

Staff Wellbeing - Highly Healthy – Highly Happy

Introduction

Lois Kube and Ruth Byers are classroom teachers at St Paul's Lutheran primary School, Caboolture QLD who have been involved in very successfully implementing a staff wellbeing project.

Definition

Wellness is a continuous, active process – not a single goal or achievement. It is the process of becoming aware of the different areas of your life, identifying areas that need improvement, and then making choices that will help you reach a higher level of health and wellbeing. (Rod Lees – Wellness Consultant)

What shapes quality education in a Lutheran School?

It is known that if school staff are happy within themselves and with their work environment then this happiness transfers to the students and families of the school community. If school staff feel supported then work productivity will reach its full potential.

What does a transformed mind, body and heart look like?

Within a school environment, staff need to be able to prioritise work and family commitments creating a sufficient work/life balance. It is important that staff make time for themselves including interests, health, fitness & nutrition.

Outline of Workshop

The workshop would include:

- Brief introduction of the different dimensions of wellness
- Brief presentation of St Paul's journey so far including what we have learnt and advice for others
- Participants to establish some of the wellness needs in their own school
- Hands on activities and games
- Handout of resources

Definitions of Wellness

Wellness is a continuous, active process – not a single goal or achievement. It is the process of becoming aware of the different areas of your life, identifying areas that need improvement, and then making choices that will help you reach a higher level of health and wellbeing. Rod Lees – Wellness Consultant

Wellness is first and foremost a choice to assume responsibility for the quality of your life. It begins with a conscious decision to shape a healthy lifestyle. Wellness is a mindset, a predisposition to adopt a series of key principles in varied life areas that lead to high levels of wellbeing and life satisfaction. Donald B Ardell, Ph. D.

The 6 dimensions of Wellness

The six-dimensional wellness model (developed by Dr Bill Hettler) emphasizes the importance of creating a balance in the many different areas of your life. Each of these affects the other and determines your overall wellness.

Physical - cardiovascular, flexibility, strength, balance, core stability and a sensible diet.

Emotional/Mental – an awareness and acceptance of one's feelings.

Spiritual – seeking meaning and purpose in human existence.

Intellectual – encourages creative, stimulating mental activities.

Occupational/Financial – gaining personal satisfaction and finding enrichment in one's life through work.

Social/Environmental – contributing to one's human and physical environment to the common welfare of one's community.

Find someone who....

Can speak another language _____

Can scuba dive _____

Has a pet dog _____

Practices yoga _____

Can play a musical instrument _____

Has been to China _____

Can change a wheel _____

Enjoys classical music _____

Is left handed _____

Can do a cartwheel _____

Can juggle _____

Enjoys gardening _____

Can ice skate or roller blade _____

Enjoys Italian food _____

Has been to a fancy dress party _____

Can bake a cake or cookies _____

Has helped someone recently _____

Enjoys going to the movies _____

Has slept under the stars _____

Enjoys fishing _____

Resources:

Contact People

- Ali Palmer- Advisor with ISQ
 - palmer.ali@bigpond.com
- Rod Lees – Wellness Consultant
 - seadove@pacific.net.au
- Craig Kelly – nutritionist
 - craig@fusionfln.com.au
 - <http://fusionfln.com.au/>
- Lydia Najlepszy – Personality Profiling
 - personalbest@ozemail.com.au
- Hayley Wallace – Naturopath
 - info@hayleywallace.com
 - <http://www.successandhealth.com.au/>

Books

- If you don't feed the teachers they eat the children! - Neila A. Connor
- Finding Wellness – Hayley Wallace

Websites

- www.innovativeresources.org

Newsletters

- Happiness Institute
- National Wellness Institute
- Positive People Solutions – Ken Warren

Other Resources

- Workplace Fun Ideas – David Koutsoukis