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Metropolitan Education District Receives California Schools Public Relations Association (CalSPRA) Award of Excellence



San Jose, CA: [Metropolitan Education District](#) (MetroED) was honored with the [California Schools Public Relations Association](#) (CalSPRA) Excellence in Communications Award for its digital employee wellness newsletter [March 15, 2023](#) and [May 17, 2023](#). This is the highest recognition a nomination can receive.

“It is extremely exciting to honor MetroED with this award,” said CalSPRA President Jessica Hull.

“CalSPRA members across California help lead our school communities through a variety of challenges, providing effective communication in the face of uncertainty and polarization. Now, more than ever, successful communication is at the heart of public education. This award-winning example is just one way MetroED provides excellent communication work every day.”

CalSPRA’s Excellence in Communication Awards program recognizes superior achievement in meeting strategic goals through high-quality communications and public relations programs. Each entry is

evaluated by communication professionals on the overall excellence of the entry. There were 386 submissions for awards. Out of those, 80 received Merit Awards and 109 received Excellence Awards.

MetroED launched the newsletter in November 2020 to serve our employees and provide mental and emotional wellness resources for total health: mind, body, and spirit. Titled “Happy & Healthy Wellness Wednesday”, it was created to share and integrate self-care practice in the workday and serve as an employee well-being resource, on and off the job. There are articles and activities to foster support at work, things to help in the classroom, ways to build community, and even topics that benefit our employees’ loved ones. This newsletter’s tools help employees navigate life’s challenges and make small changes to improve their sleep, mood, relationships, and more. That is beneficial to everyone at MetroED.

“We are incredibly proud that our employee wellness newsletter has been recognized for the valuable contribution it makes to the well-being of our staff,” said Lisa Ketchum, MetroED director of human relations and communications. “This award reaffirms our commitment to providing meaningful resources that support the health and well-being of our employees, and we are honored it’s being acknowledged on a broader scale.”

CalSPRA’s Annual Awards Gala was held on March 1 at the Hyatt Regency Sacramento.

About Metropolitan Education District: *MetroED is a regional provider of Career Technical Education (CTE) and Adult Education. We are the largest career-oriented education organization in Northern California for high school and adult students. Annually, MetroED provides 2,600 diverse students with the skills to help them be productive, income-earning and tax-paying contributors to Silicon Valley. Register for a free campus tour or get more information at www.metroed.net*

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