

HEART HEALTH

The heart beats about 2.5 billion times over the average lifetime, pushing millions of gallons of blood to every part of the body. This steady flow carries with it oxygen, fuel, hormones, other compounds, and a host of essential cells. It also whisks away the waste products of metabolism. Your heart is the essence of your life and we need to take care of it.

PREVENTION is key! Eight in ten cases of premature heart disease and stroke is preventable through healthy lifestyle behaviours. Take charge of your heart health by making these your life habits:

- ♦ Be a non-smoker
- ♦ Keep moving and stay physically active
- ♦ Eat well and develop healthy eating habits
- ♦ Limit alcohol use
- ♦ Healthy management of stress
- ♦ Regular doctor check ups

Show Your Heart Some Love!



Tanya Bellagente, HR Advisor, Attendance Support,
Disability Management & Wellness - 250-475-4163



BULLYING AND HARASSMENT

Bullying and Harassment as per the WorkSafeBC policy D3-115-2, is any inappropriate conduct or comment by a person towards a worker that the person knew or reasonably ought to have known would cause that worker to be humiliated or intimidated. This does not include performance management of workers.

Please review the Board of Education Policy and Regulation 4304 on Bullying and Harassment.

Workers must:

- * Treat others with respect and contribute to a respectful work environment;
- * Immediately report if they observe or experience bullying and harassment to your principal or supervisor;
- * Follow workplace policies and procedures on bullying and harassment.

Principals or Supervisors must:

- * Promote a respectful and safe work environment;
- * Follow workplace policies and procedures on bullying and harassment;
- * Investigate reports of bullying and harassment.

Christine Merner, Manager,
Occupational Health & Safety - 250-475-4192