

Educator's Foreword

I am pleased to introduce and endorse Allen and Patsy's book, *The Frazzled Principal's Wellness Plan*, as the best guide on the topic that I have read. As a former elementary and secondary principal, I know firsthand the daily major stressors that impact school leaders. In Lincoln County Public Schools (NC), we are fortunate to have had Dr. Queen work with our principals directly, teaching them the valuable concepts of managing priorities, using time more effectively, and creating a healthy lifestyle.

Allen's long experience as a school principal, and his current role training principals as professor and chair of educational leadership at The University of North Carolina, Charlotte, give him great insight into problems that school leaders face on a daily basis. Patsy's experience and knowledge of nutrition and health as a nurse educator provide an excellent addition to this program. I say "program" because the book—with clearly written examples, insightful tools for self-analysis, wonderful photographs, and a generous selection of individual exercises from which to choose—provides the reader with a plan that goes beyond the parameters of what I expect in a book.

In our school system we are already using the Queens' companion book, *The Frazzled Teacher's Wellness Plan*. Principals and teacher leaders conduct sessions with faculty and staff members to do the stretching and Desktop Yoga activities. Emphasis on healthy nutritional choices and managing priorities in both personal and professional realms has had an impact on many of our employees. In fact, we are adding both books to our induction program as we strive to support and retain quality teachers, assistant

xvi THE FRAZZLED PRINCIPAL'S WELLNESS PLAN

principals, and newly appointed school principals. With the additional stress of federal and state mandates, we need every effective tool we can find to help our school principals and classroom teachers meet the new challenges of the 21st century.

I should add that many of the district office personnel are reading the books and practicing some of the easy-to-follow activities. I use several of Dr. Queen's breathing and Desktop Yoga activities in the privacy of my office for a few minutes each day. They help me lower my stress level prior to school board meetings and before dealing with parents. They calm me down each day before departing for home.

As a superintendent of a rapidly growing school system in a state requiring high-stakes testing, I recommend *The Frazzled Principal's Wellness Plan* to any principal, school leader, or district leader who wants to improve performance by learning to balance priorities, manage time and stress, gain vital skills, and create a healthy lifestyle.

*Jim R. Watson, Superintendent
Lincoln County Public Schools
Lincolnton, North Carolina*