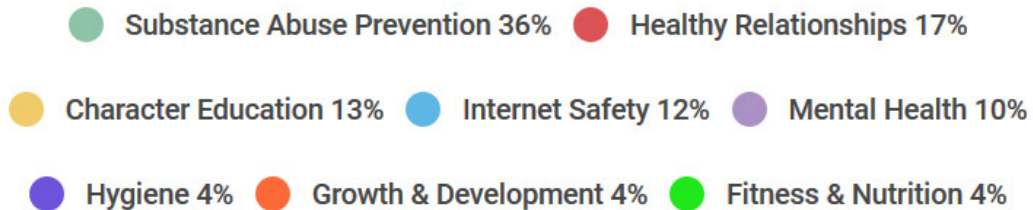
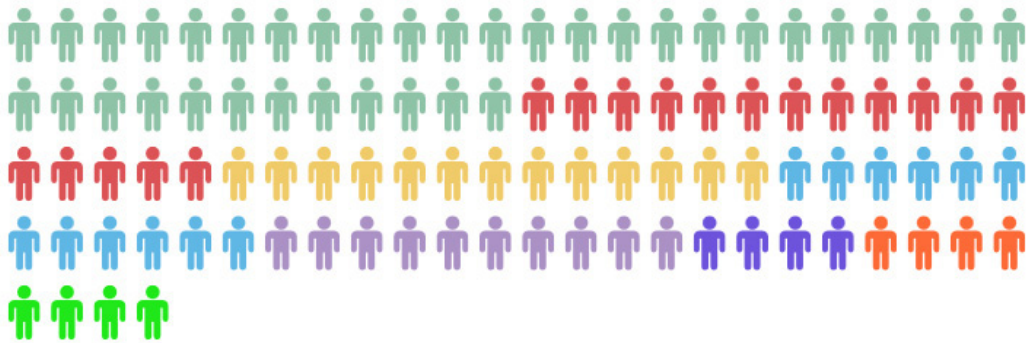
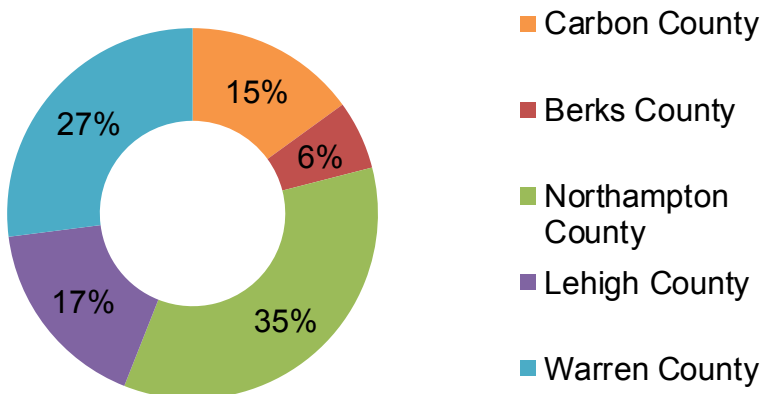


12,054 students participated in
432 preventive health education programs



Programs by Geography



68% of
all programs
were presented
in economically
disadvantaged
schools



NEW PROGRAM SPOTLIGHT: NUTRITION TRAINING CURRICULUM FOR TEACHERS

Utilizing the principles of our proven nutrition outreach programs, Weller's team of curriculum development and health education specialists created a standards-based curriculum to assist elementary school

teachers with meeting and exceeding nutrition education standards for youth in grades 3 - 5. The curriculum features 12 fifteen minute lessons, a DVD featuring original video segments to keep students engaged, parent and student handouts and evaluation tools. A corresponding train-the-trainer program accompanies the curriculum to help ensure its effective implementation among students. The teaching kit allows teachers to incorporate the lessons into their classroom at their own pace and to adjust instruction for their specific group of learners. This program helps school districts deliver critical nutrition programming on their own, which will positively impact families on a much wider scale.

INTRODUCING PARENT CONNECTION

In December, we launched Parent Connection, an e-newsletter specially designed with parents and caregivers in mind. The Weller Center stays on top of the latest issues facing our children today and works to address critical needs with researched, impact-driven content. Our inaugural issue addressed ways parents can help their children cope with terrorism and violent acts like school shootings. To sign up, visit www.wellercenter.org/ and click the envelope icon on the top right of the home page.



NEW PARTNERSHIPS



The Weller Health Education Center is proud to partner with KidsPeace, TeenCentral.net, and ParentCentral.net to provide resources and referrals to all children participating in our mental health, substance abuse and healthy relationship programs. KidsPeace is a private charity dedicated to serving

the behavioral and mental health needs of children, families and communities. TeenCentral.net is a safe, free and totally anonymous site that offers help when teens need it most. If a teen has a problem, question, difficult situation or just wants to vent, they can write their "story" and there will be an answer from a trained counselor waiting for them within 24 hours. ParentCentral.net is a special place where you as a parent can communicate with counselors and other parenting professionals about your concerns and questions and receive answers within 24 hours.

DONOR SPOTLIGHT

#JustTalk

Through a generous grant from Capital BlueCross, the Weller Center was able to launch #JustTalk, a series of short videos produced by FireRock Productions encouraging parents to talk to their kids about issues like Drugs and Depression, in May of 2015. With additional funding received in December from PPL Electric Utilities, we will now be adding to the series with #JustTalk: Relationship Respect addressing healthy relationships and dating violence. All videos are made available to the parents of students participating in the Weller Center's mental health, substance abuse and healthy relationship programs and can be viewed on the Weller Center website at <http://www.wellercenter.org/#resources>. Additional resources and referrals are available on the #JustTalk page.



PowerUP

Thanks to the support of the Harry C. Trexler Trust and the Keystone Savings Foundation, 138 low-income students are improving their health through the Weller Center's PowerUP before school fitness and nutrition program. Participant schools include Jefferson, Mosser, Roosevelt, Lehigh Parkway, Muhlenberg, Sheridan and Central elementary schools in the Allentown School District.

Focus on Mental Health

School district administrators continue to cite adolescent stress, depression and suicide as major student health risks. The Weller Center's Adolescent Depression Awareness and Stress Less programs are among the most in-demand programs we offer. Thanks to generous program support received from corporate donors, we are actively addressing these needs in our communities.



Sanofi Pasteur will help Monroe County schools maintain preventive health education programming by funding 43 days of Weller Center mental health outreach programming as well as nutrition curriculum training for teachers. Capital BlueCross will underwrite critical mental health education programs in Bethlehem, Easton and Wilson Area school districts.

We thank the many individuals, corporations and foundations who support our mission to measurably improve children's lives by giving them, and the adults in their lives, the tools they need to make informed and healthy life choices.

The following organizations have generously committed to funding health prevention programs this year:

Capital BlueCross

The Century Fund

*Charles & Betty Degenstein
Foundation*

*Charles H. Hoch Foundation
Crayola, Inc.*

Delta Dental Foundation

Harry C. Trexler Trust

*John & Margaret Post
Foundation*

Just Born

Keystone Savings Foundation

*Lehigh Valley Health
Network*

Northampton County

Medical Society Alliance

PPL Utilities

Quakertown National Bank

Ruth P. Seruga Trust

Sanofi Pasteur

*St. Luke's University Health
Network*

*Trumbower Hospital
Foundation, Inc.*

Vollrath Foundation

*Waldman Family Charitable
Trust*

Will R. Beitel Children's

Community Foundation

Women's 5K Classic