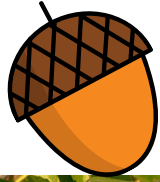
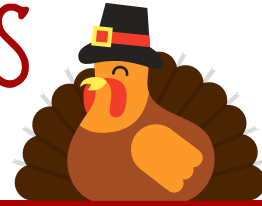


HEALTHY LIVING NEWSLETTER FOR SCHOOLS



November 2020



SCHOOL EMPLOYEE WELLNESS PROGRAM

Does your school have an employee wellness program? If not, you should consider creating one! Making sure your staff have good physical and mental health is important not only for them, but it can also affect students' health and academic success! Starting a wellness program at your school is easy and the Salt Lake County Health Department is here to help; and it's completely free! Wellness programs can help improve staff productivity, decrease absenteeism, and decrease health care costs. For more information on the benefits of having a wellness program and for inspiration on how to get started, please visit [this website](#) or reach out to us at healthpromotion@slco.org.

PLAYWORKS AT HOME TOOLKIT

Playworks is a nonprofit company that supports learning and physical health. Playworks developed some free materials to share with families to promote physical activity and social learning at home during this time of COVID-19. Some of the games also meet the CDC recommendations, factoring in social distancing, and limited play equipment. Take a look at the attached document and use the game ideas at your school and/or share with the parents.



FREE FLU SHOTS!

Salt Lake County Health Department is distributing FREE flu shots! It's more important than ever to get your shots this year! Please provide this information to parents and students! For more information on when and where they are offering them, [visit here!](#)