

VBSD STAFF WELLNESS



Staff Wellness Program

The Van Buren School District staff wellness program was developed to provide district employees a variety of health-enhancing activities and information. The VBSD Health and Wellness Committee strives to offer activities and info. to help reduce stress and improve overall health as well as encourage staff to serve as healthy role models for students. VBSD employees can choose to participate in district wellness events, fitness classes, and educational classes.

A variety of fitness classes will be offered for VBSD faculty. Participants perform at levels to meet their individual needs.

Open for all current VBSD employees!

Please email dcone@vbsd.us with any questions.



BARRE Fitness Class (not offered at this time)

Tuesdays & Thursdays – 4:00-5:00pm at Central Elementary

Was offered in Fall 2017

Instructor: Jennifer Bauman

Self Defense Class (not offered at this time)

6 week class, dates TBA

Instructor: Randy Allen, Rachel Bond

BAM Fitness Class (currently offered)

2 classes Monday-Friday - 5:00am and 4:00pm at Central Elem.

Started in Fall of 2018

Instructor: Beverly Hosier or Amy Martin



Staff Wellness Events

Each semester, events/competitions will be chosen by the Staff Wellness Committee for schools and departments to participate against each other.

Spring 2016 - Bowling (March 14 at Bowling World)

Winners: Elementary – Parkview 1040
 Secondary – VBHS 1233

Elementary Male & Female Top Bowlers

Patrick Allred Parkview 311
 Carrie French King 267

Secondary Male & Female Top Bowlers

Randy Graham Butterfield 333
 Summer Mulloy A Team 295



Parkview

VBHS

Fall 2016 - Volleyball (Oct. 10, 24, Nov. 7)

Winners: Elementary – City Heights
 Secondary – VBHS



City Heights

VBHS

Spring 2017 - Kickball (May 23 at Citizens Bank Stadium)

Winners: Elementary – City Heights
 Secondary – Admin. Team



City Heights

Admin.

Fall 2017 – Bowling (Nov. 6 at Bowling World)

Winners: Elementary – Parkview 1065
 Secondary – Butterfield 1311

Elementary Male & Female Top Bowlers

Patrick Allred Parkview 311
 Pattie Grider King 309

Secondary Male & Female Top Bowlers

Randy Graham Butterfield 359
 Summer Mulloy A Team 313

Most Energetic Team – Central Elementary

Best Dressed Team – Rena Elementary

Most Strikes – Kevin Peters(9) Butterfield

Most Spares – Dewayne Richesin(11) Northridge



Parkview



Butterfield



Most Energetic



Best Dressed

Fall 2019 – Cornhole Tourney (Nov. 14 at Indoor Practice Field)

Winners: Service Center - Rusty Bartmier/Kevin Peters

Runner-up: Central Elem. - Tiffany Myers/Nick Harvey

These 4 will compete in the ACO Bentonville Major on March 13/14, 2020.



Spring 2020 – Wiffle Ball Tourney at Citizens Bank Stadium



VBSD is a drug free workplace! See link below to VBSD Policy

[VBSD Policy 3.31 - Drug Free Workplace](#)

Healthy Living Links:	Local Drug Counseling or Rehabilitation Agency Links:
<u>Center of Disease Control - Physical Activity</u>	<u>Alcoholics Anonymous</u>
<u>Center of Disease Control - Nutrition</u>	<u>Gateway House</u>
<u>Center of Disease Control - Tobacco Cessation</u>	<u>Harbor House</u>
<u>Stamp Out Smoking</u>	<u>Western Arkansas Counseling & Guidance Center</u>