

---

# Rooted in Wellness

AUGUST 2025



FOSTERING WELLNESS, INSPIRING HEALTH

# WELCOME BACK!

We're kicking off a brand-new school year with fresh energy, big smiles, and a renewed focus on *you*! As we dive into the excitement of new beginnings, don't forget to prioritize your well-being.

## WHEN YOU FEEL YOUR BEST, YOU GIVE YOUR BEST.

This year, our Employee Wellness Program is packed with fun challenges, helpful resources, and supportive events to keep you energized, balanced, and thriving all year long.

And we're thrilled to unveil our **new wellness logo**—a vibrant symbol of our commitment to supporting your health and happiness every step of the way.



We will also be waiting to hear from you in our Employee Wellness Survey. Don't forget all things wellness can be found on the [Wellness Webpage](#).

In this newsletter  
you can expect:

---

Wellness Day

---

Employee  
Benefits

---

Wellness Day  
Registrations

---

Wellness  
Warrior

---

Sleep Health

---

Summer Recipe

---



## We Need Your Help!

Your voice matters. We need you to participate in our upcoming wellness survey. Your feedback is essential to building a workplace that supports your well-being, productivity, and satisfaction.

This is your chance to share what's working, what's not, and what you'd love to see in the future. It will only takes a few minutes, but the impact lasts all year. Let's grow stronger together.

As a thank you for your time, participants who choose to share their name will be entered into a drawing for fabulous wellness prizes!

All responses are confidential from SLPS employees



## Free Financial Seminar

SLPS along with St. Louis Community Credit Union is offering Free Financial Wellness Seminars designed to help you gain confidence and clarity in managing your money. Whether you're tackling debt, working on a spending plan or looking to improve your credit, this session is for you!

You'll learn:

- Budgeting tips and tools
- Saving strategies
- Managing debt
- Credit Score Repair

No cost to attend, just bring your questions and curiosity.

**Talk with your principal about bringing this seminar to your school!**

---



# SLPS wellness WARRIORS

SLPS proudly celebrates our wellness warriors, those dedicated staff members who go above and beyond to promote health and well-being within our schools.

August's Wellness Warrior is **Rapheal Rogers** from Gateway Elementary.

Dr Rogers is a true wellness warrior. He is a leading example of eating healthy foods while being encouraging to others about their health goals.

Way to go Dr. Rogers, keep it up.

## YOUR TO-DOS

### SCHEDULE YOUR BIOMETRIC SCREENING TODAY

This year SLPS will be offering onsite Biometric Screening to all employees. You can earn \$50 in Rewards!

#### What is a Biometric Screening?

A biometric screening measures numbers related to your blood pressure, glucose, cholesterol, weight, and more.

#### What can your results tell you?

Results can help identify health issues.

Register for your screening appointment today:



1. Scan this code to download the UnitedHealthcare® app and sign in or register
2. Select UHC Rewards and activate
3. Scroll to Available activities and select See all
4. Select Biometric screening and then Get started
5. Complete your registration through LetsGetChecked

### AUGUST WELLNESS CHALLENGE

#### Hydrate to



Water makes up over 60% of our body's and plays an important role in its function. This August challenge will help you meet your daily water intake during the hottest summer month. Check out more info [here](#).

### SCHEDULE YOUR ON-SITE FLU VACCINE

SLPS is partnering with St. Luke's Hospital to offer all employees flu vaccinations on-site!

You will earn \$10 in Rewards!

Register for your appointment today





Are you one of the 35% of adults getting less than the recommended 7+ hours of sleep? If so, you are short-changing yourself. Sleep affects every aspect of your waking life and is essential to your overall well-being.

In the short-term, lack of sleep may result in loss of attention, poor decision-making, fatigue and irritability. While long-term implications include increased risk for obesity, diabetes, high blood pressure, heart disease and stroke, and depression.

Getting adequate sleep helps:

- Maintain Brain Function
- Reduce your risk for disease
- improve daytime performance and safety
- Improve your emotional health
- Increase productivity
- Decrease depression and anxiety risks

More information on [Sleep Health](#)

### **A list of TO-DO's that may help you Snooze.**

#### **POWER DOWN TO RECHARGE**

Blue light from screens can affect your ability to sleep. Turn off your mobile devices at least 30 minutes before you head to bed.

#### **KEEP REGULAR BED & WAKE TIMES**

Try going to bed and waking up around the same time every day, even on weekends.

#### **MAKE YOUR BEDROOM ALL ABOUT SLEEP**

Keep your room dark, cool and quiet. You may consider using white noise.

#### **SAY NO TO THAT LATE-DAY CUP OF JOE**

Avoid drinking caffeine after lunch since it is a stimulant that may disrupt your sleep.

#### **STILL AWAKE?**

Not asleep within 20 minutes, get up and do something relaxing in another room, like reading or listening to music.

## Saucy Grilled Peach Chicken

from [butterbeready.com](http://butterbeready.com)



### Ingredients

- 2 lbs boneless skinless chicken breasts or thighs
- $\frac{3}{4}$  c peach preserves
- $\frac{1}{4}$  c soy sauce
- $\frac{1}{4}$  c peach flavored whiskey (optional)
- 3 Tbsp olive oil
- 1 Tbsp brown sugar
- 1 Tbsp balsamic vinegar
- 4 minced garlic cloves
- 2 tsp Dijon mustard
- 2 tsp dried thyme
- $\frac{1}{4}$  tsp red pepper flakes
- Salt and Pepper to taste
- 2-4 medium peaches, halved and pitted

*Gizzlin' Summer Recipe*

### Directions

1. To make the marinade. In a large bowl, combine peach preserves, soy sauce, whiskey, olive oil, brown sugar, balsamic vinegar, garlic, Dijon mustard, thyme, red pepper flakes, salt/pepper. Whisk until combined.
2. Pat chicken dry with paper towel. Pound chicken with mallet to about  $\frac{1}{2}$ -inch thick. Place in plastic bag and add half marinade. Marinate for 4-6 hours. Warm the remaining marinade to use as a glaze on chicken while cooking and after.
3. Grill Chicken. Preheat grill to 400 Degrees F. Add chicken to grill for 4-6 minutes per side or until internal temperature is 165 degrees with meat thermometer. Transfer to serving platter.
4. Grill peaches. Brush cut side of peaches with olive oil and grill cut side down for 3 minutes until char marks form. Set aside.
5. Glaze chicken and serve. Brush grilled chicken with marinade and garnish with grilled peaches. Enjoy!

SLPS WELLNESS	314.439.6846
<a href="http://www.SLPS.org/wellness">www.SLPS.org/wellness</a>	<a href="mailto:leah_hammel@uhc.com">leah_hammel@uhc.com</a>

