

## PROGRESS TO DATE

Seine River School Division believes in Health and Wellness. The Committee was established to represent ALL employees of Seine River School Division. We are tasked to first find out what health and wellness issues are affecting Seine River School Division employees (do an employee needs assessment) and then create programs that target and support these areas.

We could copy a program someone else has rolled out, but this may or may not meet your needs and impact on your general sense of well-being. We want to determine what Seine River School Division's unique needs are.

The Committee explored consultants who could lend their expertise in surveying you to determine what YOUR NEEDS are. The Committee heard

presentations from:

Wellness Checkpoint  
Rice Financial  
Wellness Institute  
MTS Disability Plan

The Committee selected the Wellness Institute at Seven Oaks General Hospital. They have a proven CONFIDENTIAL survey, guarantee your privacy and confidentiality, and have experience delivering the survey and implementing practical programs to address employee needs.

Our timelines will be tight to meet our commitment for June 2005. Once you hear their information session, planned for February 25<sup>th</sup> and 28<sup>th</sup>, the Committee will be working hard to finalize arrangements for the Wellness Institute to join you at your schools, answer any questions you may have, and complete the ½ hour survey.

The Wellness Institute will collect the surveys, guaranteeing your privacy and confidentiality. It will take 6 weeks from the date the last survey is collected to compile the data and analyze the results. Should any information threaten your privacy and confidentiality, the Wellness Institute will NOT share it.

The results will help us identify health and wellness issues affecting Seine River School Division staff. We can then work with the Wellness Institute to come up with programs to support your health and wellness. It won't happen all at once! We will try some programs, do the survey again, and see if we are meeting your needs. We will continue to check up on the health and wellness of Seine River School Division employees.



### Committee Members

- Dan Lemieux
- Bruce North
- Doug Proch
- Simon Laplante
- Helen Grandmont
- Susan Lepage
- Robert Rivard
- Odette Labossiere
- Roy Seidler

This is not a one time event. We are committed to continue to work with you to achieve health and wellness. We will measure our program(s) successes and adjust the recipe to achieve the maximum results – improved health and wellness for ALL employees.