

School system earns recognition for promoting wellness at work

Posted by [TBN\(Staff\)](#) On 06/03/2019

June 4, 2019 - Charles County Public Schools (CCPS) reached the bronze level in the Healthiest Maryland Businesses (HMB) Wellness at Work awards. HMB is a statewide initiative through the Maryland Department of Health that supports and promotes wellness in the workplace.

"A healthy workforce is a productive one," Superintendent Kimberly Hill said. "By supporting healthy lifestyle choices and providing weight management and fitness options for employees, we believe the long-term effects will benefit CCPS and its staff."

The CCPS wellness initiative includes an at-work Weight Watchers program for employees and their families, and emails highlighting health-related topics sent each month to employees with information about the flu, skin cancer, physical activity, sleep and other topics. Earlier in the year, four Webinar Wednesdays were offered covering topics such as diabetes awareness, raising healthy children, brain health and creating a work-life balance.

Healthy cooking classes taught by the culinary arts instructor at North Point High School are offered to CCPS employees on a first-come, first-served basis and immediately fill up with a waiting list. A produce stand was open during summer and fall at the Jesse L. Starkey Administration Building to allow employees and visitors an opportunity to purchase locally-grown produce. The stand re-opened this month.

Fitness classes were offered in spring and fall 2018 with 223 participants in the fall and 244 in the spring — an increase of almost 10 percent. Classes were offered again in Spring 2019. The Keep Well Program partners with CCPS to provide discounted World Gym memberships to employees. Participation among CCPS employees and their families jumped by 15 percent in the 2018-19 school year from 310 participants to 356. Future plans include a CCPS 5K race slated to be held in the fall.

Award recipients will be recognized June 7 at the 10th annual Worksite Health and Wellness Symposium in Baltimore.

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