

## *A Message from the Superintendent*

Dear R-7 Staff Members,

In September 2017, the Lee's Summit R-7 School District was awarded a Bronze Level Healthy KC Certification. Healthy KC is a partnership with Blue Cross and Blue Shield of Kansas City and the Greater Kansas City Chamber of Commerce. The award, with four levels of certification (gold, silver, bronze and honorable mention), is based on an organization's efforts to create a workplace focused on health and wellbeing. The wellbeing certification is based on four pillars of health: nutrition, physical activity, tobacco cessation and work/life integration.

Our goal, as a district, is working toward the "gold" certification. To that end, the District's Employee Wellbeing Program has recently expanded to better serve our employees. We are taking a whole-person approach to inspire balance in holistic wellbeing while continuing our commitment to becoming and staying healthy. Employees can assist in this effort by choosing to live a healthy lifestyle through diet and exercise, by scheduling preventive annual and age-appropriate screenings and by actively participating in the District's Employee Wellbeing Program.

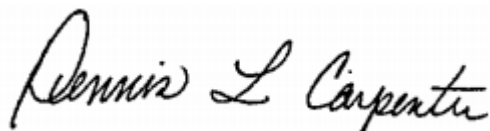
In addition to the District's Employee Wellbeing Program, I encourage you to utilize the following District wellbeing resources:

- ❖ Complete Health and Wellness Center operated by CareHere
- ❖ Blue Cross and Blue Shield Wellbeing programs
- ❖ Employee Assistance Program (EAP), known as LifeMatters and provided by Empathia
- ❖ VALIC financial services provided through CSD Retirement Trust.

For more information on the wellbeing resources available to you, please review the information in this guide, visit [wellbeing.lsr7.net](http://wellbeing.lsr7.net) or contact the District's Wellbeing Coordinator, Jennifer Flax.

We truly believe if our employees are healthy, happy and thriving in all elements of wellbeing, students will directly benefit. Thank you in advance for your continued support and active participation. I look forward to joining you in pursuit of our wellbeing goals.

Yours in the work,



Dennis L. Carpenter, Ed.D  
Superintendent