

PATTONVILLE WELLNESS

MO School Health Coalition

February 27, 2026



Presented by:

JoAnn Greenwell, Director of Community & Staff Engagement

Erica Abowitz, Early Childhood Social Worker

Pattonville School District

All about us!

❖ **Located in St. Louis, by the airport**

❖ **6000 + Students**

- 1 high school,
- 2 middle schools,
- 5 elementaries,
- 1 K-8 school,
- 1 early childhood center

❖ **Departments**

- Administrative Building
- Print Shop
- Transportation
- Maintenance
- Food Services

❖ **Ranked #1 most diverse district in Missouri**

- Students represent 69 different countries and 54 language
- 50.9% of students eligible for free or reduced lunch

2025 Business Health Culture Award Winner

The Pattonville School District has been honored as the 2025 Business Health Culture Award winner at the Gateway Health Coalition's 43rd Annual Meeting. The award recognizes Pattonville as a local leader in creating a culture of health and well-being for staff and their families.

Gateway Business Health Coalition (BHC) represents leading employers providing health benefits to employees nationwide and globally.

Since 1982, the BHC has worked to achieve its mission of supporting employer efforts to improve the well-being of their employees and enhance the quality and overall value of their investments in health benefits.



“The Business Health Culture Award”, established in 2014 by BHC’s Wellness Roundtable, recognizes organizations that implement innovative and comprehensive strategies to improve employee and family well-being. The award criteria reflect best practices identified by national research organizations, academic institutions, and the employer community.



Your Take
Aways Today.

A Validating
Idea

An Idea I am Going
to Try Next Week



- Foster & Nurture Staff Well-Being
- Bring Staff together across schools and roles
- Build a Strong sense of community & belonging in the workplace
- Reduce burnout, boost morale, and increase staff retention
- Work towards helping staff feel valued and supported in the schools.



Wellness Captains Committee Structure

Captains from all buildings and departments represented

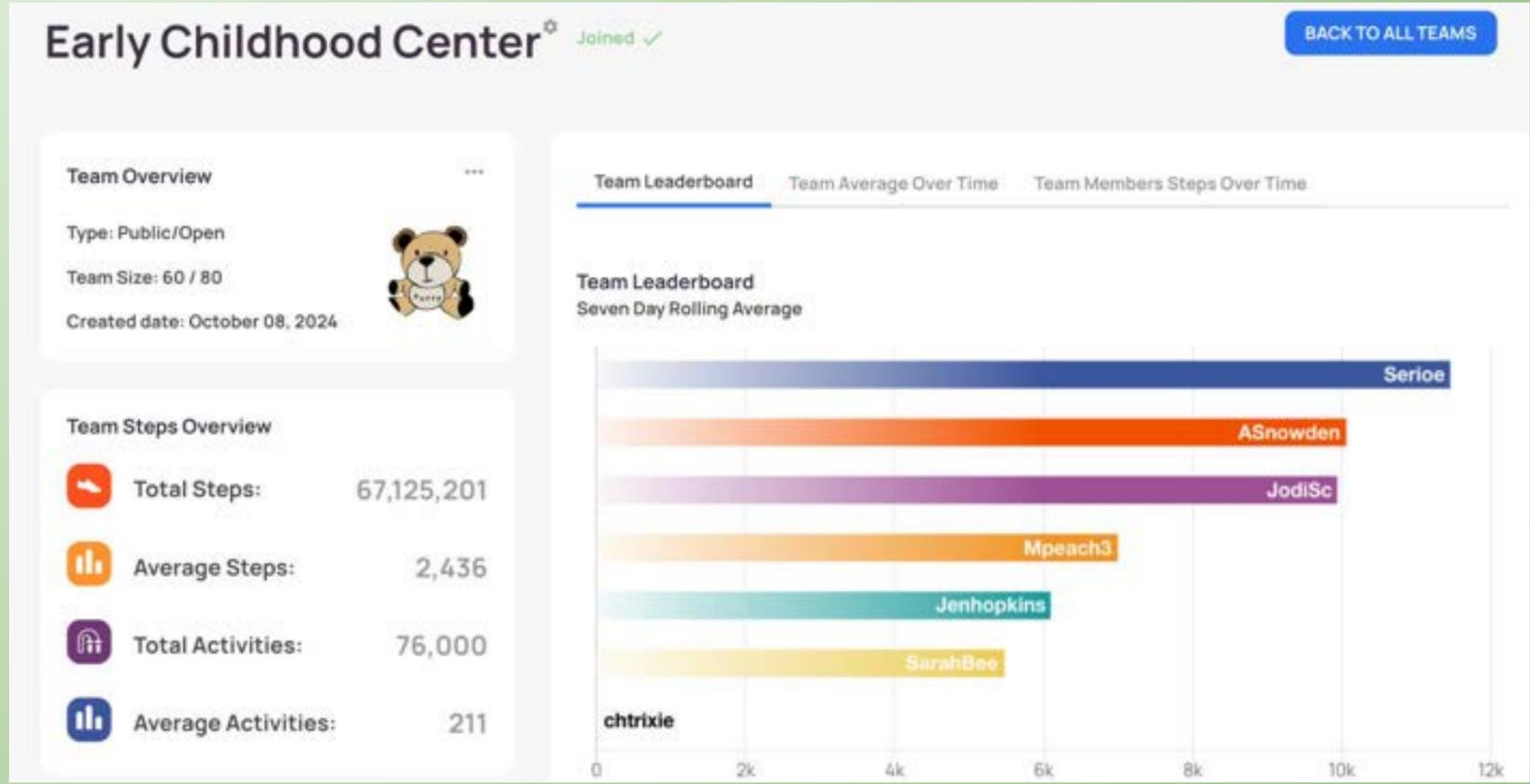
- Regular Meetings & Communication
- Training & Resources
- Empowerment & Autonomy
- Recognition & Motivation
- Feedback Loop



District Staff Wellness Initiatives

District Walktober Challenge

- October 2024 – Spook Walktober
 - 226 Staff participated
 - 155 completed 120,000 step goal
- October 2025 – Show Me Your Steps
 - 224 Staff participated
 - 179 completed 120,000 step goal



District Staff Wellness Initiatives

District Wellness Initiative (Jan - Feb)


 District Wellness Challenge
B-W-E-L-L BINGO
 January 8 to February 9, 2024

 1 Bingo wins a goodie bag
  3 Bingos wins a lip balm
  1 Cover All wins a bento box

See your Wellness Captains to collect your prizes

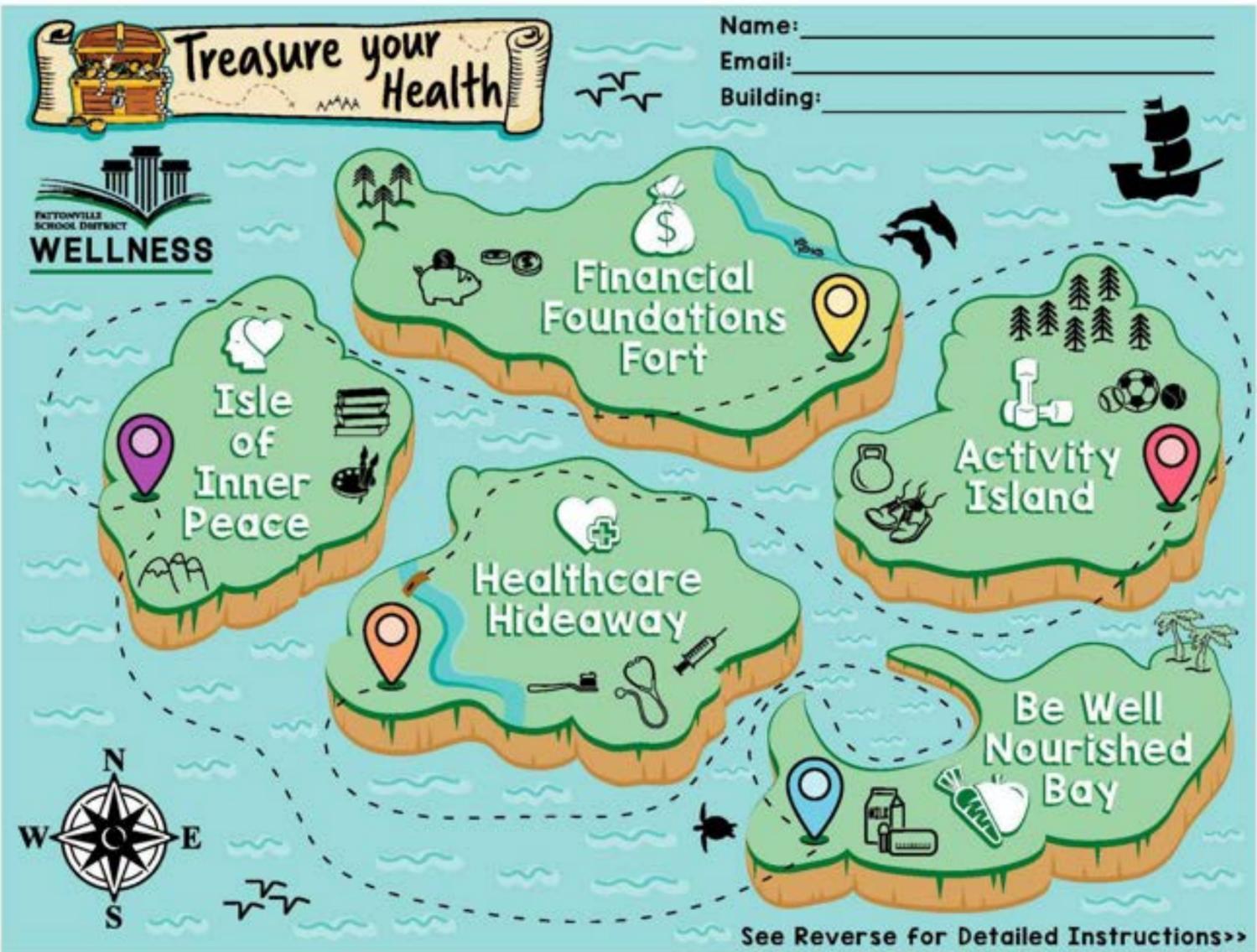
B	W	E	L	L
B-W-E-L-L District Bingo Challenge	Eat 1 meal following myplate.gov guidelines	Buy yourself a treat you wouldn't usually buy	Keep track of all your spending for one week	Walk 30,000 steps in 1 week
 Try a new vegetable recipe & share it here	Smile & say hello to everyone you see today	Intentionally stretch every hour/work day for 1 week	Organize your junk drawer	Meditate for 5 minutes 2 days/ week for 2 weeks

Name: _____
 Email: _____
 Building: _____



Treasure your Health





See Reverse for Detailed Instructions >>

District Staff Wellness Initiatives

District Wellness Initiative (Jan - Feb)

- 2024 - Be Well Bingo
 - 150 employees participated - 15% of staff
- 2025 - Sail into Wellness
 - 245 employees participated - 24% of staff
- 2026 - Soundtrack to Wellness
 - 323 employees participated - 32% of staff
 - 201 employees completed all albums

Soundtrack to Wellness
Jan. 12 - Feb. 6

PHYSICAL
(Move to the Beat, Power Pop)

- 1 WALKING ON SUNSHINE - Katrina & The Waves
- 2 EYE OF THE TIGER - Survivor
- 3 POCKETFUL OF SUNSHINE - Natasha Bedingfield
- 4 STRONGER (What Doesn't Kill You) - Kelly Clarkson
- 5 RUN - OneRepublic

Mindfulness
(Quiet the Noise, Calm Classical)

- 1 Let It Be - The Beatles
- 2 Three Little Birds - Bob Marley
- 3 What a Wonderful World - Louis Armstrong
- 4 One Call Away - Charlie Puth
- 5 I Will Always Love You - Whitney Houston

Healthcare/Self-Care
(Take Care: The Essentials, Therapeutic Tracks)

- 1 I Will Survive - Gloria Gaynor
- 2 Roar - Katy Perry
- 3 Happy - Pharrell Williams
- 4 Can't Stop the Feeling! - Justin Timberlake
- 5 Shake It Off - Taylor Swift

NUTRITION
(Fuel for the Soul, Healthy Harmony)

1. BANANA PANCAKES - Jack Johnson
2. BREAKFAST AT TIFFANY'S - Deep Blue Something
3. SAVOY TRUFFLE - The Beatles
4. WANNABE - Spice Girls
5. TUTTI FRUITTI - Little Richard

SAFETY & SECURITY
(Stay in Tune, Secure Sound)

1. THE SAFETY DANCE - Men Without Hats
2. SAFE AND SOUND - Capital Cities
3. DANGER ZONE - Kenny Loggins
4. TAKIN' CARE OF BUSINESS - Bachman Turner
5. STAYIN' ALIVE - Bee Gees

Financial
(Count on Harmony, Hip-Hop & the Cash Flow)

- 1 - Bills, Bills, Bills - Destiny's Child
- 2 - Can't Buy Me Love - The Beatles
- 3 - She Works Hard For The Money - Donna Summer
- 4 - 9 to 5 - Dolly Parton
- 5 - Rock Around the Clock - Bill Haley & His Comets

FATTONVILLE SCHOOL DISTRICT WELLNESS

COMPLETE AT LEAST TWO ACTIVITIES FROM EACH ALBUM.

Physical

1. Walk for 30 minutes a day, 3 times a week for two weeks
2. Try a new form of exercise
3. Park farther away from the building to get more steps for a week
4. Intentionally stretch every hour/work day for 1 week
5. Do at least 1 household chore 1 day/week for 2 weeks

Mindfulness

1. Try a mindfulness exercise daily for 2 weeks
2. Start a journal and have a daily entry for 2 weeks
3. Find a quiet place to read a book
4. Take a 24-hour social media break
5. Set a personal goal to accomplish in one week

Healthcare/Self-Care

1. Get your PHA at CareATC
2. Attend the Diabetic webinar
3. I have a primary care physician - establish care if you don't already have one
4. Visit a dentist (mark if been in last 5 months)
5. Sleep 7 - 8 hours a night for 1 week

Nutrition

1. Eat a homemade meal with family/friends
2. Try a new fruit or vegetable
3. Drink 40 oz of water every day for 2 weeks
4. Eat 3 servings of fruit/vegetables every day for 1 week
5. Substitute a healthy snack for your normal snack

Safety & Security

1. Practice safe walking or driving habits today
2. Double-check doors/windows are locked before bed
3. Test smoke detectors or check first aid supplies
4. Be mindful of surroundings on your commute
5. Clear a walkway to prevent trips/falls

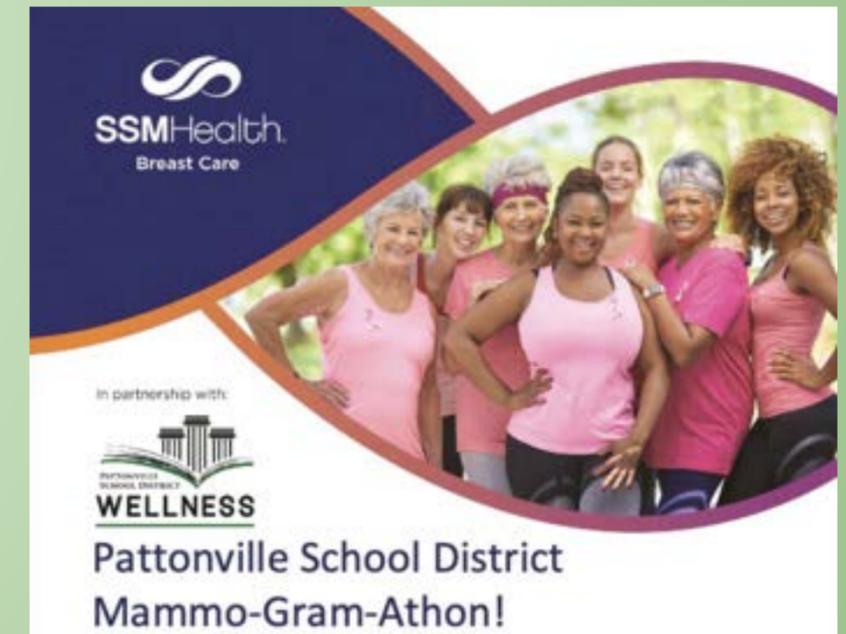
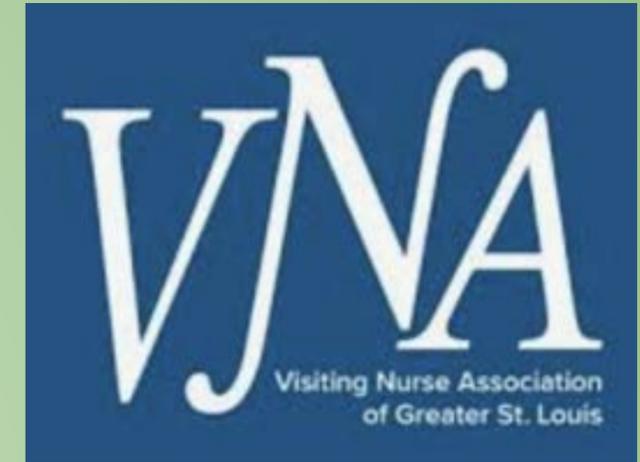
Financial

1. Register for the free "Best Money Moves"
2. Create a budget
3. Set a savings goal
4. Find a way to save/earn extra money
5. Track your spending for 1 week

FATTONVILLE SCHOOL DISTRICT WELLNESS

Partnerships

- Chartwells – Nutrition services
- SSM Health – Mammogram a thon
- Visiting Nurses – Flu shot clinics
- CareATC – Wellness assessments
- Anthem – Be Well walking app



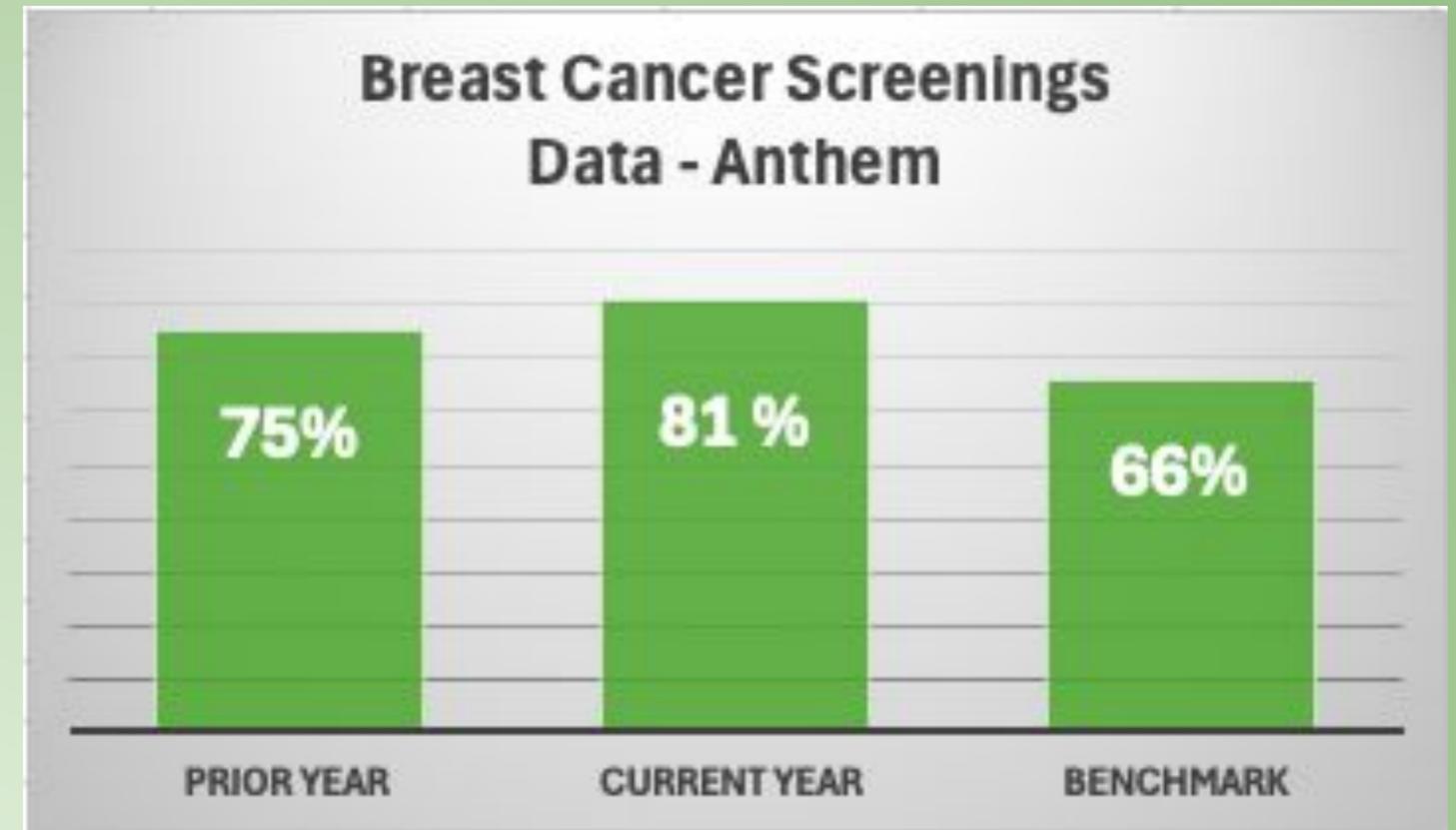
Overall Health Benefits

Data from Anthem

Current Year 2025

% of members visiting Primary Care Physicians and completing follow-up wellness checks

- **Primary Care Physician Visit**
 - **79.4%** (Current Year)
 - 64.1% (Prior Year)
 - 55.7% (Benchmark)



In partnership with

Pattonville School District
Mammo-Gram-Athon!
Friday, January 2, 2026 | 7 am – 5 pm
SSM Health DePaul Hospital Breast Center
3440 DePaul Lane, Ste. 100, St. Louis, MO 63044
Breakfast and lunch provided along with a thank you gift.

Registration begins November 17th.
To register, please email
pam.verilli@ssmhealth.com or call 314-503-4849.

Great coverage offered to those with no insurance.

Overall Health Benefits

- **Reduces stress levels and burnout**

“At least 2 in 5 workers in the United States consider their job to be very or extremely stressful; of those, at least 1 in 4 report being often burned out or stressed out at work.”



“Forty-four percent of k-12 education employees reported feeling burned out either “always” or “very often,” the highest among US workforce groups.”



Most Stressful Jobs and Industries in the US for 2025

- Healthcare
- Emergency & Public Safety
- Military
- Transportation
- Corporate & Media
- Education

WELLNESS CAPTAIN

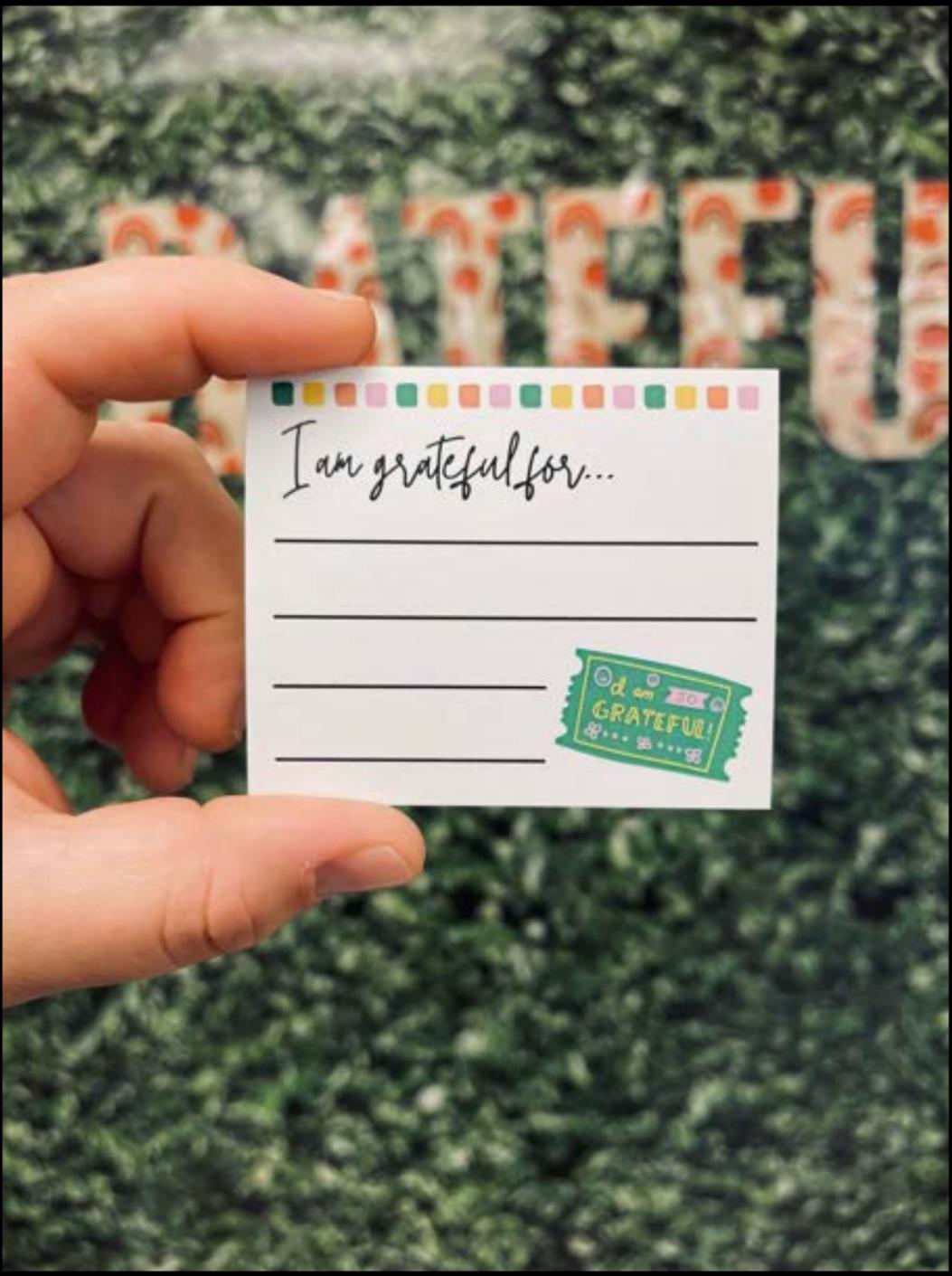


Overview of Programs



Bridgeway Staff Wellness Initiatives

- Gratitude Wall



Bridgeway Staff Wellness Initiatives

Walking Wednesdays

- Bulldogs Unite



Goal Setting - Vision Boards

- Showed staff how to do a vision board and
- Provided goal setting sheets

2025 GOALS

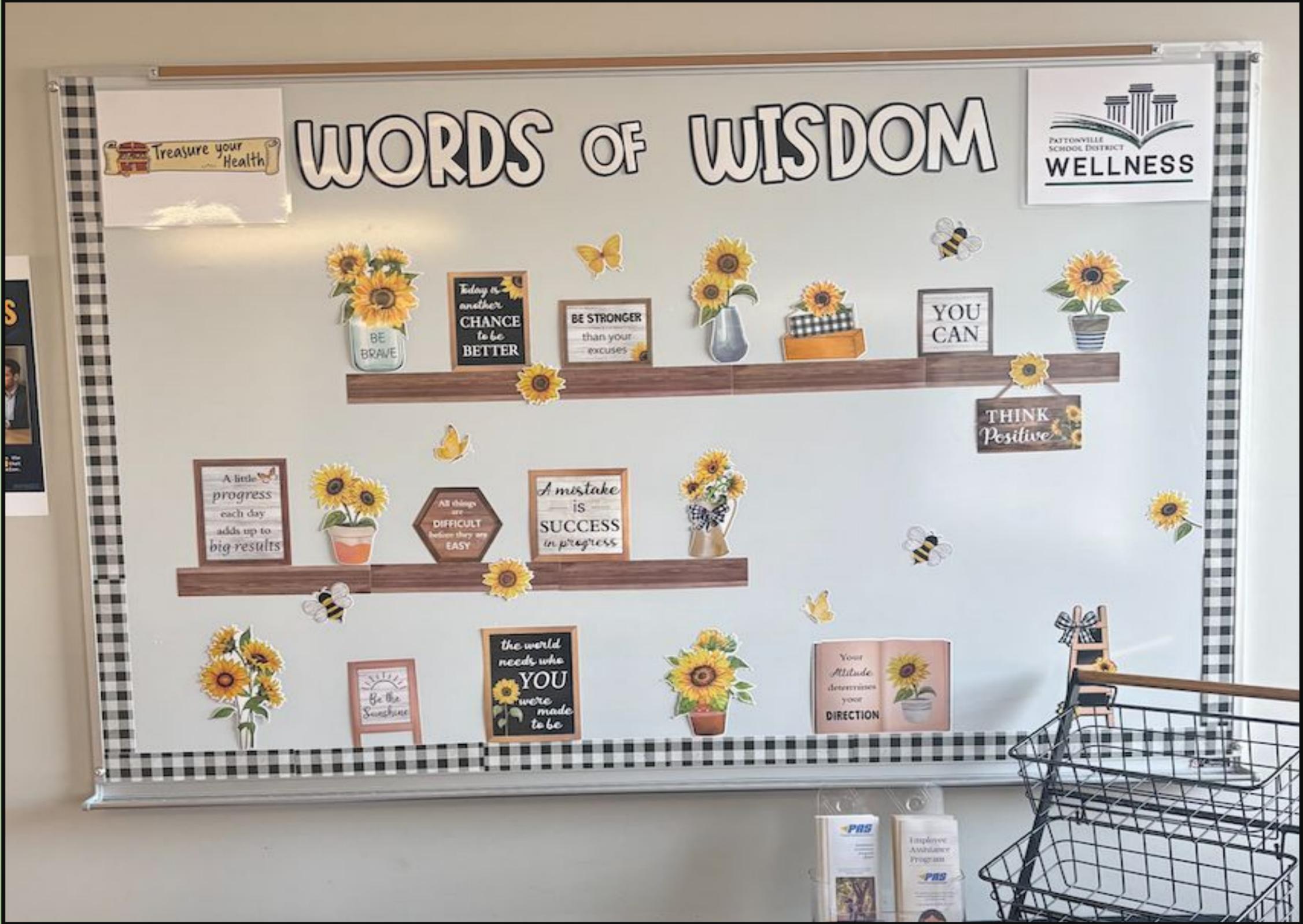
The FITNESS	The CAREER	The FAITH
The FAMILY	The FINANCES	The FRIENDSHIP



Hydration Stations



Staff Wellness Encouragement



Crunch Month

Last-minute rollout

Success story - Captains' impact on quick communication



EARLY CHILDHOOD WELLNESS CAPTAIN



Erica Abowitz, LCSW, RPT



Early Childhood Staff Wellness



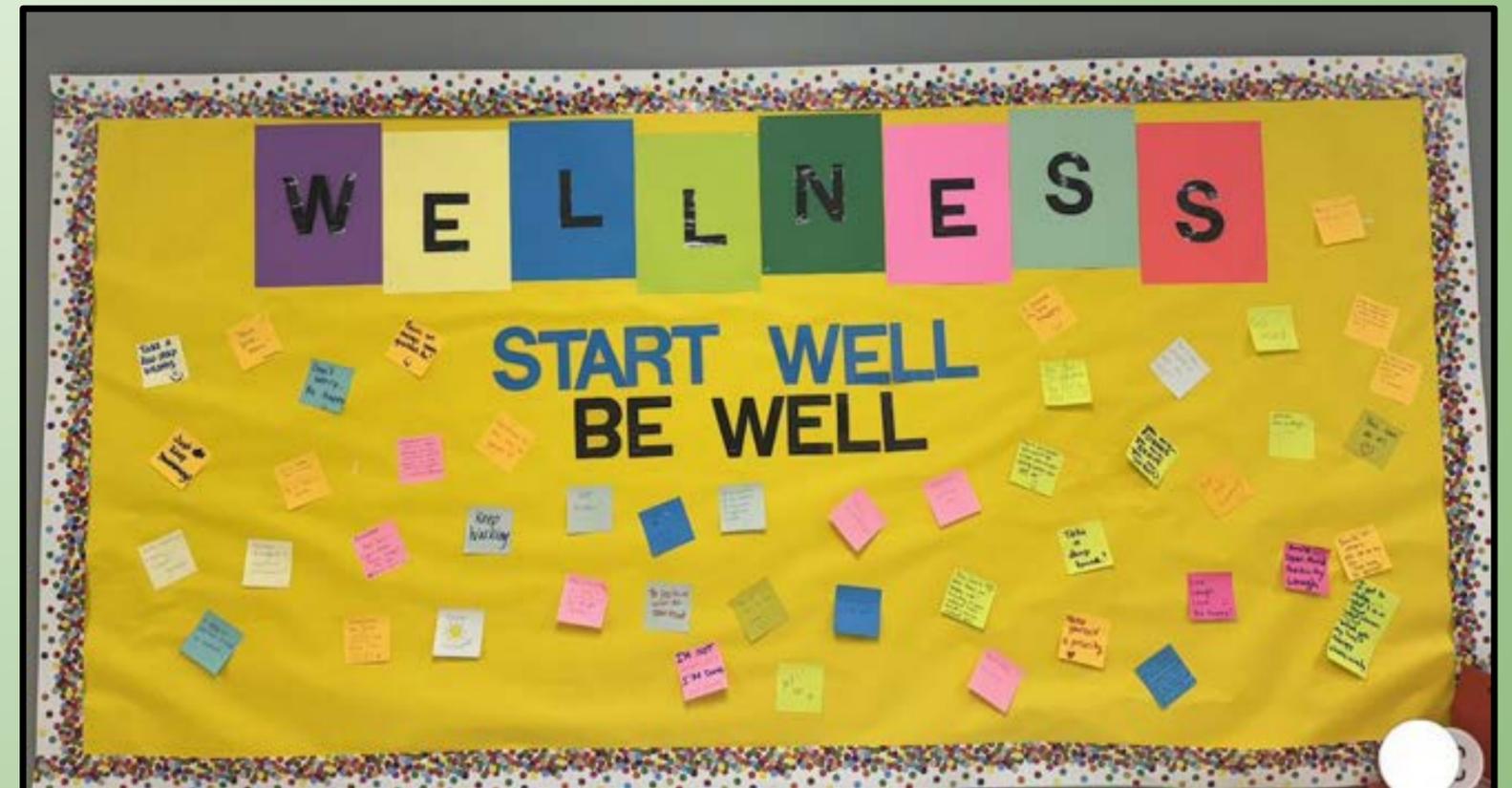
Zen Den

- massage chair
- semi private
- light therapy lamp
- books
- coloring
- mints



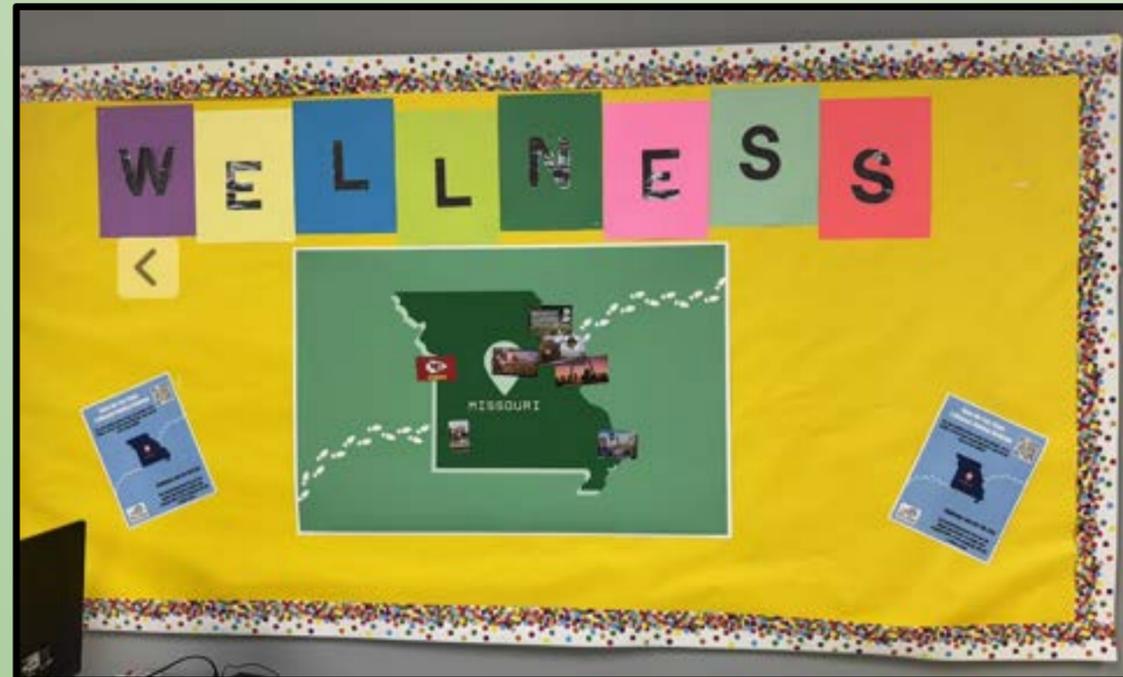
Welcome Back Board

- Guess Who?
- Start Well Be Well – Positive Intention



Early Childhood Staff Wellness

- Coffee, Cookies/Ice Cream, Walking, and More...



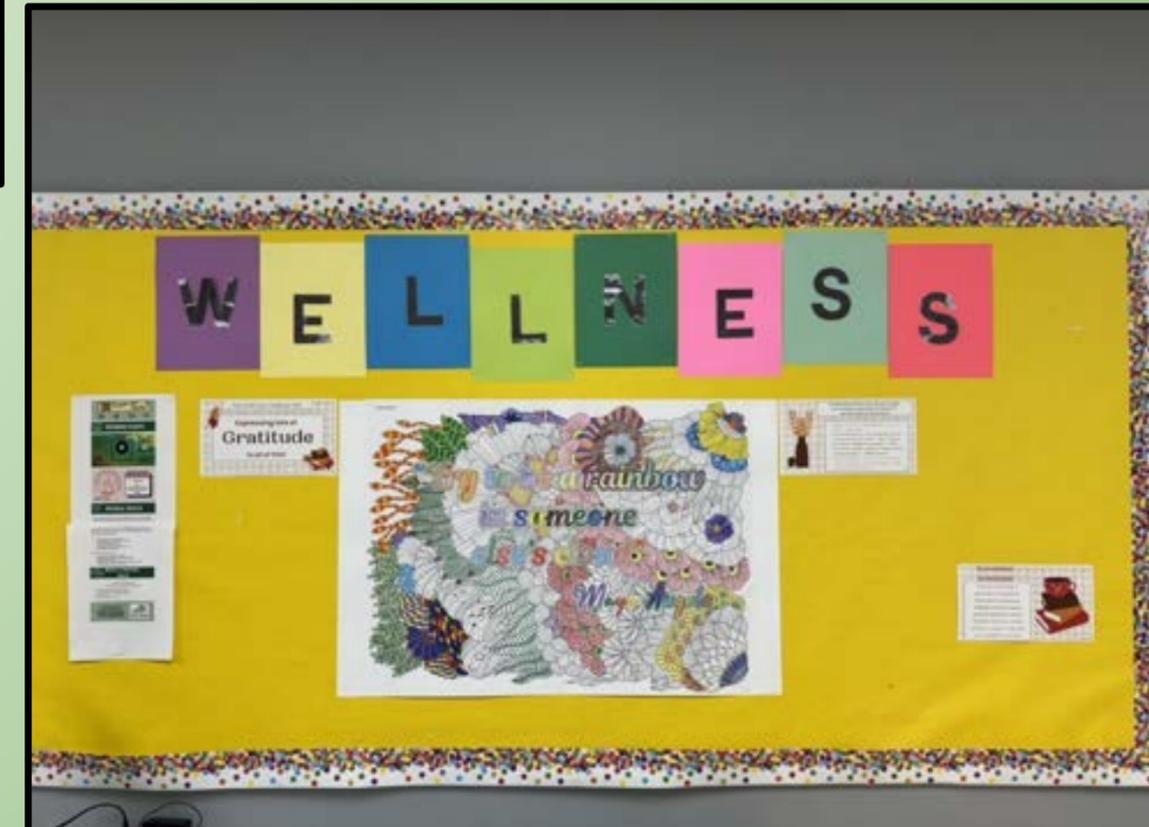
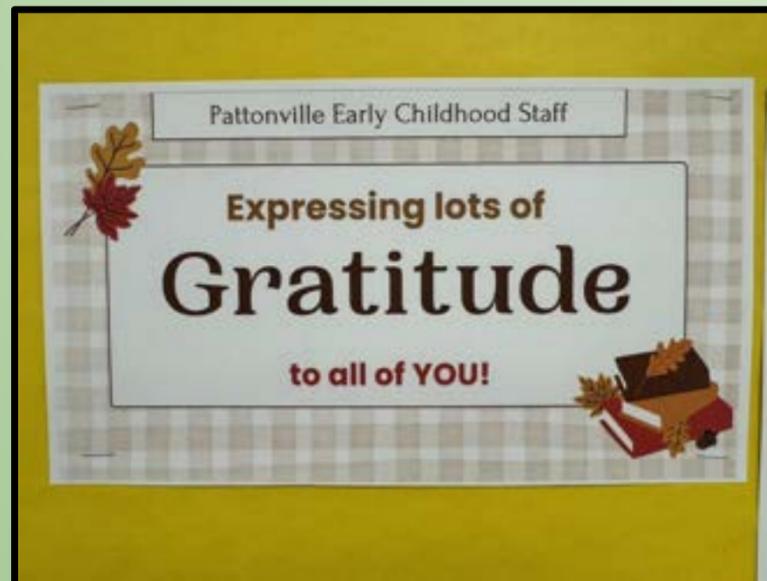
Early Childhood Staff Wellness

- **Magic Show** - 4 C's communication, collaboration, critical thinking, & creativity.
- **Laughter Yoga**

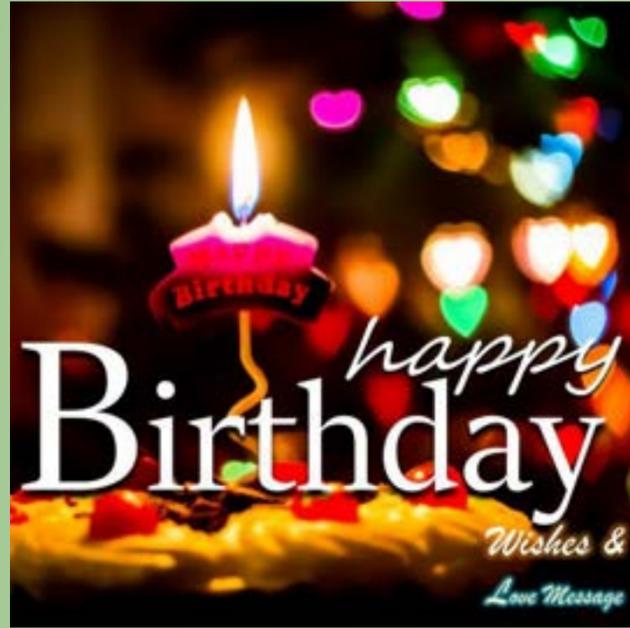


Early Childhood Staff Wellness

November Gratitude

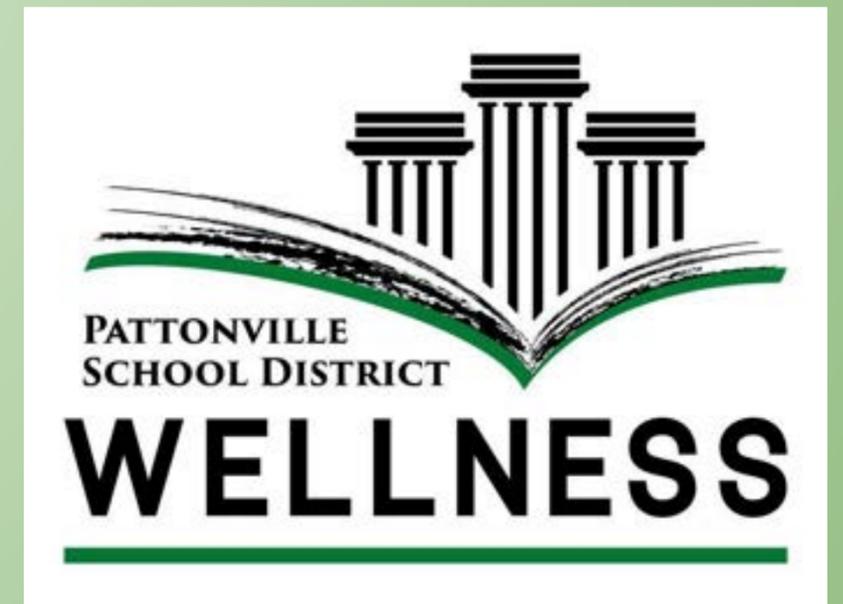


ACTIVITY BREAK



Hum Your Tune

Newsletter components



Monthly Newsletter components



PHYSICAL HEALTH



NUTRITION



FINANCIAL WELLNESS



**MENTAL & EMOTIONAL
HEALTH**



CYBER SECURITY



UPCOMING EVENTS



RESOURCES

**DISTRICT WELLNESS
PATTONVILLE SCHOOL DISTRICT
PATTONVILLE STAFF WELLNESS
STAFFWELLNESS@PSDR3.ORG**



Monthly Newsletter components

CYBER SECURITY

October is Cybersecurity Month!

Artificial intelligence tools have provided many valuable resources to help create great content. However, it has also led to new scams we need to be aware of. Use the resources below to learn more about these AI scams.

[Cybersecurity Case Files](#)

[Need to Know Newsletter: Become a Digital Detective](#)

RESOURCES

Schedule your Personal Health Assessment (PHA) today and take charge of your well-being!

[PHA Scheduler](#)

UPCOMING EVENTS

November
Financial Challenge

Best Money Moves has endless tools for whatever your financial goals are.

January
Mammo-gram-athon

Our annual Mammo-gram-athon will be held on January 2, 2026.

NUTRITION

Mindful Eating brings awareness to the body-related sensations and thoughts and feelings about food.

More principals for of mindful eating include:

- considering: where the food came from, how it was prepared, and who prepared it
- observing internal and external influences on how much we eat
- noticing how the food looks, tastes, smells, and feels in our bodies as we eat
- expressing gratitude for the meal
- thinking how our food choices affect our local and global environment

The video below discusses more principals and examples of mindful eating.

[Mindful Eating Video](#)

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Monthly Newsletter components



PHYSICAL HEALTH

As the days get shorter and the weather gets colder, hibernation might sound tempting. Staying active is one of the best things you can do for your immune system, energy levels, and mood. There are plenty of simple ways to keep moving throughout the season:

Ways to Stay Physically Active:

- Take a walk or go on a nature hike
- Wear layers to stay comfortable outdoors
- Try online workout videos
- Do chores that get you moving
- Walk laps at a mall if you can't go outside
- Try a new class at the gym

Benefits of Physical Activity:

- Improved mental health and mood
- Better thinking, learning, and judgement skills
- Stronger heart health
- Reduced risk of Type 2 diabetes and metabolic syndrome
- Stronger bones, joints, and muscles



MENTAL & EMOTIONAL HEALTH

5 Tips for Being Present, not Perfect During the Holiday Season

1. Avoid Comparing Yourself to Others
2. Emphasize Presence Over Presents
3. Recognize Your Mental Health Needs
4. Ask For Help
5. Practice Self-Compassion

[Click for a video with more information!](#)



FINANCIAL WELLNESS

Have you signed up for Best Money Moves yet?

Now's the perfect time—our District Financial Wellness Challenge kicks off this November!

Best Money Moves provides benefits like:

- A budget tool to spot overspending
- Calculators for saving, debt payoff and more
- A library of 1,000+ financial resources
- Step-by-step guides for milestones like buying a home or car, refinancing, or growing savings

[Sign Up for Best Money Moves here](#)

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Staff Wellness Website





Your Take
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Questions



Contact Information:

JoAnn Greenwell jgreenwell@psdr3.org

Erica Abowitz eabowitz@psdr3.org

References

- [Pattonville Staff Wellness website](#)
- [Gateway Business Health Coalition](#)
- [World Health.Net](#)
- [Gallup – K-12 Workers Have Highest Burnout Rate in US](#)
- [Overworked and Undervalued: Retaining Top Educators](#)
- [Emma Klues – Laughter in the Lou](#)
- [Magic Amanda](#)