

Healthy Panther Living



Staff Wellness Bowling Scheduled for December at All-Fam Bowling Center

The annual Staff Wellness Bowling Nights will be held at All Fam Bowling Center at 5:30 p.m.

Participants from elementary schools will bowl December 1st. Participants from middle, secondary, and departments will bowl December 8th.

The deadline for all participants to

sign-up and pay \$8 is Thursday, November 19th.

Each team must have a minimum of 4 players who will bowl two games. The team score will be determined by taking the four highest scores from each game and totaling the scores.

ALL PARTICIPANTS MUST ARRIVE BY 5:30 PM

**Elementary Schools
December 1st**

**Middle/Secondary/Departments
December 8th**

Time: 5:30 pm

Cost: \$8/person (includes shoe rental). Pay building/departement chairperson by November 19th

Team Middle School North Takes 2015 Kickball Championship



It's about
KIDS
Cabot Public Schools

Upcoming Events:

Staff Wellness Bowling

- Elementary Schools
December 1st
- Middle/Secondary/
Department
December 8th

Fitness Classes at Eastside Gym:

Monday/Wednesdays
4:30:

- Cardio Sculpt

Tuesday/Thursdays
4:30:

- Cardio Combo

This Issue:

Staff Wellness Bowling	1
Kickball Champions	1
FREE Fitness Class Info.	2
Staff Wellness Calendar	3

2015-16 Staff Wellness Fitness Class Schedule

Building/Departmental Coordinators for Staff Wellness

Central Elem.-Jamie Ditker
Eastside Elem.-Morgan Verkler
Magness Creek Elem.- Cristina Lee
Mountain Springs Elem.- Jessica Sharp
Northside Elem.- Suzie Kelly
Southside Elem.-Miriam Berryhill
Stagecoach Elem.-Robin Casteel
Ward Central Elem.-Casey Adams
Westside Elem.-Penny Garner

Middle School North-Megan Head
Middle School South-Emily Madar

Junior High North-Brian Jones
Junior High South-Katie Laney
Freshman Academy-Laura Abbott
Cabot High School-Richard O'Connell

ACE/ALE-John Shirron

CAO- Bonita Cook
Custodial Services-Bill Holden
Food Services-Erin Wilkes
Transportation-Roger Tonnessen

Meetings at CAO-PDC at 3:45 pm
Dec. 10, Feb. 11, Apr. 21



Mondays/Wednesdays - 4:30 pm Eastside Gym

Cardio Sculpting Class

Instructor: Amanda Sobczak

This sculpting class is designed for those who need a low impact option to fitness. Participants in these classes will perform a variety of muscle toning activities for the arms, legs, and core that involve no impact and minimal stress to the heart and lungs. The instructor will use hand weights, bars, and your own body weight to tone your muscles.

Tuesdays/Thursdays - 4:30 pm Eastside Gym

Cardio Combo Class

Instructor: Lindsay Furrh

Cardio combo is a total body toning workout. Participants will rotate through a variety of circuits that will help tone the arms, legs, and core. This class will also have a cardio component that is easily adaptable for your individual fitness needs.

All classes are open to current District employees. Please email megan.head@cps.k12.ar.us to sign-up.

**There is no limit or restriction to the classes participants attend. (For example: Participants may choose to attend a Monday Cardio Combo class and a Thursday Body Sculpting class.)*

District Health & Wellness Events November/December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
8	9 4:30 pm Cardio Sculpting @ ES	10 NO FITNESS CLASS	11 4:30 pm Cardio Sculpting @ ES	12 4:30 pm Cardio Combo @ ES	13	14 9:00 am UCA Color Run 5k - Conway
15	16 4:30 pm Cardio Sculpting @ ES	17 4:30 pm Cardio Combo @ ES	18 4:30 pm Cardio Sculpting @ ES	19 4:30 pm Cardio Combo @ ES	20	21 7:00 am Spa 5k, 10k, Half—Hot Springs
22	23 Fall Break	24 Fall Break	25 Fall Break	26 Fall Break 8:30 am Turkey Trot 5k—Conway	27 Fall Break	28
29	30 4:30 pm Cardio Sculpting @ ES	1 4:30 pm Cardio Combo @ ES 5:00 pm Elementary Bowling	2 4:30 pm Cardio Sculpting @ ES	3 4:30 pm Cardio Combo @ ES	4	5 8:00 am St. Jude 5k, Half, Full— Memphis
6	7 4:30 pm Cardio Sculpting @ ES	8 4:30 pm Cardio Combo @ ES 5:00 Mid/Second/ Depts Bowling	9 4:30 pm Cardio Sculpting @ ES	10 3:45 pm Well- ness Committee 4:30 pm Cardio- Combo @ ES	11	12



Avoid the Cold & Flu!

- Get a flu shot!
- Wash your hands before eating
- Avoid touching your face with your hands
- Get plenty of sleep
- Disinfect surfaces frequently that are touched by hands
- Cough and sneeze into your elbow
- Eat healthy and drink plenty of water