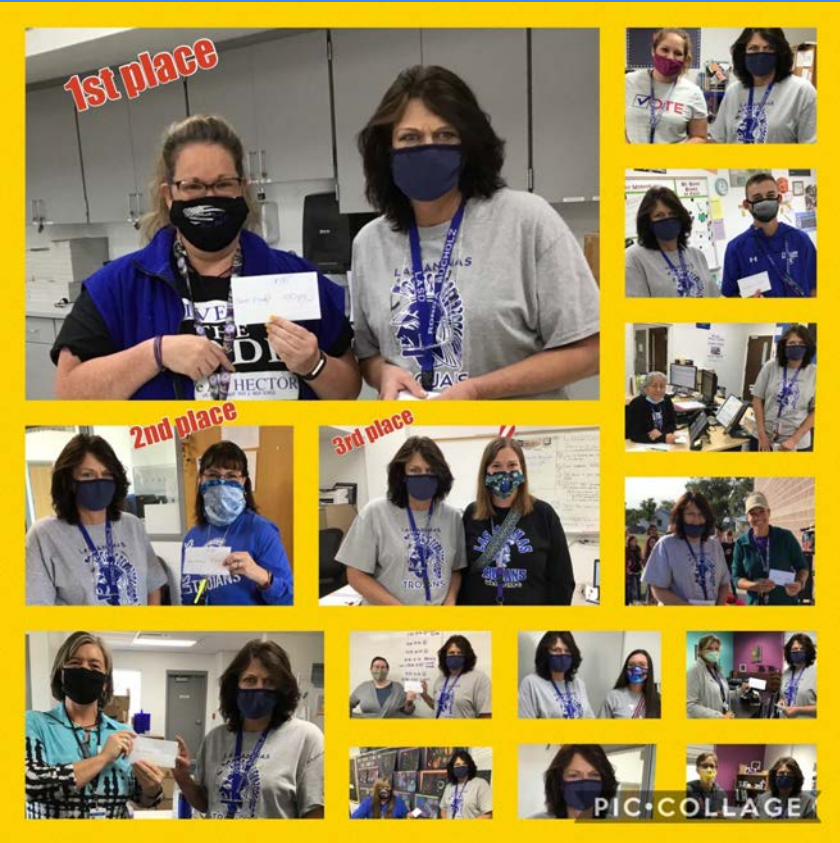
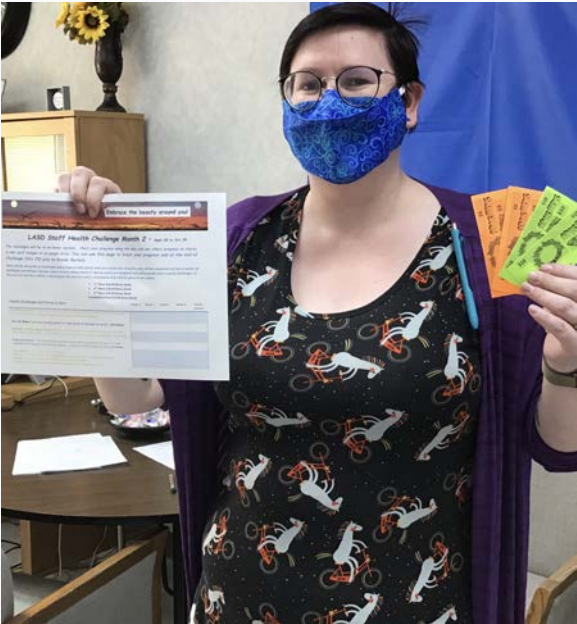




Las Animas School District

Staff & Student SEL

Monthly Staff Health Challenge



HECTOR/PRIDE Staff Check-ins

1 | What it is

The counselors in each building meet with the staff member one on one and complete a form while talking. We have decided to do it tri-annually: September, December, and April. Health Grant money has been used to help support the process.

2 | Questions

The questions were chosen by the counselors from a list provided by GSN for Principal check-ins. A Google form was then put together for each counselor to use.

3 | Results

- 83% of staff chose to participate district-wide
- Increased staff self-awareness
- Staff use of school counselors increased
- Areas of celebration and needs were identified for the district and each building

Food Pantry

School Food Pantry

*****NEW HOURS*****

Every Monday-As long as the food is available

4:00-6:00 p.m.

On the East Side of High School Small
Garage Door (Between Ag Building and
Gym)

*Providing students and their household families with
supplemental nutrition*

Not Income Based All Welcome

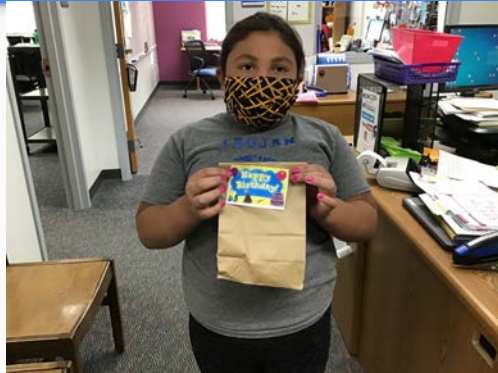
- Confidentiality of clients will be maintained as much as possible.
- If you do not have access to transportation and need this supplemental nutrition please contact us.

If you have questions please email Ronda
Bucholz: Health@la-schools.net

Alternative Seating for the classrooms



Celebration of Birthdays!



Update teacher's lounge & provide healthy snacks & tea & coffee and refrigerators!



Backpack food program

Backpacks are sent home with students in the program on Thursday with supplement food for the weekend.



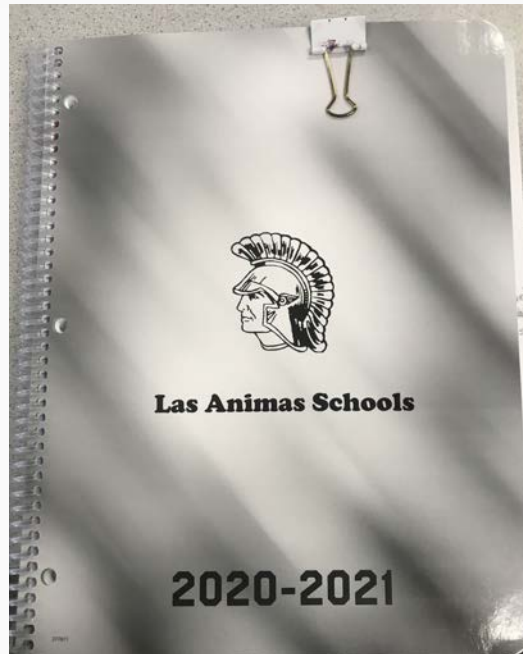
New desks for students & standing desks/storage for staff!



New Chairs & Rugs for the Jr/Sr High Library



T-shirts & Planners for staff & students!



Water Bottles/water fountain bottle fillers!




Health & Wellness Money was used to add a healthy snack to the afternoon snack of fruit or veggies for students



STAFF SELF CARE BINGO!

Self Care Blackout!

Beginning, Monday, November 30th take some time to take care of your SELF. During the week track your progress. Once you blackout your card, return to your building administrator for a nice Self Care Prize!

	C	A	R	E
S	Take a TRUE lunch break	Call and Check on a staff member in another building	Drink 1/2 body weight in water (oz)	Take a walk around the school (outside)
E	Give Gratitude! (Pride or LA Note)	Grab a snack out of the Teacher's Lounge	Wear your mask when other are around	Work on Top/Stay at home on the bottom (Tuesday)
L	Leave school before 5pm	Share a celebration with another staff member	Check on someone in your building	Listen to your favorite song
F	Wash your hands or use sanitizer	Stretch for 3 minutes or Meditate for 10 minutes	Eat a piece of fruit	

Don't forget that this week we are celebrating SELFcare!!! A bingo card is in your box and is also in last week's Tuesday's Thoughts. Tuesday is going to be especially fun with our staff dress up day (See EE in on the bingo card) and I can't wait to see what you come up with. :)

Prizes are set out to view in the South Hallway. I will also be drawing names each day from the LA notes jar and give someone a special gift. When entering names, please add your name to the bottom. For example: If I give an LA Note to Ms. Waring...I will put Susan and below write my name.

At the end of the week, those who have completed a BIAcKoUt will get to pick a prize from the table. Have fun, take care of yourself and let me know if you have any questions.--



Maintaining “Staff Connections” During Covid

CIRCLE TIME OUTSIDE FOR STAFF TO CONNECT



TEAM 20'S

COHORT GROUPS FOR STAFF
MEETINGS/ACTIVITIES:

