

CPSC Wellness Policies

- **Beverages provided by CPSC at all agency sponsored events and meetings will not include sugar loaded drinks and always include water as an option.**
Social, Emotional, Physical wellness
- **Food provided by CPSC at all agency sponsored events and meetings will be composed of healthy items.**
Social, Emotional, Physical wellness
- **Teachers will connect with children through active play.**
Social, Emotional & Physical wellness
- **Teacher's should model healthy eating around children**
Social, Emotional, Environmental wellness
- **Teachers will be encouraged to leave our work stations during lunches and breaks.**
Emotional, Social & Environmental wellness
- **Include inspirational messages/Funny stories in monthly staff meetings**
Social, Emotional, Spiritual wellness, Occupational wellness
- **Help our colleagues acknowledge the positive in their lives.**
Social, Emotional, & Spiritual wellness
- **Encourage our staff to attend workshops & then they return and share what we learned.**
Occupational, Social, & Intellectual wellness
- **Encourage our staff to continue their education and their degree.**
Occupational, Social, & Intellectual wellness
- **CPSC will encourage movement throughout the staff's workday (i.e. facilitate walking groups).**
Social, Emotional, Spiritual, Environmental, & Physical Wellness