### **Work in Balance – Morning Announcements Template**

*A Five-Day Promotional Script for School PA Systems or Intercoms*

**Monday**
Good morning, staff! We’re excited to announce that this **[DAY OF THE WEEK]**, **[DATE]**, our school will be celebrating **Work in Balance**—a day dedicated to *you* and your well-being.

This special event is filled with opportunities to rest, recharge, and reconnect. From yoga classes and massage therapy to sleep workshops, giveaways, and even pet therapy—there’s something for everyone!

Let’s make this week a celebration of the balance we all deserve.

**Tuesday**
Hello team! Don’t forget—our **Work in Balance** wellness celebration is happening **tomorrow!**

It’s a day to take a pause from the hustle and refocus on *you*. Whether you're interested in movement, mindfulness, or just enjoying a healthy breakfast with colleagues, there's something for everyone.

Check your email or the lounge bulletin board to see the full schedule. We can't wait to celebrate wellness with you!

**Wednesday** *(Day of the Event)*
Good morning and happy **Work in Balance Day!**

Today, we’re hitting pause on stress and hitting play on wellness. Make time to enjoy the activities planned just for you—such as our **[INSERT ACTIVITIES OFFERED].**

Thank you for all you do. Today, we celebrate *you*.

**Thursday**
Thank you to everyone who participated in yesterday’s **Work in Balance** celebration!

We hope you found moments to breathe, laugh, and reconnect with your own well-being. Prioritizing your health isn’t just a one-day event—it’s a lifelong practice.

Let’s carry this spirit of balance into the rest of the school year.

**Friday**
Happy Friday, team! As we wrap up the week, remember: wellness doesn’t have to wait for a special event.

Whether it’s taking a mindful minute during lunch, going for a short walk after school, or connecting with a friend—make space for *you*.

Because when you care for yourself, you care better for your students, your families, and your community.