

Healthy Panther Living



Staff Wellness Competitions Kick-off with Putt-Putt Championship!

The first competitive staff wellness event will be held at Cabot Mini-Golf.

department score (4 scores), best dressed, and the "duffer" award.



Teachers and staff members will play 18 holes of miniature golf to determine the following winners: Lowest individual score, lowest school/

More details to come!!

Inspiration Run 2016 Set for October 7th

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 Country 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.



SCHEDULE

This year's event will be held on October 7th. For more information about participating, email Jamie Oitker—jamie.oitker@cps.k12.ar.us

<u>Ward Central Elementary</u>	Depart 8:15 am	<u>Central Elementary</u>	Arrive 10:25 am	Depart 10:35 am	
<u>Middle School North</u>	Arrive 8:55 am	Depart 9:05 am	<u>Middle School South</u>	Arrive 10:50 am	Depart 11:00 am
<u>Junior High North</u>	Arrive 9:15 am	Depart 9:25 am	<u>Junior High South</u>	Arrive 11:05 am	Depart 11:10 am
<u>Freshman Academy</u>	Arrive 9:30	Depart 9:35	<u>Southside Elementary</u>	Arrive 11:15 am	Depart 11:25 pm
<u>Westside Elementary</u>	Arrive 9:55 am	Depart 10:05 am	<u>Stagecoach Elementary</u>	Arrive 11:50 am	Depart 12:00 pm
			<u>Eastside Elementary</u>	Arrive 12:20 pm	Depart 12:30 pm
			<u>Northside Elementary</u>	Arrive 12:45 pm	Depart 12:55 pm
			<u>Mountain Springs Elementary</u>	Arrive 2:10 pm	Depart 2:30 pm
			<u>Magness Creek Elementary</u>	FINISH 2:30 pm	

*This is an estimation of times.

Upcoming Events:

Staff Wellnes Putt-Putt Championship - TBA OCTOBER

Oct. 7-Inspiration Run

Fitness Classes:

Monday—Thursdays 4:30 at Eastside

Instructor: Amanda Sobczak

This Issue:

Staff Wellness Competitive 1 Event

Inspiration Run 2016 1

Staff Wellness Calendar 2

Fitness Class 3





District Health & Wellness Events September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
11	12	13	14	15 District Wellness Committee 3:45 @ CAD	16	17
18	19 Fitness Class Begins 4:30 @ ES	20 Cardio Sculpt 4:30 @ ES	21 Cardio Sculpt 4:30 @ ES	22 Cardio Sculpt 4:30 @ ES	23	24
25	26 Cardio Sculpt 4:30 @ ES	27 Cardio Sculpt 4:30 @ ES	28 Cardio Sculpt 4:30 @ ES	29 Cardio Sculpt 4:30 @ ES	30	

Employee Insurance Information

Health Insurance Open Enrollment-October 1-15

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

2016-17 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.-Sarai Martin
Northside Elem.-Suzie Kelley
Southside Elem.-Andrea Mendoza
Stagecoach Elem.-Robin Casteel
Ward Central Elem.-Casey Adams
Westside Elem.-Penny Garner

Middle School North-Megan Curtis
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



Mondays/Tuesdays/Wednesdays/Thursdays- 4:30 pm ES Gym

Cardio Sculpting Class—Instructor: Amanda Sobczak

Participants in this class will perform a variety of muscle toning activities for the arms, legs, and core. Amanda will use hand weights, resistance bands, medicine balls, stability balls, and your own body weight to tone your muscles.

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