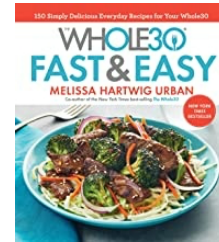


Evans 2021-2022 Wellness Success Story

This year, in addition to the usual allocation of funds to the purchase of new equipment for students to use at recess, in the classrooms, and in P.E., we chose to focus on staff wellness. Evans staff had two school-based wellness opportunities to take part in.

The Evans Biggest Loser Health and Wellness Challenge took place from Sept. 7 - Nov. 12. The goal of this challenge was to support each other with achieving and sustaining personal weight goals through the promotion of healthy eating and physical activity. Twenty-three staff members participated in the weekly challenges and weigh-ins and more than 80 lbs. was lost! People lost weight but also won some great prizes like a cordless jump rope, running belt and cookbook!



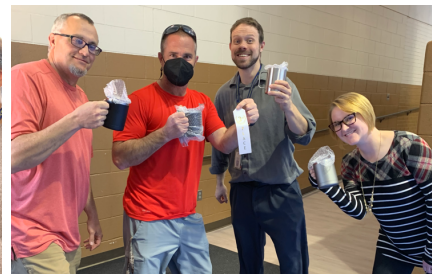
The Wildcat Wellness Challenge was a team competition to promote staff camaraderie and focused on improving staff mental health and wellness. This challenge took place throughout the month of February. Teams completed a series of missions to earn points and prizes were awarded to the top 3 teams. The prizes included fleece blankets, stainless steel tumblers, and a variety of drink pods and teas!



1st Place



2nd Place



3rd Place