



GOAL: TISD will provide an environment that values, provides and promotes options that are capable of producing health and well-being for everyone.

Departments	2017-2018	2018-2019	2019-2020	2020-2021
Goals & Objectives	Develop and complete TISD wellness needs survey Use data to develop program goals and plan	Implement plan Revise plan based upon evaluation	Revise plan based upon evaluation	Revise plan based upon evaluation
Health Services	<p>Provide immunizations, glucose, cholesterol screenings at EIE Special Health Topics for Community i.e. Diabetic Education Seminar, future topics</p> <p>Communicate wellness tips inc. website, newsletter (Know Your Numbers), reminders and Skyward reminders/info</p> <p>Provide hands only CPR training for staff</p> <p>Train staff as CPR instructors- Thomas Pechal</p> <p>October 14 Immunization</p>	<p>Expand immunizations for staff</p> <p>Hep B Immunization Clinic</p> <p>Wellness Fair expansion</p> <p>CPR Hands Only/Stop the Bleed expansion/identification</p> <p>AED for Dummies</p> <p>Pre- and Post Assessment via SHAC</p> <p>Next Year Planning via SHAC</p>		

	<p>Drive Thru Meet school requirements for student immunizations – Earlier notification of possible removal from school. Explore the possibility of HEB coming to campuses to administer the flu vaccine to students, both insured and uninsured</p>			
School Nutrition	<p>Healthy Snacks For TISD Staff</p> <p>Teachers/Staff Lunches</p> <p>NutriSlice APP inc pictures of the items served and nutritional value information – Done December!</p> <p>PK Nutritional Training Monthly Carvings – Done November!</p> <p>Intern? Faculty Lunch & Learn – Pilot (Thornton)</p>	<p>Healthy Snacks For TISD Staff</p> <p>Establish 1 community garden at a campus – Ag. Ext. Services TARGET? Pilot? School/Community Garden? WAEP or M-D</p> <p>TV monitors in lunch lines with NutriSlice Info on them</p> <p>Healthy Cooking Pilot @ New Year’s</p>	<p>Healthy Snacks For TISD Staff</p> <p>Expand community gardens to a 2nd campus</p>	<p>Healthy Snacks For TISD Staff</p> <p>Expand community gardens to a 3rd campus</p>
Human Resources	<p>Wellness Kick Off Program</p> <p>403B Fair</p> <p>Open Enrollment</p> <p>Tel-A-Doc</p> <p>Expand Perks for Paws –</p> <p>Housing Opportunity Discounts – Legacy Landing</p>	<p>Sustain Open Enrollment</p> <p>Tel-A-Doc</p> <p>Perks for Paws</p> <p>Temple Public Library Cards</p> <p>TLC Expansion to summer program and</p>	<p>Sustain Open Enrollment Tel-A-Doc</p> <p>Perks for Paws</p> <p>Temple Public Library Cards</p> <p>TLC</p> <p>Health Savings Acct.</p>	<p>Sustain Open Enrollment Tel-A-Doc</p> <p>Perks for Paws</p> <p>Temple Public Library Cards</p> <p>TLC</p> <p>Health Savings Acct.</p>

	<p>AZRA</p> <p>H&R Block</p> <p>Implement Temple Public Library Cards (Texas Share Program)</p> <p>TLC Expansion</p> <p>Health Savings Acct.</p> <p>Wellness Brand Development</p> <p>Rejuvenation Camp</p> <p>Healthy Wage \$70 per person – Competition - \$10,000 cash prize - Amy</p> <p>Mini Workshops w/ BSW</p> <p>Dec. Maintain No Gain</p> <p>Lactation Designation Areas- Amy</p> <p>TX A&M Agri Life Cooking - Class on Oct. 3 @ THS</p> <p>Fitness Council w/ a Fitness Day for 200 students (discuss during a SHAC mtg.)</p> <p>Payroll Deduction - Gym Memberships</p> <p>Anthony Chiropractic</p>	<p>also during the year Health Savings Acct.</p> <p>Lactation Station Plan</p> <p>Free will writing services</p> <p>Calendar of all wellness events</p> <p>Wellness Champions on ea. campus</p> <p>Wellness Newsletter</p> <p>Health and 403B Fair</p> <p>Rejuvenate program continuation</p> <p>Attendance at Extension Svcs. Wellness Plan Training</p> <p>Wellness Survey</p>	<p>Implement lactation/wellness stations at 2 campuses</p>	<p>Lactation stations expansion</p>
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	BS&W – On-site family clinic			
Physical Education	<p>Healthy Concessions with Brand</p> <p>Cross Fit in PE Classes @ THS</p> <p>PE webpage with all campus PE activities on 1 site</p> <p>Promote 30 day challenges for students</p>	<p>Cross Fit goes to MS's Add TV monitors at concessions with menu and healthy snacks</p> <p>Work on a fine arts summer school class like STOMP. PE and F. Arts credit?</p>		
Other	<p>Develop incentive program Big Blue Wave (BBW)</p> <p>CISM Training and Back-Up</p> <p>Intra-Net</p> <p>Voter Registration Campaign-Robin</p> <p>Mayor's Fitness Council</p> <p>Texas AgriLife Classes</p> <p>Maintain/No Gain for the holidays</p> <p>Walk Across Texas in January</p> <p>BSW as a partner in developing a 12 month program for staff based upon survey</p> <p>Establish guidelines for pets in the workplace</p>	<p>Implement incentive program</p> <p>Look at possibilities of an EAP</p> <p>BBW</p> <p>Intra-Net</p> <p>Include a health tips/upcoming events on the back of the main restroom faculty doors</p> <p>5 minute wellness video</p>	<p>Sustain incentive program Implementation of an EAP</p> <p>BBW</p> <p>Intra-Net</p>	<p>Sustain incentive program Sustain an EAP</p> <p>BBW</p> <p>CISM Training</p> <p>Intra-Net</p>
Student Counseling	5 min wellness video	211 Resources	211 Resources	211 Resources

	<p>CARE Network Contact list</p> <p>Add 211 Resources</p> <p>Stress reduction for staff i.e. Mindfulness pilot program at WH</p> <p>No Place for Hate: Anti-Defamation League Sept is Suicide Awareness Month – Tell Someone Campaign inc. bookmarks, wristbands for secondary students</p>	<p>No Place for Hate</p>	<p>No Place for Hate</p>	<p>No Place for Hate</p>
<p>Plant Maintenance</p>	<p>Safety Audit Completed</p> <p>Mileage Markers for Walkers – for BBW</p> <p>Indoor air quality training</p> <p>AC filters changed more often Bi-polar ionization – scrubs the existing air. Pilot program. Begin retrofitting other campuses if successful.</p> <p>Discuss setting up a wellness center for staff at old Thornton campus.</p>	<p>In new buildings and some targeted bldgs.</p> <p>Have wellness rooms, can be used for lactation rooms</p> <p>Mileage markers on TISD walking trails w/ logo</p> <p>Facilities/Air Quality Audits</p>		<p>Safety Audit Completed</p>



EMPLOYEE WELLNESS INCENTIVE PROGRAM

TEMPLE
WILDCAT Wellness

Activity	Points	Proof
Flu Shot	5	
Tetanus Shot	5	
Glucose Screening	5	
Cholesterol Screening	5	
Eye Exam	5	
Give Blood	5 for each time given	
Exercise ___ minutes per week	5 points for each wk completed	
Lose weight		
Stop smoking		
Blood pressure checked (normal?)		
Attend a Wellness Workshop		
Monthly challenge participation		
Attendance		
Exercise		
Attn @ District Wellness Activities		
Mental Hlth?		
5 min TISD wellness video		
Mile markers		
Counting steps		