



# *Live Well*

2020-2021

**Wellness Journal**



**A YEAR FROM NOW,  
YOU'LL WISH YOU  
HAD STARTED  
TODAY.**



This journal belongs to:

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# *What is Live Well?*

Staff wellness is an area of focus for Northwest School Division. The Live Well campaign is about promoting and supporting physical, mental and spiritual wellness for all members of #teamNWSD.



To Live Well can mean something different to each person, as we are all on different wellness journeys. Wearing a bracelet can be a reminder to focus on your journey, show your intentions, and let others know that you are making your personal wellness a priority.

Let's support one another and help each other to Live Well.

# *Message from the Director*

Thank you to all the staff who participated and helped to make our first Live Well year a success.




Looking forward to the new school year and the challenges it will bring, it is more important than ever that we each take time to support our personal wellness.

I hope you will find something within the slate of Live Well activities and events throughout the year to engage with, both individually and with your fellow staff members.

Let's build on our successes from last year, and continue to support each others' wellness journeys.

Duane Hauk  
Director of Education



You are never  
too old to set a  
new goal or to  
dream a  
**NEW DREAM.**

C.S. LEWIS

# MYWELLNESS GOALS

Use this space to set intentions for the 2020-2021 school year. Consider your physical, emotional and spiritual well-being.

1

2

3



ENTER TO WIN THE GOAL SETTING PRIZE!

I, \_\_\_\_\_, created 3 wellness goals.

Submit entries to the Meadow Lake Office by Sept. 25 through inter-office mail, or enter the draw online in our Live Well portal.





# Live Well

SEPTEMBER

THEME:

*Get Moving*

ACTIVITY:

*Step Challenge & Virtual Run*

OCTOBER

THEME:

*Harness Your Hobby*

ACTIVITY:

*Take time for your hobby*

NOVEMBER

THEME:

*Nutrition*

ACTIVITY:

*Share your favourite recipe  
Water drinking challenge*

DECEMBER

THEME:

*Stress Management*

ACTIVITY:

*Connect Four*

JANUARY

THEME:

*Active Living*

ACTIVITY:

*Wellness BINGO*



# YEAR PLAN

THEME:

*Expand Your Knowledge*

ACTIVITY:

*Share a fav!*

FEBRUARY

THEME:

*Sleep*

ACTIVITY:

*Sleep Diary*

MARCH

THEME:

*Mindfulness*

ACTIVITY:

*Explore a Mindful Activity*

APRIL

THEME:

*Outdoor Fun*

ACTIVITY:

*Share a pic enjoying the outdoors  
Step Challenge & Water Challenge*

MAY

THEME:

*Thanks & Gratitude*

ACTIVITY:

*3 things I'm grateful for*

JUNE



**SEPTEMBER  
GET MOVING**

## Activity: Step Challenge

September 14 - September 20

Participant Name: \_\_\_\_\_

Daily Step Goal: \_\_\_\_\_

Write step total for each day:

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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SEPT 14

SEPT 15

SEPT 16

SEPT 17

SEPT 18

SEPT 19

SEPT 20

Total Steps for the Week: \_\_\_\_\_

Prizes: Participation - \$100 Gift Card lululemon  athletica

Most Steps - \$100 Gift Card 

Submit your entry by taking a picture of the challenge page and emailing it to [kaitlin.harman@nwsd.ca](mailto:kaitlin.harman@nwsd.ca)

OR

Complete the entry form in the Live Well portal.

## Activity: Virtual Run (2, 5 or 10km)

September 21 - September 27

Participant Name: \_\_\_\_\_

Prizes: Participation - \$100 Gift Card 

Submit your entry by taking a running selfie and emailing it to [kaitlin.harman@nwsd.ca](mailto:kaitlin.harman@nwsd.ca)

OR

Share your selfie on Social Media with #nwsdfit

Distance: \_\_\_\_\_ Time: \_\_\_\_\_



**OCTOBER  
HARNESS  
YOUR HOBBY**

*Activity: Take time for your hobby*

October 5 - 23

Prize: \$100 towards the class of your choice

Submit your entry by taking a hobby selfie and emailing it to [kaitlin.harman@nwsd.ca](mailto:kaitlin.harman@nwsd.ca)

OR

Share your hobby selfie on Social Media and tag @northwestsd203 on Twitter or @nwsd203 on Instagram

OR

Submit the entry form

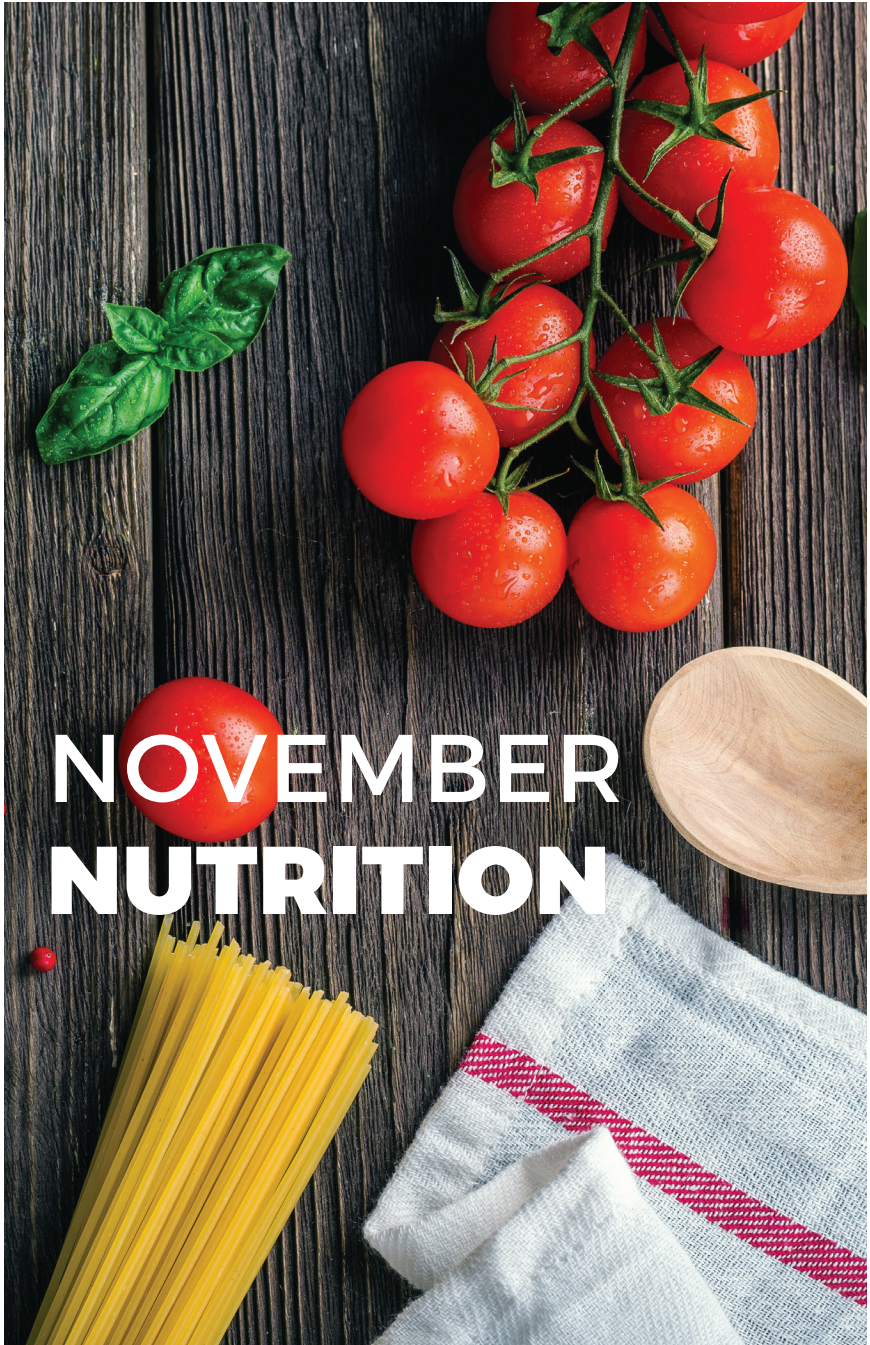


**ENTER TO WIN THE HOBBY PRIZE!**

I, \_\_\_\_\_, tried a new hobby, or revisited an old hobby.

Hobby: \_\_\_\_\_

Submit entries to the Meadow Lake Office by Oct. 30 through inter-office mail.



**NOVEMBER  
NUTRITION**

# Activity: Share your favourite recipe

November 2 - 20

Prize: Gift Card for HelloFresh



Submit your recipe by email to [kaitlin.harman@nwsd.ca](mailto:kaitlin.harman@nwsd.ca)

Entries must include ingredients, preparation instructions and a picture.

Recipes will be included in our NWS D Cookbook.



# WATER CHALLENGE



Health Canada recommends Canadians make water their drink of choice.

A common recommendation is to drink six or eight 250 mL (8 fl oz) glasses of water every day. But some adults may need more or less, depending on how healthy they are, how much they exercise, and how hot and dry the climate is.

You may sometimes need to drink more water than usual if you:

- Exercise intensely, especially in a hot climate.
- Are sick, such as with the flu, or have a health problem like a urinary tract infection.
- Are pregnant or breastfeeding.



# Activity: Get Your Daily Water Intake

November 23 - 29

PRIZE: \$100 Gift Certificate to a Local Business of the Winner's Choice.


The prize is for participation. Track your daily water intake on the form. Each glass represents 8 oz. Colour in the glasses as you drink your water.

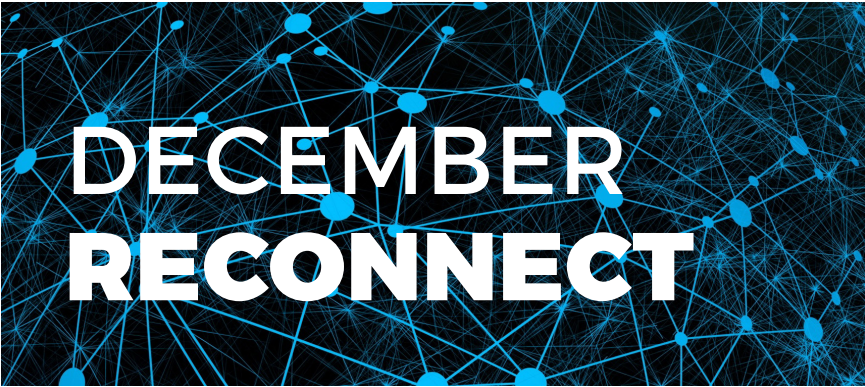
Scan and email your form (or snap a pic) to kaitlin.harman@nwsd.ca by December 1.

Participant Name: \_\_\_\_\_

School/Office: \_\_\_\_\_

I will drink \_\_\_\_\_ glasses per day.

Monday Nov 23										
Tuesday Nov 24										
Wednesday Nov 25										
Thursday Nov 26										
Friday Nov 27										
Saturday Nov 28										
Sunday Nov 29										



# DECEMBER RECONNECT

*Three Ways I Will Manage Stress:*

1

2

3



DECEMBER ACTIVITY FORM

I, \_\_\_\_\_, outlined 3 ways to manage stress.

Submit entries to the Meadow Lake Office by Dec. 18 through inter-office mail, or enter the draw online in our Live Well portal.

# Activity: Connect Four

December 1 - 11

December can be a stressful time in the lives of educators, with so many activities and responsibilities demanding attention.

In addition to reflecting on the ways you manage stress, reconnecting with friends and loved ones can help to lessen the burden. Who are you checking in with?

Make a run of FOUR with your check-ins and enter to win a prize that supports a local business in your area.

Submit entries to [kaitlin.harman@nwsd.ca](mailto:kaitlin.harman@nwsd.ca) by December 18.

Participant Name: \_\_\_\_\_





# Activity: Wellness BINGO

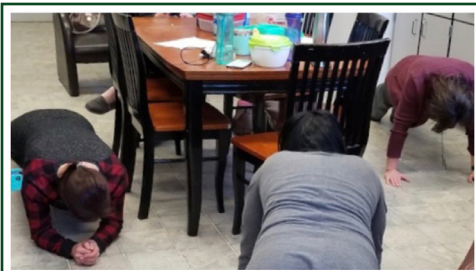
January 11 - 22

Prizes: Individual - Ninja Blender

School - Staff Lunch

Complete the BINGO squares.  
Take pictures of your activities and  
share them on Social Media with  
#nwsdfit for BONUS points.

Submit completed cards by email  
to [carol.ferguson@nwsd.ca](mailto:carol.ferguson@nwsd.ca)





# FEBRUARY EXPAND YOUR KNOWLEDGE

**La foresta**  
Le pareti scompaiono e ci si ritrova immersi in foreste selvagge popolate da uccelli, variopinti. Potere delle nuvole tappezzerie: una festa di pattern vegetali  
di **PIRELLA GÖTTSCHE LOWE**

**CASE CHE NON T'ASPETTI**  
UNA PRIMA DOPO CON PORTE BIANCHE  
ESPERIMENTI IRONICHE TRA NEO E ROCOCO  
IL LATO ARISTOCRATICO DEL FAH-DU-TE  
UNA CABANE IN CITTA' E TROVATE D'ARTISTA  
**E FACILE ARREDARE • SCEGLIERE IL DIVANO  
• PROGETTARE LA LIBRERIA • ABBINARE TAVOLI  
E SEDIE • SISTEMARE LA TV NELLA GIUSTA POSIZIONE  
CUCINE: LE NOVITÀ DI EUROKUCINA 2016  
• ANGOLO COTTURA (ANCHE) IN 120 CM. MINI MA TRENDY**

**REVIVAL  
Riscopri  
il class**

**La distanza**  
di **BARON JAMES DE LAPESCE**

**LOST AT SEA**  
di **DRYAN LEE O'WALLEY**

Hiromi Kawakami

**Modelli al top e**

**f**  
**MINI**  
ENGLISH

*Activity: Share a fav!*

February 1 - 19



Prize: \$50 Gift Card (2 prizes)

Recommend a book, article, podcast or documentary that you learned something from.



RECOMMENDATION

Participant Name: \_\_\_\_\_

Title: \_\_\_\_\_

Author: \_\_\_\_\_

Why I recommend this piece:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

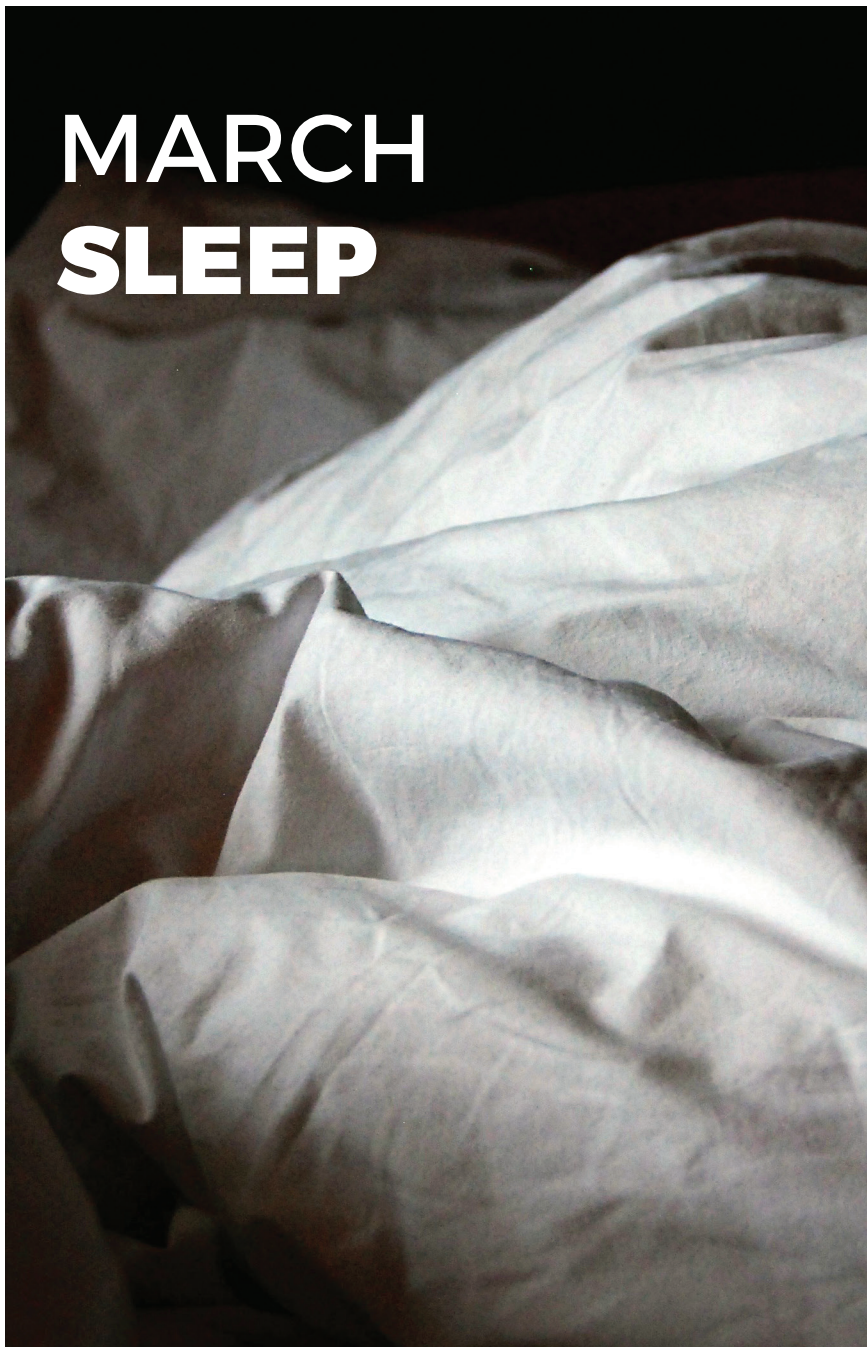
\_\_\_\_\_

Submit entries to the Meadow Lake Office by Feb. 25 through inter-office mail

OR

Email recommendation to [kaitlin.harman@nwsd.ca](mailto:kaitlin.harman@nwsd.ca)

# MARCH SLEEP





# *Activity: Sleep Diary*

March 8 - 21

Prize: Sleep Basket

Use the Sleep Diary and try and implement the 10 Sleep Tips to improve your overall sleep quality.



Snap a picture or scan your Sleep Diary and submit to [kaitlin.harman@nwsd.ca](mailto:kaitlin.harman@nwsd.ca)

OR

Photocopy and send through inter-office mail to the Meadow Lake office.



# Live Well

## SLEEP TIP 1

### *Avoid caffeine close to bedtime*

Some people have problems sleeping when they have consumed too much caffeine. This is especially true as you get older. Coffee, tea, soft drinks and chocolate are the main source of caffeine for most people. Some medications for colds, allergies, pain relief and appetite suppression also contain caffeine.

## SLEEP TIP 2

### *Avoid alcohol close to bedtime*

It might feel like drinking alcohol helps you fall asleep faster, but alcohol can disrupt your sleep. Drinking alcohol before bedtime can also cause breathing problems and jerky arms and legs. People with alcohol problems also have chronic sleep problems.

## SLEEP TIP 3

### *Unwind*

Stress has a big impact on sleep, so it's important to take time to relax before bed. Reading a good book, taking a bath or shower and listening to calming music are a few ideas. Screen time is actually stimulating, so it's best to avoid watching TV, going online or using other electronic devices just before bed.

## SLEEP TIP 4

### *Exercise a few hours before bed*

Research shows that people who exercise regularly (30 to 60 minutes, three times a week) have deeper sleep. Exercising gives you a boost of energy, so it's best to exercise four to eight hours before bedtime.

## SLEEP TIP 5

### *Follow the same routine*

Try to keep the same sleep and wake schedule every day - including weekends. This helps your body get into a routine. People who get up and go to bed at different times each day are more likely to have sleep problems.

# SLEEP TIPS

## *Avoid taking naps*

Some of us can enjoy our naps and still get a good night's sleep. Unfortunately, some of us will experience problems falling asleep or staying asleep at night if we nap during the day. If you do take a nap, try to keep them to 30 minutes or less. Cut out naps completely if you are experiencing sleep problems.

SLEEP TIP 6

## *Avoid going to bed too hungry or too full*

Eating balanced, healthy meals and snacks at regular times throughout the day will help with a good night's sleep. Try to avoid eating a large meal in the two hours before bedtime. Consider a light, healthy snack if you're still hungry just before going to bed.

SLEEP TIP 7

## *Get up if you don't fall asleep within 30 minutes*

Leave your bedroom and do something relaxing like listening to soft music, taking a bath, drinking a warm caffeine-free beverage or meditating. Go back to bed once you feel very drowsy. Don't try too hard to fall asleep - this does not tend to work. At first, this strategy might feel like it's making things worse because you may have a few sleepless nights. However, after several nights, it will become easier to fall asleep and stay asleep. Be consistent in your use of this strategy. Studies show it is very effective in reversing sleep problems.

SLEEP TIP 8

## *Make your bedroom comfy and only use it for sleep*

A mattress with good support and comfortable bedding are both helpful. Make sure your room is not too hot or too cold. Don't use your bed for watching TV, working, studying or any other mentally stimulating activities, especially if you are already experiencing sleep problems.

SLEEP TIP 9

## *Challenge the belief you can't function without a good night's sleep*

When you can't sleep it's normal to check the clock and worry about getting through the upcoming day. This increases anxiety and makes it even harder to fall back asleep. Turn the clock away from your view. Remind yourself that you can likely do your daily activities even when you feel tired (unless this would pose a danger to yourself or others).

SLEEP TIP 10

# Sleep Diary

Mark each day you use a particular strategy

	MONDAY	TUESDAY
No caffeine within 2* hours of bedtime.	<input type="checkbox"/>	<input type="checkbox"/>
No alcohol within 2* hours of bedtime.	<input type="checkbox"/>	<input type="checkbox"/>
Exercise at least 2* hours before bedtime.	<input type="checkbox"/>	<input type="checkbox"/>
Woke up on time (aim for same routine each day).	<input type="checkbox"/>	<input type="checkbox"/>
Went to bed on time (aim for same routine each night).	<input type="checkbox"/>	<input type="checkbox"/>
No naps during the day.	<input type="checkbox"/>	<input type="checkbox"/>
Not hungry when going to bed.	<input type="checkbox"/>	<input type="checkbox"/>
No heavy meals within 2* hours of bedtime.	<input type="checkbox"/>	<input type="checkbox"/>
Got out of bed when awake for more than 30 minutes.	<input type="checkbox"/>	<input type="checkbox"/>
Other Strategy (describe):	<input type="checkbox"/>	<input type="checkbox"/>
Other Strategy (describe):	<input type="checkbox"/>	<input type="checkbox"/>
Sleep Quality	<input type="checkbox"/>	<input type="checkbox"/>

Choose a number between 1 and 10.  
0 = didn't get any sleep at all, 10 = no sleep problems and awoke fully rested.

NAME: \_\_\_\_\_

# Week 1

WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

\*Note: Avoid caffeine, alcohol, smoking, heavy meals or exercise 2 hours before bedtime may not be enough time for some people to experience sleep benefits. Start by avoiding these experiences within 2 hours of bedtime. If few sleep benefits are experienced then gradually increase the time period until quality of sleep improves.

# Sleep Diary

Mark each day you use a particular strategy

	MONDAY	TUESDAY
No caffeine within 2* hours of bedtime.	<input type="checkbox"/>	<input type="checkbox"/>
No alcohol within 2* hours of bedtime.	<input type="checkbox"/>	<input type="checkbox"/>
Exercise at least 2* hours before bedtime.	<input type="checkbox"/>	<input type="checkbox"/>
Woke up on time (aim for same routine each day).	<input type="checkbox"/>	<input type="checkbox"/>
Went to bed on time (aim for same routine each night).	<input type="checkbox"/>	<input type="checkbox"/>
No naps during the day.	<input type="checkbox"/>	<input type="checkbox"/>
Not hungry when going to bed.	<input type="checkbox"/>	<input type="checkbox"/>
No heavy meals within 2* hours of bedtime.	<input type="checkbox"/>	<input type="checkbox"/>
Got out of bed when awake for more than 30 minutes.	<input type="checkbox"/>	<input type="checkbox"/>
Other Strategy (describe):	<input type="checkbox"/>	<input type="checkbox"/>
Other Strategy (describe):	<input type="checkbox"/>	<input type="checkbox"/>
Sleep Quality	<input type="checkbox"/>	<input type="checkbox"/>

Choose a number between 1 and 10.  
0 = didn't get any sleep at all, 10 = no sleep problems and awoke fully rested.

NAME: \_\_\_\_\_

## Week 2

WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

\*Note: Avoid caffeine, alcohol, smoking, heavy meals or exercise 2 hours before bedtime may not be enough time for some people to experience sleep benefits. Start by avoiding these experiences within 2 hours of bedtime. If few sleep benefits are experienced then gradually increase the time period until quality of sleep improves.

# APRIL MINDFULNESS





# *Activity: Explore a Mindful Activity*

April 1 - 23

Prize: Yoga Package

Try a mindful activity like Yoga, Meditation or practice mindfulness in a different way. Write a reflection of your experience.



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## ACTIVITY REFLECTION

Name: \_\_\_\_\_

Activity I tried: \_\_\_\_\_

Reflection:

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Submit entries to the Meadow Lake Office by Apr. 30 through inter-office mail

OR

Email entry to [kaitlin.harman@nwsd.ca](mailto:kaitlin.harman@nwsd.ca)



**MAY  
OUTDOOR  
FUN**

## *Activity: Share a pic enjoying the outdoors*

May 3 - 16

Prize: Round of Golf for 2 and Cart Rental at a course of your choice in the NWSD area.

Capture a picture of yourself or your family enjoying the outdoors. Tag your pictures with #nwsdoutdoorfun

OR email your photo to kaitlin.harman@nwsd.ca by May 21.

## *Activity: Step Challenge - the Sequel*

May 17 - May 23

Participant Name: \_\_\_\_\_

School/Office: \_\_\_\_\_

Daily Step Goal: \_\_\_\_\_

Write step total for each day:

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
MAY 17	MAY 18	MAY 19	MAY 20	MAY 21	MAY 22	MAY 23

Total Steps for the Week: \_\_\_\_\_

Prize for Participation: \$100 Gift Certificate to a Local Business of the Winner's Choice.

Submit your entry by taking a picture of the challenge page and emailing it to kaitlin.harman@nwsd.ca

OR complete the entry form in the Live Well portal.

# Activity: Water Challenge 2.0

May 24 - May 30

PRIZE: \$100 Gift Certificate to a Local Business of the Winner's Choice.

The prize is for participation. Track your daily water intake on the form. Each glass represents 8 oz. Colour in the glasses as you drink your water.

Scan and email your form (or snap a pic) to kaitlin.harman@nwsd.ca by June 4.

Participant Name: \_\_\_\_\_

School/Office: \_\_\_\_\_

I will drink \_\_\_\_\_ glasses per day.

Monday May 24										
Tuesday May 25										
Wednesday May 26										
Thursday May 27										
Friday May 28										
Saturday May 29										
Sunday May 30										



## *Activity: Kudos All Around*

June 7 - 18

Every staff member plays a role in student success and helping all students complete the school year.

If you've ever received a Thank You note, you know how good it feels to be recognized, so why not share the love?

Shout out a staff member, volunteer or even a student - with a brief note to say Thanks for all they've done this year.

# Three Things I'm Grateful For:

List three things I'm grateful for this school year

1

2

3



ENTER TO WIN THE LIVE WELL GRAND PRIZE!

A hotel stay at Jackfish Lodge, 2 rounds of golf with cart rental and a \$100 restaurant voucher.

I, \_\_\_\_\_, have participated in a year of Live Well activities in Northwest School Division.

Submit entries to the Meadow Lake Office by June 19 through inter-office mail, or enter the draw online in our Live Well portal.





