

PLAN AND PROMOTE

STEP 3: PLAN AND PROMOTE

For your CREATION Health initiative to get off the ground, you need the buy-in of everyone involved, from faculty and students to local leaders and potential donors. And, of course, a realistic budget is essential for success. So take the time to promote and plan well.

Educate and Inspire Faculty and Staff

An important aspect of making CREATION Health a strong program is to provide significant inspiration. Teachers need to understand CREATION Health on a personal level, and the following initiatives can help.

- Plan an in-service day or retreat focused on CREATION Health.
- Walk your staff through the CREATION Health Discovery book.
- Focus on the interests and passions of your staff when developing your activities and yearly plan.
- Talk with your staff about their personal observations regarding campus needs, their experiences, and their strengths.
- Use the assessments to invite feedback and suggestions.

Create a Budget and a Plan for Fundraising

As with any program, it is important for the school to establish a budget at the beginning of the year to help with the implementation of CREATION Health. Although it's possible to kick off CREATION Health using only the items provided in the resource kit, many schools want to do more. Think through the activities you want to do and plan and budget accordingly. Including CREATION Health in the school's master budget will be extremely beneficial to your overall effort.

Fundraising efforts might cover, for example:

- Purchasing plants for every classroom.
- Planting a [school garden](#).
- Labeling cafeteria food.
- Presenting a CREATION Health track and field day.
- Building a walking trail.
- Installing CREATION Health wall pillars.
- Providing [healthy snacks](#).

When planning your fundraising effort, make a list of potential donors, and include both individuals and businesses. Possible funding sources include healthcare providers, hospitals, physicians, dentists, and mental health professionals. A natural connection exists between the ideals of CREATION Health and the medical field, making for an effective partnership. Your local conference, health ministry's department, and constituent churches are also sources of support.

Potential Donors:

Promote the Program to the Board and Parents

Keeping your school board informed and involved is a great way to generate meaningful community support for your CREATION Health High School Engagement Program. Adapt the following [school board letter](#) as needed to communicate the rationale for this program and to educate board members on how they can stay involved as the year progresses.

School Board Letter

Dear School Board Members,

We're writing to tell you about an exciting new initiative our school is undertaking and to invite you to join us on what promises to be a truly life-changing journey. Adventist education has always focused on developing the whole person—mind, body, and spirit. We believe that implementing the CREATION Health High School Engagement Program in our school will help us accomplish that goal for our students, staff, and faculty.

CREATION Health is a lifestyle philosophy developed by Adventist Health System to promote healthy, balanced, spiritually-fulfilled living. It encourages individuals to reach their personal goals and positively influence others to do the same. CREATION Health is an acronym with eight principles: **C**hoice, **R**est, **E**nvironment, **A**ctivity, **T**rust, **I**nterpersonal relationships, **O**utlook, and **N**utrition. By encouraging and empowering positive actions in these areas, the CREATION Health initiative can help participants achieve a life that is vibrant and satisfying. For more information, visit the CREATION Health website, www.creationhealth.com.

Each member of our administrative team invites you to partner with us by modeling and promoting the program's benefits for our students, faculty, and staff. You are also welcome to sign up for the CREATION Health newsletter that will be emailed regularly to our faculty and staff. These messages contain small, easy-to-read tidbits about CREATION Health, as well as tips for living CREATION Healthy.

Sincerely,

The Principal or Wellness Coordinator

Communicate with Parents

The following [parent letter](#) can be adapted as needed to introduce the CREATION Health initiative to the parents at your school. Prompt and meaningful communication about the program and its purpose can significantly impact the type of parental response and support. It is strongly suggested that the letter be signed by the principal to demonstrate his or her support for the program. As you progress through the eight principles, you will also want to communicate how your parents can interact with their student. A second letter focusing on Choice provides one example.

Parent Letter

Dear Parents,

An exciting new initiative is taking shape at our school that has the potential to make a tremendous difference in your child’s educational experience. We invite you to join your child and our faculty and staff on what promises to be a truly life-changing journey. Adventist education has always been focused on developing the whole person—mind, body, and soul. We believe that implementing the CREATION Health Engagement Program in our school will help us accomplish that goal, not just for our students, but for our entire school community.

CREATION Health is a lifestyle philosophy developed by Adventist Health System to promote healthy, balanced, spiritually-fulfilled living that encourages individuals to reach their personal goals and positively influence others to do the same. CREATION Health is an acronym with eight principles: **C**hoice, **R**est, **E**nvironment, **A**ctivity, **T**rust, **I**nterpersonal relationships, **O**utlook, and **N**utrition. By encouraging and empowering positive actions in these areas, the CREATION Health initiative can help participants achieve a life that is vibrant and satisfying. You will be hearing and seeing more about these concepts in the future as this program is more fully implemented at school.

If you’ve ever wanted to experience a more abundant life filled with purpose and meaning, this is your opportunity to make those desires a reality. We’d love to have you partner with us and your children by reinforcing and even modeling CREATION Health concepts at home as we work to do the same at school. To get involved or learn more, contact our school’s Wellness Coordinator, _____, by calling _____ or emailing _____.

Sincerely,

The Principal