



This article contains general information dealing with health and wellness. It does not constitute medical advice and should not be relied on for diagnosing or treating any illness, injury or disease.

October 1, 2025

Reintroducing ReFresh

ReFresh returns from its summer "ReTreat" to offer insights and ideas on enhancing your health and well-being.

In September 2020, the first ReFresh landed in our members' inboxes!

If you are a new educational leader, welcome! We hope you find this bi-weekly series interesting and informative. Members often tell us that they share ReFresh with their staff, and we hope that you will too.

Whether you are new to this column, or a veteran ReFresh reader, we want to share the intent and philosophy of this informational series.

Intent

The intent of ReFresh is to provide busy Principals and Vice-Principals with short snippets of information that can support your health and well-being, delivered to a place you already hang out – your inbox!

The vision has been that the topic of each column is a teaser to an area of interest, so that you can take advantage of our research and see further subject information if you choose. We often provide links to other articles, podcasts, and videos should you wish to learn more.

Our goal is to cover topics across a holistic perspective of health and well-being, encompassing physical, mental, social, financial, and spiritual health.

Philosophy

From the start, our objective with ReFresh has been to go beyond sketching simple “kindergarten” health topics – eat more vegetables, be active, get more sleep. While we *have* written articles on nutrition, exercise, and sleep, we have endeavored to introduce new and interesting ideas that you may not have encountered when considering these pillars of a healthy lifestyle. We always keep in mind the busy, intense, and demanding work that you do, and try to keep goals actionable and within reach.

The philosophy has also been to expand your concept of “wellness”, as this topic can mean different things to different people. We often try to introduce non-traditional or evolving methods, practices, ideas, and resources. You never know which health initiative might click for you, and may be “just what you needed” to lead you down a healthier path.

Research

We are not medical professionals, and each article is researched and presented as a point of information rather than a recommendation, with our sources listed. You will find articles reflective of the many different beliefs, traditions, and means of approaching health, from mainstream Western medicine, to practices that are centuries old, to procedures that are just evolving. Some topic areas are marked by extensive scientific research, while in others there has been less research, but preliminary results are promising. Some health initiatives may be a little “out there” for you, where another person may affirm that the initiative has helped them.

Sometimes, going outside our regular routine may lead us to discover new healthy behaviours. Ultimately, your health is your choice, and we strive to present many alternatives that will contribute to your personal health plan. If you would like more information on any ReFresh column, please reach out to us.

Topics

Speaking of topics, we are *always* open to ideas. If there is something you learn about on the news, or hear about at the hockey rink, and you would like to learn more, let us know! We may be able to research and prepare a ReFresh article tailored to that topic. If we have already featured a column on that topic, we can provide you with a link to that story in our [archive](#).

We invite you to share your feedback to let us know what you like about ReFresh, or what you would like to see.

Thank you for your support of ReFresh and have a great and healthy year ahead!

A handwritten signature in black ink, appearing to read 'R. Morandini', with a stylized flourish at the end.

Rochelle Morandini

Member Health & Well-Being, Director

If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact rochelle@bcpypa.bc.ca.