

# WELLNESS CHAMPIONS

FREEPORT SCHOOL DISTRICT WELLNESS PROGRAM

## WHAT DOES IT MEAN TO BE A CHAMPION?

- COMMUNICATOR
- ENCOURAGER
- RELATIONSHIP-BUILDER
- ADVOCATE



### Who is my Wellness Champions?

Amber Baker

### What is her role?

**Communicator** - The go to person about the FSD wellness program. Answering questions such as, "Where do I turn in my challenge documents?" or, "Do you know where the wellness seminar is?"

**Encourager** - There to cheer me on!

**Relationship Builder** - Encouraging us as a building to share our hobbies and passions, and connect with others, such as group bike rides, crafts, mindfulness meditation, walking groups, fruit and veggie days, etc.

**Advocate** - Provide staff meeting reminders and/or notices posted in staff areas.

### What she isn't?

Expected to organize **your** group activity.

Collect paperwork/record and monitor points. These should always be sent to **health@fsd145.org** or submitted through the Google form.

<https://forms.gle/66Q1J7NNRGPPrDFUV7>

**We climb the heights of mountains... TOGETHER!**