

Healthy Panther Living



Staff Wellness Competitions Kick-off with Kickball Championship!

The first competitive staff wellness contest will be co-ed kickball. Any current district employee is eligible to participate at no charge. They may join the school or department team in which they work.

This year we will participate in a random draw round-robin format. At the end of three weeks, the teams with the best win/loss records

will play a championship game.

All games will be 30 minutes in duration and the team that has the highest score will be declared the winner.

Games will take place in the field behind Middle School North. Game times will be 4:30, 5:15, and 6:00, light and weather permitting.

The deadline to sign-up with your building/department coordinator is Wednesday, September 16th.

When: Monday Evenings—
September 21, 28, October 5 & 12

4:30, 5:15, & 6:00 pm

Inspiration Run 2015—October 9th

The Cabot Cruisers and the Cabot School District are partnering for the annual Inspiration Run. This event is a fun way to promote fitness. Members of the Cabot County Cruisers and district employees will run or bike 26 miles in one day, making stops at each district building to promote fitness to school yards full of cheering students and staff.

This year's event will be held on October 9th. For more information about participating, email Jamie Oitker. - Jamie.oitker@cps.k12.ar.us



SCHEDULE

Ward Central Elementary

Middle School North
Arrive 8:55 am

Junior High North
Arrive 9:15 am

Freshman Academy
Arrive 9:30 am

Westside Elementary
Arrive 9:55 am

Depart 8:15 am

Depart 9:05 am

Depart 9:25 am

Depart 9:35 am

Depart 10:05 am

Central Elementary

Arrive 10:25 am

Depart 10:35 am

Middle School South

Arrive 10:50 am

Depart 11:00 am

Junior High South

Arrive 11:05 am

Depart 11:10 am

Southside Elementary

Arrive 11:15 am

Depart 11:25 pm

Stagecoach Elementary

Arrive 11:50 am

Depart 12:00 pm

Eastside Elementary

Arrive 12:20 pm

Depart 12:30 pm

Northside Elementary

Arrive 12:45 pm

Depart 12:55 pm

Mountain Springs Elementary

Arrive 2:10 pm

Depart 2:20 pm

Magness Creek Elementary

FINISH 2:50 pm

*This is an estimation of times.



It's about
KIDS
Cabot Public Schools

Upcoming Events:

Staff Wellness Kickball Championship

- September 21, 28
October 5 & 12

Inspiration Run

- October 9

Fitness Classes starting September 21 at Eastside Gym:

Mondays/Wednesdays at 4:30 pm

- Cardio Sculpt Class

Tuesdays/Thursdays at 4:30 pm

- Cardio Combo Class

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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 Kelley
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
Tech-Ernie Young

Meetings at CAO-PDC at 3:45 pm
Sept. 25, Dec. 11, Feb. 26, Apr. 30



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.)*

**Fitness Classes
Begin
Monday,
September 21st**





District Health & Wellness Events September/October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
6	7 Labor Day No School	8	9	10 Wellness Committee CAD 3:45	11	12 Minuteman 5k LR
13	14	15	16	17	18	19
20	21 Fitness Classes Begin! Cardio Sculpting 4:30 @ ES	22 Cardio Combo 4:30 @ ES	23 Cardio Sculpting 4:30 @ ES	24 Cardio Combo 4:30 @ ES	25	26 Big Dam Bridge Bike Ride—LR
27	28 Cardio Sculpting 4:30 @ ES Kickball MSN	29 Cardio Combo 4:30 @ ES	30 Cardio Sculpting 4:30 @ ES	1 Cardio Combo 4:30 @ ES	2	3 Austism Speaks 5k LR
4	5 Cardio Sculpting 4:30 @ ES Kickball MSN	6 Cardio Combo 4:30 @ ES	7 Cardio Sculpting 4:30 @ ES	8 Cardio Combo 4:30 @ ES	9 Inspiration Run	10

Employee Insurance Information

Cafeteria Plan Open Enrollment - September 8-18, 2015

Health Insurance Open Enrollment - October 1-15, 2015

*For more information about current employee benefits go to:
www.ARBenefits.org*

Questions about insurance: Suzie Baltz, Kathy Baldwin, or Tina Wiley in Accounting