

March 2024
Volume 2, Issue 4

Hello Waterford!

I am delighted to announce an event that aims to invigorate our minds, bodies, and spirits—the eagerly awaited Wellness Fair! Mark your calendars for April 2nd, as we come together to prioritize our health and well-being during the Ed Camp Professional Development Day.

Located in the Waterford High Field House, the Wellness Fair promises an array of enriching activities and resources tailored to support every facet of your wellness journey. Whether you're seeking nutritional guidance, self-care avenues, or simply eager to explore your Anthem health benefits, this event is designed with your holistic wellness in mind.

As the heartbeat of our school community, your health and happiness remain paramount. Read on to learn more of the details and featured vendors. It's also not too late to share ideas for the Fair. Contact us via email at hr@waterfordschools.org.

Warm regards,

Nancy



***Waterford Public Schools
Human Resources
15 Rope Ferry Road, 2nd Floor***

***Nancy Sudhoff, Director
x 1864***

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***Juliane Halliwell, Executive Secretary
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***Questions can be emailed to:
hr@waterfordschools.org.***

Introductions

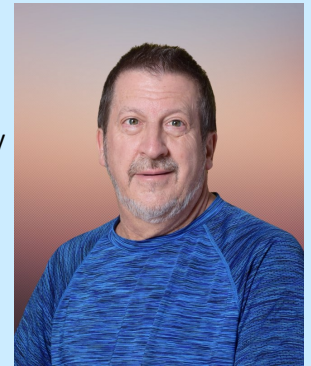
Meet Bill Krajewski! QH Custodian

Our QH custodian, Billy Krajewski, was just announced as a **Top 10 Finalist** for the **Cintas National Custodian of the Year** award. You can support his nomination by voting for Mr. Billy once per day by clicking on this link: <https://www.custodianoftheyear.com/submissions-2024/>

Billy was born and raised in New London. His father worked in the WHS custodial department for over 20 years. He said it was a great place to work so Billy gave it a try! He was hired at CLMS where he spent nine years. The next 8.5 years Billy spent working at WHS where, like CLMS, the staff, kids and fellow workers were a joy to work alongside! "Lots of hard work and memories were made there." Then Billy said he found his calling at QH elementary school! "It was a perfect fit for me and is where I have spent the last 13 years. QH has been like family and I enjoy seeing the new young faces at the beginning of the year as well as the returning students!" Billy says he works some athletic games at the High School and it is exciting when some old QH graduates stop to say hello!

In his spare time, Billy loves a relaxing beach day, hiking adventures in every corner of CT and attending NASCAR races all over the US. Billy states, "As we are traveling here and there, we are always looking for flea markets and antiquing possibilities!"

"I would like to thank everyone for the overwhelming support in this nomination!"



Staff Health & Wellness Fair 2024

Date: April 2, 2024
Time: 11 am - 2 pm
Place: Waterford High School
Who: All WPS Employees

**We look forward to seeing you on
April 2nd!
Here are some of the participants
and activities!**

Busterpotomus and Debra Abbey
Hartford Health Care

Solutions EAP
Healthy PlanEat
Paint By Numbers
Anthem BC/BS

Waterford Public Library

Ledge Light Health
Wellness by Katie
WPS Food Services
Corporate Fitness & Health

Waterford Ambulance
AAA Old Saybrook and Waterford

Total Balance Life Choice
Shannon Hayes-Hartford Health Care
Ocean Community YMCA - Naik Family
Branch

Sit and stay with Buster. You'll love him.
Blood pressure screening, spine health, der-
matology, smoothie samples

Help and resources for all employees
Shop seasonal, sustainable, healthy food
Art Therapy -Help create a masterpiece!
Answers to your health insurance questions
including Open Enrollment

Learn what Libraries everywhere have to
offer

Blood pressure screening
Stress relief anyone? Ahhhhhh.

Yummy snacks!

Biometrics screenings - Know your numbers!

CPR & AED lessons / information

Join and save! Roadside assistance, insur-
ance, shopping discounts, auto repair labor
and more!

10 minute massages

Recipe makeover -See flyer on next page
See what they have to offer!

All suggestions Welcome...

Please let us know if you have a suggestion for the Staff Health and Wellness Fair.

Recipe Makeover

Do you have a family recipe that you really love but wish it was healthier?



Hartford Healthcare's registered dietitian **Shannon Haynes** can help! Email your recipe to Shannon and she will offer some swaps and simple changes to make it better for you but still taste good.

Visit Shannon at the

**Employee Health Fair on Tuesday 4/2/24
from 11am-2pm at Waterford High School**

to pick up your revised recipe, take it home and try it out! There is no charge for the makeover and you can send in up to 3 recipes!

**Email your recipe to
Shannon.haynes@hhchealth.org!**



Hartford 
HealthCare

Physical Health and Sleep

How are they connected?

The relationship between sleep and overall physical health is complex and interconnected. Sleep allows both the body and brain to recover during the night, ensuring you feel refreshed and alert when you wake up in the morning. At the same time, your physical health and associated medical conditions can make it difficult to get the sleep you need.



How your health impacts your sleep

A person's physical health can impact whether they get enough high-quality sleep. Physical and mental illnesses can cause a person to fall short on sleep. Similarly, medications and supplements a person may take for health issues can negatively impact sleep duration and quality.

While people often become sleep-deprived because they do not get enough sleep, it can also stem from not getting enough quality sleep. Even a person who sleeps eight hours per night can become sleep-deprived if their sleep quality is poor.

Poor sleep quality usually results from a person waking up during the night, even if these awakenings are brief and not remembered. Sleep disorders, like obstructive sleep apnea and periodic limb movement disorder, can cause multiple awakenings during the night and reduce sleep quality. Hormonal fluctuations that occur during the menstrual cycle, pregnancy, and menopause can also interfere with getting quality sleep.

The effects of sleep deprivation on health

Sleep deprivation can have a significant impact on overall physical health, as adequate sleep is essential for various bodily functions. Over time, not getting enough sleep can negatively impact a person's physical health in multiple ways. When a person falls short on sleep, they face a higher risk of these issues:

- Weight gain and obesity
- Dementia
- Injury from car crashes and work accidents
- Heart attack and stroke
- High blood pressure
- Type 2 diabetes
- Obstructive sleep apnea
- Depression and anxiety
- Reduced immunity and risk of infection
- Cancer
- Early death

Are You Getting Enough Sleep?

Here's How to Tell

Adults require at least 7 hours of sleep each night. When a person isn't getting enough sleep, they often feel tired during the day and that their physical and mental well-being is compromised. Symptoms of sleep deprivation include:

- Feeling extremely tired during the day
- Mood changes, including increased stress, anxiety, or irritability
- Impaired thinking, memory, and judgment
- Reduced attention span

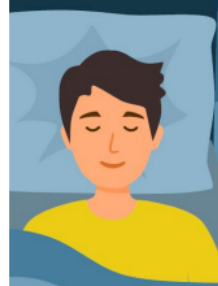
The Benefits of Sleep

When a person who is falling short on sleep begins getting adequate sleep, the symptoms of sleep deprivation may be reversed.

Restoring adequate sleep after sleep deprivation may bring about an improved mood, an increase in energy and attention, and feelings of improved well-being. The risk of car crashes or work accidents may also be reduced.

Sometimes, sleep deprivation impacts a person's social and work life. They may cut back on enjoyable activities due to tiredness or find they are falling behind on their responsibilities at home or work. If adequate sleep is restored, a person may notice they have more energy to dedicate to their work, hobbies, and home life.

TIPS FOR BETTER SLEEP



Keep a consistent schedule



Exercise



Keep your room dark



Social Media Break



Limit your caffeine intake

"In addition to eating a nutritious diet, avoiding stress, and exercising, getting a good night's rest is a major pillar of good health that a person has a large degree of ownership over."

Dr. Dustin Cotliar
Sleep Medicine Physician, MD

Did You Know?

TEACH
CONNECTICUT.ORG



TEACH Connecticut is the first statewide initiative of its kind in the nation. We are committed to supporting anyone considering teaching in Connecticut and building the strongest-possible educator workforce to ensure that all students have access to great teachers. [Learn more about the resources and support](#) we're building for future teachers.

Here's what you can get for FREE at TEACH

When it comes to teacher certification and prep programs, our job is to streamline everything you need to know and make it easy to understand. That's why we're proud to offer many free products and services to help future teachers like you get started on your careers.

When you sign up at TEACH, you'll get access to the following products and tools for FREE:

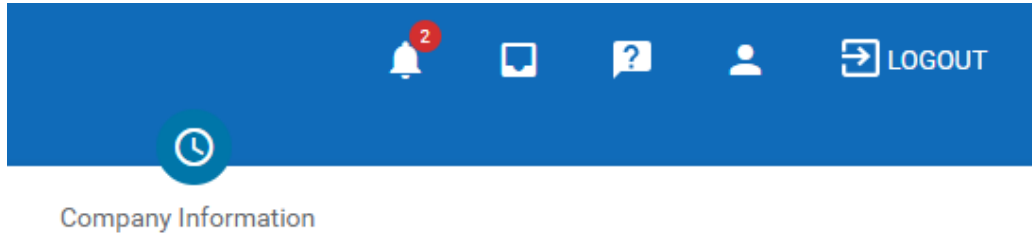
- Up-to-date teacher certification guides
 - Teacher prep program database
 - 1-on-1 coaching with expert teachers who can answer your questions
 - Real teacher stories
 - Financial aid, salary and benefits information
 - Personalized application checklists (for when you're ready to apply)
 - Scholarships and fee reimbursement information
-

Frequently Asked Questions



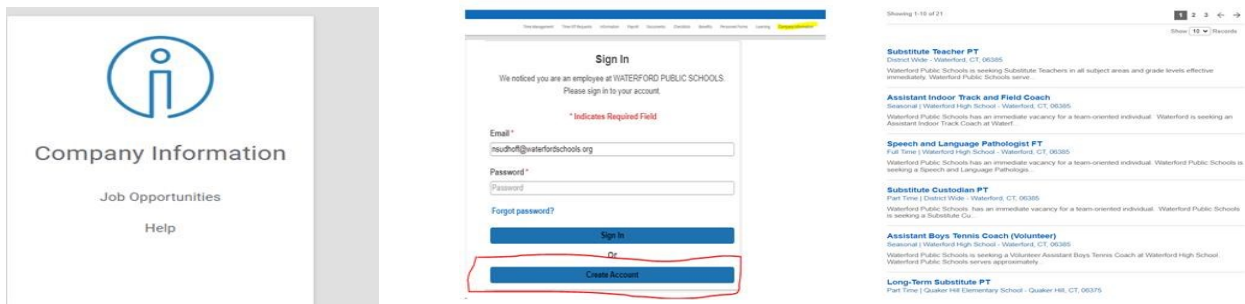
Have you completed all of the tasks in your Paycom account?

If the bell icon in your Paycom account has a red circle next to it, click on it then complete your tasks. You'll want to verify your phone numbers and email addresses first. This is the only way you can receive an email from Paycom when you forget your username or password. Paycom will not send an



See a Job Posting ? Have you created your account?

If you are applying as an internal candidate, you will need to create an account first through your employee self-service in Paycom under the Company Information tab by clicking on Job Opportunities.



Have you checked your Waterford Schools email lately?

If you have been given a Waterford Schools email, please check it. You may be missing important information from your Administrator, Supervisor, the Superintendent or Human Resources.

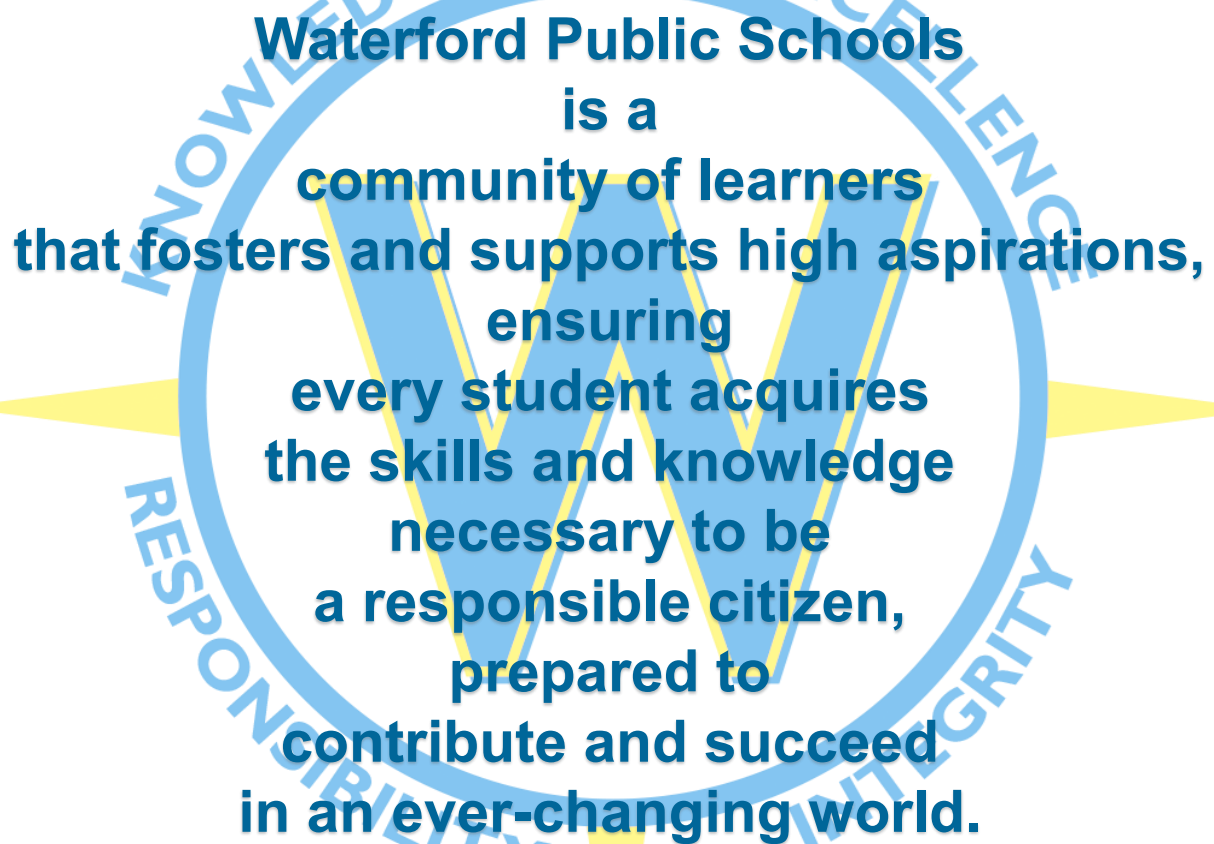
Need help? Contact Human Resources

If you know someone who is interested in learning about job opportunities, they can look at job postings listed via [Paycom Talent Acquisition](#).

- ***Waterford High School Sports***
 - Assistant WHS Indoor Track and Field Coach***
 - Assistant WHS Outdoor Track and Field Coach***
- ***Speech and Language Pathologist Assistant***
- ***Administrative Secretary Elementary—QH***
- ***School Nurse—WHS***
- ***Summer/ESY Paraprofessionals***
- ***Summer/ESY Substitute Paraprofessionals***
- ***Summer/ESY Teachers***
- ***Summer/ESY Substitute Teachers***
- ***Paraprofessionals***
- ***Before School Aide-QH***
- ***Van Drivers***
- ***Substitute Teachers***
- ***Substitute Paraprofessionals***
- ***Substitute Custodians***
- ***Substitute Food Service Workers***



Our Mission



**Waterford Public Schools
is a
community of learners
that fosters and supports high aspirations,
ensuring
every student acquires
the skills and knowledge
necessary to be
a responsible citizen,
prepared to
contribute and succeed
in an ever-changing world.**