

Healthy Panther Living



Staff Wellness Competitions Kick-off with Pick-Up Basketball Games at MSN

The first competitive staff wellness event will be held in the Middle School North Gym.

Teachers and staff members are invited to play basketball from 4:30-6:00pm on Tuesdays at the MSN gym.

Games will start Tuesday, September 19th. Email Megan Curtis to sign up.

Upcoming Events:
Staff Wellness Basketball:
 Tuesday Nights 4:30-6:00 at MSN starting Sept. 19th

Oct. 27—Inspiration Run

Fitness Classes:
 Monday—Thursdays 4:30 at Eastside starting Sept. 18th

Instructor: Heather Carter

Inspiration Run 2017 Set for October 27th

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 27th. 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.

This Issue:

Staff Wellness Competitive Event	1
Inspiration Run 2017	1
Fitness Class	2

2017-18 Staff Wellness Fitness Class Schedule

Building/Departmental Coordinators for Staff Wellness

Central Elem.-Jamie Ditker

Eastside Elem.-Morgan Ryals

Magness Creek Elem.-Amanda Howard

Mountain Springs Elem.-Madison Kelly

Northside Elem.-Rebecca Finch

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-Allison Astin

Junior High South-Jared Walters

Freshman Academy-Terry Ball

Cabot High School-Richard O'Connell

ACE/ALE-John Shirron

CAO-Terena Woodruff

Custodial Services-Bill Holden

Food Services-Erin Wilkes

Transportation-Roger Tonnessen



**Mondays/Tuesdays/Wednesdays/Thursdays- 4:30 pm ES Gym
Starting September 18th**

Cardio Sculpting Class—Instructor: Heather Carter

Participants in this class will perform a variety of muscle toning activities for the arms, legs, and core. Heather 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.curtis@cps.k12.ar.us to sign-up.