

ENGAGE YOUR FACULTY

STEP 4: ENGAGE YOUR FACULTY

Faculty are the heart of your campus. Your goal should be for each faculty and staff member to achieve their God-given potential, and CREATION Health can help you get there.

Encouraging Faculty Wellness

Now that you've educated your faculty and staff on the ideas and principles of CREATION Health, it's time to help them transform these prescriptions for healthy living into daily practices. Nurturing the wellness of your faculty and staff in this way is essential to creating a CREATION Healthy campus. Teachers and staff play a key role in ensuring a successful school experience for your students. As such, they are truly your greatest asset in the rollout of this program.

The benefits of a faculty wellness program are far-reaching:

- *You show you care by investing time and resources to improve your faculty's health and happiness.*
- *Teachers who experience for themselves the life-transforming principles of CREATION Health are more passionate about sharing those principles with students.*
- *Engaging staff in holistic lifestyle practices equips them to build stronger relationships with students, make healthier personal and professional choices, and bring a positive outlook to their classroom.*
- *The resulting improved school environment lessens absenteeism, increases productivity, raises employee-retention rates, and boosts morale.*

Several tools can help you keep CREATION Health front and center before your staff:

- *CREATION Health Digital Resource Emails*
- *Pocket Tip Cards*
- *Daily Texts*
- *Monthly Newsletter (Email)*

In addition, several interactive events and activities are suggested that will directly engage your staff with each of the eight principles.

USING THE RESOURCE KIT

The following resources are designed to encourage an on-going connection with the CREATION Health principles through staff communications and meetings. Utilize them in ways that work best for your team. Start by identifying a group that is motivated to undertake faculty initiatives, put them in charge, and encourage them to get creative. Here are some ideas to get everyone started.

CREATION Health Digital Resource Email

These eight Digital Resource Emails serve as a library for engaging, inspiring, and informing your staff about CREATION Health. Each email addresses one of the CREATION Health principles and includes:

- *CREATION Tips*
- *Video Clips*
- *Health Information*
- *Challenges*
- *Devotional*
- *Bible Story*
- *Digital Poster to use as a Computer Screensaver or Desktop Wallpaper*

Forward the Digital Resource Emails to your wellness team members and together decide how best to break up the information to share it with the rest of the staff. Here are some ideas:

- *Copy and paste one section, like the Bible Story or Health Information, and email it with a personal note to your staff.*
- *Read the devotional at your next staff worship. Use the discussion questions to connect on a spiritual level.*
- *Open a staff meeting with a CREATION Health video.*
- *Rotate a display of daily tips in the staff lounge.*

To receive the Digital Resource Emails, email your name and that of your school to wellness@creationhealth.com.

Pocket Tip Cards

Pocket tip cards, four for each principle, offer practical tips for making lifestyle changes. Think of them as CREATION Health on-the-go—inspiring, helpful, and easily accessible.

Ideas for the tip cards include:

- *Use one as a talking point for a morning worship time with staff.*
- *Give one out to a teacher in need of encouragement and ask them pass it along to another teacher who might benefit from it.*
- *Leave a different tip card by the copy machine each week for teachers to read while making copies.*



Daily Texts

Text CHDAILYTIPS to 313131 and learn how to incorporate CREATION Health principles into daily life. For example, here's a CREATION Health Daily Tip regarding Environment: "Scent is a powerful mood enhancer. Today, explore ways to make your environment more fragrant by adding a flowering plant or a scented candle." Encourage your faculty to sign up for these reminders by taking time during an in-service meeting to take out your phones and actually do it.

Monthly Newsletter

Encourage your staff to sign up for the CREATION Health monthly newsletter, which features health articles, recipes, a devotional, and more. Sign up on the home page of CREATIONHealth.com (find the link on the lower right side of the web page).

FACULTY CONNECTORS

Engaging your staff in activities and challenges centered around the principles of CREATION Health will deepen your connections as a team and, at the same time, help each person incorporate these principles into their daily lives. Choose your favorite events, try them all, or create your own.

Choice

- Give each person the CREATION Health Assessment to help them set individual goals.
- Host a blood drive on campus. Encourage staff to “choose to save a life” and donate.

Rest

- Ask a massage therapist to volunteer for the day, and encourage staff members to relieve physical stress through the healing touch of a massage. Ask a substitute to rotate into classes for 20 minutes while each teacher enjoys a shoulder and neck massage in another room.
- Equip a conference room with soft lighting, music, and aromatherapy. Invite the teachers and staff to really “relax” on their break.
- Challenge everyone to get more sleep logging their rest activities for one month. At the end of the month, hold a drawing for a massage gift card, giving each participant one entry.

Environment

- Host a De-Clutter Contest for staff and teachers. Challenge them to reorganize a personal space, classroom, or workspace. Ask them to submit before and after photos, and award a prize to the most-improved.
- Throw a Potted Plant Party. Provide air-purifying plants, pots, and potting soil, and instruct staff to help “green-up” the campus. Bringing the freshly potted plants into the classrooms will add a natural touch to the educational environment. (PDF under Printable Aids)
- Inject your faculty meeting with a dose of fresh air. Pick a sunny day and meet outside for a pleasant change.

Activity

- Challenge faculty and staff to a walk. Pick a destination, the date, a time limit, and complete it together.
- Enter a 5K Walk/Run in your community. Train together and participate as a team. Wear team t-shirts and hats on event day.

Trust

- Keep a list of prayer requests and praises to share during staff meetings.
- Cultivate prayer among the staff by assigning prayer partners. Each quarter create pairs of colleagues that will meet once a week for a season of prayer. This will create relationships within the staff and with God.
- Pick a student’s family to pray for each week. Lift them up, both as a team and individually, throughout the week.

Interpersonal Relationships

- *Host a staff vespers off-site every semester. Invite school family members. Build relationships and worship together.*
- *Select a student(s) to choose a Staff Member of the Month. The student publicizes the month's pick via email, sharing why the teacher was chosen and including a photo. Announce each month's featured staff member in chapel. Post the photo on a bulletin board.*
- *Put the names of staff members in a hat and draw Secret Friends for the school year. Encourage team members to pray for their Secret Friends, send encouraging notes throughout the year, and leave a special treat on their desks for their birthdays. Host a reveal party at the close of the school year.*
- *Keep card-making supplies and envelopes in the staff lounge, ready for someone to say thanks, acknowledge an accomplishment, or encourage a colleague on a rough day.*

Outlook

- *Give each faculty member a gratitude journal. Encourage the practice of writing down at least one thing for which they're grateful every day.*
- *Establish a day of gratitude to take place each week. For example, host a Thankful Thursday each week in November. Leave a basket with blank stationary, cards, or note paper in staff areas so that faculty and staff can write notes of thanks and gratitude to their colleagues.*

