

## Wellness Coach - Extracurricular Contract

Title: Wellness Coach

Location: As listed on posting

Reports To: Rhonda McCoy (Alliance for Healthy Generation programs), Tim Stewart (PEIA)

Employment Term: Current Calendar School Year

Salary: \$600; Paid 40% in December, 60% in June

### Purpose:

Studies have shown workplace wellness programs significantly improve long-term health, reduce absenteeism and health care costs, minimize job-related accidents and improve employee morale. A Wellness program could make your school a healthier and more productive environment for faculty and students.

### Qualifications:

1. Preference for individuals who have previously been assigned wellness responsibilities at the school level.
2. Must be a professional employee who is employed at the school/facility site.

### Responsibilities:

1. Must organize, implement, and document a minimum of 3 wellness activities during the school year. One must be a PEIA Pathways to Wellness Program for employees and the other two must be student related activities. Student activities may be held in conjunction to P.E./Gym, Cafeteria nutrition programs, or school environment related. Wellness coaches will be give information outlining various wellness activities at the beginning of the school year.
2. Must schedule and coordinate a PEIA Pathways to Wellness Health Fair at the school site. This will consist of coordinating a date and time with the Principal and PEIA, posting information about the health fair, and coordinating times for individual screenings (sign-up sheets).
3. Must attend a minimum of 4 wellness council meetings throughout the school year. Wellness councils will be determined by the principal and may be added to an existing council such as LSIC. During this meeting, the wellness coach and wellness council will review/select potential wellness activities. These meetings will take place at the school.
4. Must attend 3 meeting with representative(s) from "Alliance for a Health Generation". Potential wellness activities will be presented to you at these meetings. Meetings

will last approximately one hour and will be held at the Central Board Office outside of regular school hours.

5. Must complete and annual Healthy Schools Inventory and submit to Food Services Department by the last day of the school calendar year.

6. Minimum of 20 hours.