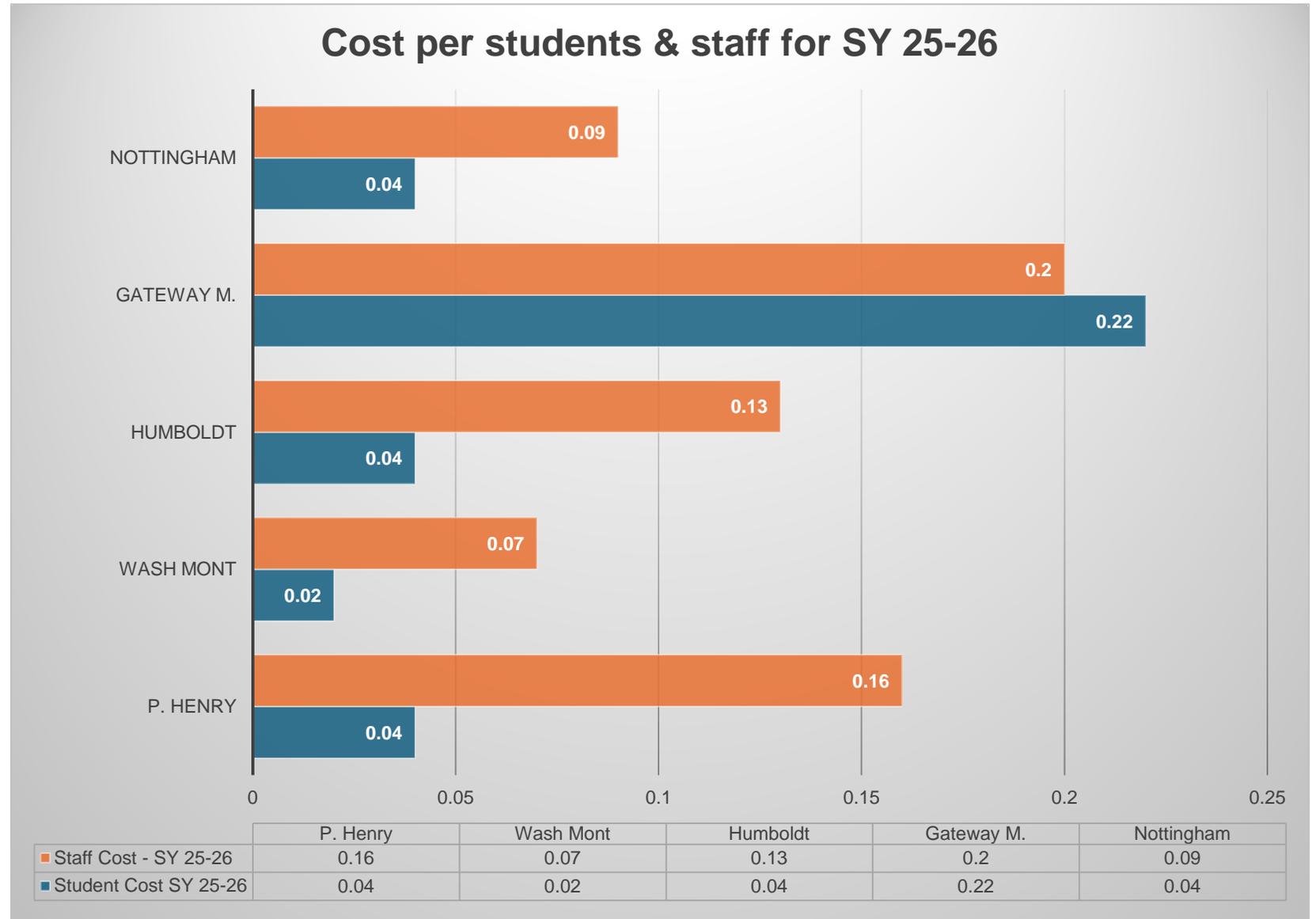
PROJECT COST - STAFF WELLNESS ZONES



Staff Wellness Zones: Cost per Student & Cost per Staff



Staff Wellness Zones: Cost per student & staff for the 2025-2026 School Year



Implement – Take Action





Gateway Michael Staff Wellness Zone Transformation

Evaluate & Sustain



Usage sign-in sheet

Evaluation



- OUTSTANDING
- Excellent
- Very Good
- Average
- Below Average



Building Resilience

- Measuring impact
- Ordering materials
- Delivery of materials



<https://youtu.be/LBAPbauBmI0?si=xdCFtvJ41IZFUcAq>

Following the Ribbon Cutting Ceremony, the AMAZING Gateway Michael staff created this incredible video.



A note from the Principal

“The wellness room has provided staff with a much-needed space to decompress and manage stress. It has encouraged self-care and reflection, leading to improved morale and a stronger sense of support among staff. After taking time to recharge in the wellness room, staff members report feeling more appreciated and better equipped to meet the complex needs of their medically fragile and globally gifted students.”

Petra Baker
Gateway Michael School
Principal



“Taking care of our students, starts with taking care of ourselves. Our Wellness Zone gives our staff permission to slow down, release stress, and prioritize their well-being, because when our adults are well, our school community is stronger.”

Dr. Lisa Small, Ed.D.
Washington Montessori
Principal



“Our Staff Wellness Room provides a space where all staff can take moments, to recharge and enjoy a moment of calm and rejuvenation. The Wellness Room offers a consistent place of peace that fosters consistent opportunities for them to take a moment to exhale through a busy day.”

Dr. Chavon Curry
Patrick Henry Downtown Academy
Principal



What stuck with you?





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