



Monterey County Schools Insurance Group
Health Promotion Program

Wellness

Employee of the Quarter

Nominee _____ Date _____
District _____ School _____
Job Title _____

The purpose of the Wellness Employee of the Quarter is to recognize employees who are working towards or have succeeded in improving their health, or that of their peers. Employees who make positive lifestyle choices deserve a pat on the back, because their efforts contribute to the overall success of our schools by serving as good role models for our children, reducing medical and sick leave costs, and increasing productivity and morale. Good health benefits us all.

I. Nominating Criteria (circle each symbol that applies)

- ♣ active participation in school wellness program (role model)
- ★ facilitates staff wellness by . . .
- ♥ quit smoking
- ✂ lost bodyfat through more healthful eating and exercise
- ◆ recovered from a major illness and adopted a healthier lifestyle
- 🍷 eats nutritious low-fat foods on a daily basis
- 😊 exercises on a regular basis
- 👉 practices stress management techniques
- 🌀 other: social, spiritual, physical, mental, emotional, occupational health

II. Please write a brief paragraph explaining why you nominated the above employee.

👉 Continue on back if needed.

III. Return this form to: Neil Hertsch, Health Promotion Coordinator, MCSIG, 76 Stephanie Dr., Salinas, CA 93901 Telephone: (831) 755-0161 Fax (831) 755-0172

The winner will be selected by the Employee Wellness Committee made up of certificated, classified and administrative staff members. Previous nominations will be considered. Winners will receive a gift certificate for a dinner for two, a framed certificate, and will be featured in the *Wellness Works!* newsletter.

Nominator: _____ Work Phone _____