

# Intradistrict Communication

DATE: August 21, 2025

TO: All Administrators

FROM: Michael Anderson, Associate Superintendent  
Travis Hamblin, Director of Student Services  
McKinley Withers, Health and Wellness

SUBJECT: 2025-26 Employee Wellness Representatives

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Each school or department is invited to select an employee wellness representative! **The Employee Wellness Representatives will support faculty/staff wellness efforts within your schools.**

**Action Items for administrators:** Please [nominate](#) your Employee Wellness Representative for the 25-26 school year!

## Employee Wellness Representatives Duties include:

- Attending virtual trainings, which will be offered at 3:15 and 4:15PM for each of the following dates. Employee Wellness Reps can choose one of the two listed sessions at either time on: 9/16 or 9/18; 10/14 or 10/16; 11/18 or 11/20; 1/13 or 1/15; 4/14 or 4/16.
- Learning emotional regulation and stress management strategies for educators
- Enhancing connection with colleagues and District wellness specialists
- Promoting wellness initiatives within your school or department
- Modeling holistic wellness for your school community

## Steps to having an Employee Wellness Rep for your school or department:

1. Consider the following:
  - a. School Employee Wellness Reps must be licensed, non-administrative staff members who are eligible for the \$500 stipend. **We recommend using a non-mental health team staff member who is also on a leadership team or social committee at your school.**
  - b. Department Employee Wellness Reps can be any individual who represents wellness for the employee group. Though department employee wellness reps may not be stipend-eligible, we hope that directors will allow reps to fulfill their duties as part of their work schedule.
2. Principal and directors nominate **ONE** employee wellness representative for each school or department using this [form](#).
3. Support your Wellness Rep throughout the year as the work to enhance your school or department!