



# Days Creek Charter School

Days Creek, OR | March 13, 2023 For Immediate Release

## *Days Creek Charter School Relaxation Room for staff*

**Days Creek, OREGON March 13, 2023** — Days Creek Charter School unveiled the DC Fit Relaxation Room with a ribbon-cutting ceremony on Monday, February 27, 2023. Days Creek is a recipient of two OEA Choice Trust funding opportunities: the Education Employee Well-Being Grant and the Educator Health and Well-being Support Funding, the latter of which funded the new Relaxation Room. The room is for staff-use only and provides a quiet place to sit, stretch, regroup, or get a massage in the brand new massage chair.

“Research is clear, students are more successful when they are able to connect with positive affirming adult role models. Thankfully, the Relaxation Room provides a space and opportunity for every adult role model in our district to decompress, be rejuvenated, and be more prepared to serve the students at Days Creek,” said Days Creek Superintendent Steve Woods.

Ribbon cutters included Arien Bates, who represented the OEA Choice Trust; Steve Woods, Days Creek Superintendent; Anna Rickards, DC Fit Coordinator/Teacher; and Brian Agee, General Contractor/Teacher. DCCS staff joined in the celebration and ribbon cutting. “Our staff at Days Creek Charter School have been so blessed to be OEA Choice Trust grant recipients. With their funding we have been able to promote, increase, and maintain a higher level of wellness. Our new Relaxation Room is a wonderful space that, I hope, brings rest and rejuvenation to both body and soul,” said Anna Rickards.

DC Fit, the staff Wellness Program, is in its third year of a five-year OEA Choice Trust Grant. The purpose of the Wellness Program is to actively promote the overall mind/body health and well-being of all school employees. Each year, the staff choose objectives to complete, and have included categories such as health screenings, walking competitions, staff lounge makeover, creation of an outdoor fitness area, gift baskets, Fitbits, and a yearly 5K/1-Mile Fun Run/Walk.

“Days Creek Charter School has done an amazing job implementing activities and environmental resources that support employee well-being. It was wonderful to see the new Relaxation Room and celebrate with staff! OEA Choice Trust is grateful to be in partnership with Days Creek Charter School and is excited about their continued success and innovation,” says Arien Bates, OEA Choice Trust grantee liaison and communications associate.

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Link to pictures <https://drive.google.com/drive/folders/1266IUTsDzXBmPeqG344qrgfFrA8-hpo?usp=sharing>

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**About Douglas County School District #15 - Days Creek <https://www.dayscreek.k12.or.us/>**

Douglas County School District #15 - Days Creek (Days Creek Charter School) is a public high school in Douglas County, Oregon, serving Kindergarten through 12th grade students.

**Mission Statement:** Inspire and develop LEARNERS, THINKERS and LEADERS

**Vision Statement:** To challenge every student to pursue excellence every day

**District Goals:** 1. Create a welcoming culture of respect, responsibility and care. 2. Develop students who understand the purpose and relevance of subject matter.

**About OEA Choice Trust <https://oeachoice.com/>**

Dedicated to workplace wellness for all Oregon public school employees, we offer expertise, experience and grant funding to help create school employee wellness programs that support employees' specific goals. Together with teachers, school staff and administrators we are building a culture of well-being in Oregon public K-12 districts, education service districts, and community colleges.

**OUR MISSION:** We provide expertise and resources to help Oregon public school employees create comprehensive and flexible well-being programs to build a culture of wellness that becomes the norm. We prioritize quality service and partnerships that support a journey to wellness.

**OUR VISION:** All Oregon public school employees are healthy, resilient and engaged as champions for healthy school environments and vital communities. As a result, they are fulfilled in their work, model well-being for students and are better equipped to foster student success.