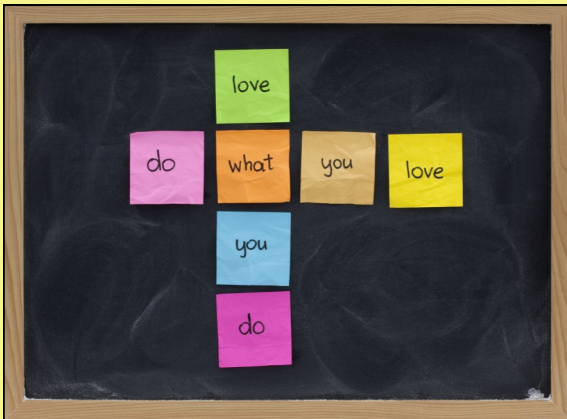




Wellness



Is your school or
early childhood center
a “**Center of Wellness**”
for your children,
families, and
staff members?

Keeping families and staff healthy— what is an administrator to do?

**Financial
well-being**

**Social
well-being**

**Physical
well-being**

**Vocational
well-being**

**Intellectual
well-being**

**Spiritual
well-being**

**Emotional
well-being**

Because of changes in our society, children and families struggle to stay healthy. The obesity epidemic is spreading rapidly to people of all ages, including children. Families with working parents don't have time to prepare healthy meals, and resort frequently to take out or fast food. Children are not able to play and run outdoors in their neighborhoods because of safety concerns. Technology has given us not only television for children to watch all day, but social networking to be involved with, and small hand-held smart phones to play games on.

How do these changes in society impact families?

- With unhealthy foods and lack of exercise, obesity is a growing concern.
- Parents are stressed trying to work and raise a family.
- Financial difficulties create tension in stress in parents.
- Unemployment and unsatisfying jobs bring about even more stress.
- More and more families relocate for jobs and therefore have no family support system around them, causing social and emotional unhappiness.
- Without the traditional extended family bond, families have drifted away from their church and maybe even their faith.

Do you see symptoms of any of these examples in your school community? Families are not the only ones impacted by these changes in our society. Your faculty and staff members also experience these life changes. And congregation members are not immune.



**Your school or center can shine out into your
community as a center of wellness—that is, a place
where the well-being of all
constituents is planned for and nurtured.
Use the order form on the back to receive the
Wellness Workbook or download from our website
and get started.**

How do we use the Wellness Workbook?

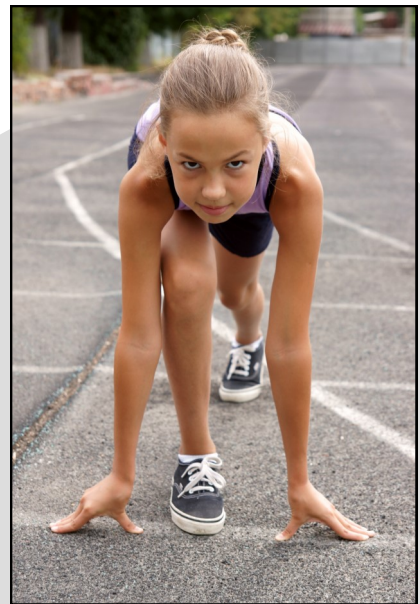
You have several options:

- Put together a committee to look at the areas of wellness and determine what your school needs to work on.
OR
- Focus on one area each month in your faculty/staff meetings and work together on making your school/center a place of wellness.
OR
- Create 7 small committees, with each committee focusing on one area.

Completing the review process utilizing the Wellness Workbook is an excellent way to strengthen the 7 areas of wellness within your school community.

Questions?

Contact ELEA at 1-800-500-7644



ELEA Centers of Wellness Workbook Order Form

Name of School or Center: _____

Address: _____

City, State, Zip: _____

Phone: _____ FAX: _____

Administrator: _____

E-Mail Address: _____

Other areas which may need attention as your school or center works toward wellness:

- _____ We are an **ELEA member** in good standing
- _____ We provide training in child abuse reporting
- _____ We conduct criminal background checks as a condition of employment
- _____ We have a crisis management plan
- _____ Our staff has been trained in First Aid, CPR, and Bloodborne Pathogens
- _____ We have a non-discrimination policy
- _____ We meet local and state safety requirements

Date: _____ Signature of Administrator: _____

**Wellness Workbook materials cost -
FREE for dues-paying ELEA Members! \$100 for non-members**

To order the Wellness Workbook, please download from the Members Only section of our website—www.elcaschools.org or mail this completed order form to:

Evangelical Lutheran Education Association
500 North Estrella Parkway, Suite B2, Box 601
Goodyear AZ 85338

