



**A CCCSIG Health & Safety Publication for CCC Member School Districts
February 12, 2019**

OLA ALA CHALLENGE RESULTS!

Participation: 672 employees from 17 districts (114 school sites) participated!

Individual Winner (Countywide Drawing):
Celina Castillo, John Swett USD!!!

Top 3 Districts (Highest Average Minutes):
Pittsburg USD
Antioch USD
Acalanes UHSD

Winner of the Perpetual Fitness Shoe Plaque: Pittsburg USD

District with Most Participants/Highest Total Minutes: West Contra Costa USD

Individual with Highest Total Minutes: Brenda Herring, Pittsburg USD

Leslie Scudero from Dallas Ranch Middle School (AUSD) shared that she and her co-workers loved participating in the program with their work family. They encouraged, motivated and challenged each other throughout the 6-week program. She stated that not only did the program help reinforce how important exercise is, new friendships were built walking the track at school!

Front Row:
Leslie Scudero, Paula McEvoy, Jill Farry
Back Row:
Matt Mckeen,
Steve Galli, Louise Loendorf, Elle Branco, Miryam Haislip



Watch for details in March about the Spring 2019 Healthy Lifestyle Program - "Spring Into Motion"!

To receive Wellness emails, please click [here](#).

MINDFULNESS IS ABOUT SIMPLY BEING



Mindfulness is all about living in the present moment and

finding something remarkable to enjoy about it.

Mindfulness training helps us focus on what's important in order to move forward with goals, and as an additional benefit, helps us to relax and reduce stress. Other benefits include lower blood pressure, improved pain management and better communication skills.

Contact your District Office to inquire about scheduling this training at your district.

BUSD'S HEALTHY HOLIDAYS!

When member districts complete [District Incentive Program](#) requirements, they receive funds back to be used for health, safety or wellness activities.

Starting in 2017, Brentwood USD has used these funds to provide the District Office, and each school site, with healthy holiday "treats"! Starting the week after Thanksgiving, a basket is placed in a central area for all staff, and Food Services fills the basket with a different fruit each week until Winter Break. The goal of BUSD's Health & Safety Committee was to encourage healthy food choices during a time when everybody is inundated with less healthy options!



According to Roxane Jablonski-Liu, Asst. Supt./HR, employees appreciated having a healthy snack option during the busy holiday season to help them make healthy choices!

REPORTING SLIP TRIP FALL HAZARDS IS EVERYONE'S JOB

Slip, trip fall injuries are among the highest within school districts. If everybody plays their part in being aware of and reporting slip trip fall hazards, it can go a long way towards the overall safety of you and your co-workers. If you see a slip trip fall hazard, report it to your supervisor immediately. Some examples are:

- Water or liquid on the floor
- Curled or damaged rugs
- Cords in walkways that are uncovered or exposed
- Damaged concrete, holes or raised edges along walking paths

If you are unsure of whether or not to report a slip trip fall (or any) hazard, please err on the side of caution and let your supervisor know. It may save a co-worker from a painful injury!



VEGETABLE-LOADED PASTA BAKE

Ingredients:



- 8 ounces dry whole-wheat penne pasta (2 3/4 cups)
- 2 1/2 cups cauliflower florets
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon of olive oil
- 2 medium carrots, sliced
- 1 stalk celery, chopped
- 12 ounces kale, stems removed, leaves torn (12 cups)
- 1/2 cup frozen peas
- 1/2 cup frozen whole kernel corn
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup fat-free milk
- 4 ounces shredded cheddar cheese
- 2 tablespoons shredded Parmesan

Directions:

1. Preheat oven to 350°F. In a large Dutch oven cook pasta according to package directions; add cauliflower during the last 4 minutes of cooking. Drain; rinse. Set aside.
2. In the same Dutch oven cook onion and garlic in hot oil over medium heat for 2 minutes. Add carrots and celery; cook just until carrots are tender. Add kale; cook just until wilted. Stir in pasta mixture, peas, and corn.
3. For cheese sauce, in a small saucepan melt butter; stir in flour, salt, and pepper. Add milk all at once; cook and stir until thickened and bubbly. Reduce heat; add cheddar cheese. Cook and stir until melted. Stir sauce into pasta and vegetables. Transfer to a 2 1/2-quart casserole. Bake, covered, for 35 minutes. Uncover; sprinkle with Parmesan. Bake 5 minutes more.

CCCSIG'S EARLY RETURN-TO-WORK PROGRAM!

CCCSIG utilizes the OUR System (Optimum Utilization of Resources) designed to temporarily provide a work assignment to permanent employees who have a work-related injury. The OUR System is a systematic method of returning an employee to full productivity by a pre-determined plan that bridges the employee back to their regular job duties after an injury. The district has clear guidelines to gradually move the employee through varying levels of "assignments" based on the physician's determination of the employee's physical capacities.

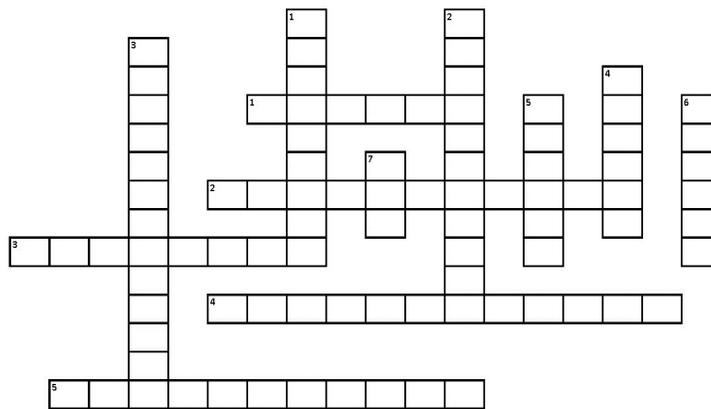
When an employee returns to work once medically able, not only does it save the district money, it helps the employee to rehabilitate while remaining productive, which is good for mental and physical health. For more information, please visit www.cccsig.org and click on [How to Report Claims/Return-to-Work](#) program in the [Workers' Compensation](#) section.

HABITS OF HAPPY PEOPLE

You may have heard the quote, "Happiness is a Choice" and while you may not be a glass half full person, that doesn't mean you have to always see it as empty either. Healthy lifestyle choices, such as exercise, healthy eating, getting appropriate sleep, choosing optimism, creating an attitude of gratitude, practicing mindfulness, and using humor can assist in creating more happiness in life and can help reduce one's risk of depression and anxiety disorders. Taking the time each day to focus on the positive aspects of life can go a long way towards becoming a happier person. An added bonus to being happier is overall better communication with not only your co-workers but with family and friends as well!



CROSSROADS CROSSWORDS CONTEST!



To be entered into a drawing for a \$10 REI gift card, email a copy of the completed puzzle to ewilliamson@cccsig.org by March 31st. Winner will be announced in the next issue!

Congratulations to Leilani Villegas (CCCOE) - winner of the Nov. 2018 Trivia Contest!

ACROSS:

1. Mindfulness can help (blank) stress.
2. OUR System stands for Optimum (blank) of Resources.
3. Who should you tailor your message to when using effective communication?
4. Who do you call to report a work-related injury?
5. What could you join to help meet the goals that were part of the Ola Ala Fitness Challenge?

DOWN:

1. What program allows districts to receive funds for completing health, safety & wellness goals?
2. When should you report a safety hazard?
3. What type of shoe helps prevent slipping?
4. When is the next Healthy Lifestyle Program?
5. Happy people have (blank) that help them reduce their risk of anxiety and depression.
6. An example of a slip hazard is a (blank) rug.
7. How many weeks was the Ola Ala Challenge?

CCCSIG promotes a safe and healthy working environment for Contra Costa County School District employees. For more information visit us at www.cccsig.org!

The information in this publication is intended for general education only and is not a substitute for professional medical advice.