

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 on October 7th.

Teachers and staff members will play 18 holes miniature golf to determine the following winners: lowest individual score, lowest school/department score (4 scores), best dressed, and the "duffer" award.

Tee times will begin at 5 pm. The cost is \$5 per participant and this fee will include one round of putt-putt, club rental, snacks and a drink.

Register with your building/departmental coordinator and pay by October 2nd.



Inspiration Run 2013 - October 11th

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 11th. For more information about participating, email Health and Wellness Coordinator, Kelly Spencer.



SCHEDULE

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

*This is an estimation of times.



Upcoming Events:

Oct. 7—Staff Wellness Putt-Putt Championship

Oct. 11—Inspiration Run

Oct. 15 & 17—Flu Clinic

Fitness Classes:

Mondays/Wednesdays at 4:30 pm

- Power Pump Class

Tuesdays/Thursdays

- Cardio Combo Class at 4:30 pm
- Sculpting Class at 5:30 pm

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Kicking off CabotFest 2013

Saturday, October 12th – 9:00 a.m.

Participants will be placed in the appropriate competition based on gender and age. Three place medals will be awarded for each competition. Finisher medals will be awarded to the first 100 individuals who cross the finish line.

REGISTRATION FORM

T-Shirt Size

(please circle only one)

S M L XL
XXL XXXL
Youth S M L

Event Category (check only one):

5K Runner

5K Walker

Virtual Runner (not a race participant)

Gender: M F Survivor: Yes No

Date of Birth _____ Age on Oct 12 _____

Team (if applicable) _____

Last Name _____ First Name _____

Home Address _____

City _____ State _____ Zip _____

E-Mail Address _____ Evening Phone _____

REGISTRATION FEE: \$20.00 until September 30th. October 1st the price increases to \$25.00 (Please Sign Form and Attach Registration Fee)

RACE PROCEEDS FUND A FINANCIAL ASSISTANCE PROGRAM AVAILABLE TO LOCAL CANCER PATIENTS OFFERED THROUGH THE FAITH SUPPORT MINISTRY

(contact FSM – elaine@faithcabot.org or 501-843-5291 – for details on how to apply for financial assistance)

WAIVER (registrant must sign to be eligible to participate in the Race): I understand that my consent to these provisions is given in event, and in good physical condition. I know that this event is a potentially hazardous activity and I hereby assume full and complete responsibility for any injury or accident which may occur during my participation in this event or while on the premises of this event, and I hereby release and hold harmless and covenant not to file suit against Faith Baptist Church of Cabot, the Faith Support Ministry, any affiliated race sponsors or individuals or sponsors of CabotFest, their agents and employees and all other persons or entities associated with this event (the "Releasees") from any loss, liability or claims I may have arising out of my participation in this event, including personal injury or damage suffered by me or others, whether same be caused by falls, contact with participants, conditions of the course, negligence of the Releasees or otherwise. If I do not follow all the rules of this event, I understand that I may be removed from the competition. I give my full permission to **the Faith Support Ministry, Faith Baptist Church of Cabot, CabotFest and their sponsors to use any photographs, videotapes, audiotapes or other recordings of me that are made during the course of this event.** I understand that this Waiver and Release may be stored electronically and agree that a copy is authentic and admissible as evidence in any future dispute or proceeding.

Date

Signature

For questions or additional information, please contact Elaine at (501) 843-5291 or elaine@faithcabot.org.

Register on-line at FSM5K.org or complete this form, attach registration fee and mail to:

Faith Support Ministry – FSM5K (a Cancer Support Ministry of Faith Baptist Church)

Box 1475

Cabot, Arkansas 72023

Race packets may be picked up at Faith Baptist Church, 301 Bill Foster Memorial Hwy in Cabot on Friday, Oct 4th 4:00 - 7:00 p.m.; Saturday Oct 5th 11:00 a.m. – 1:00 p.m.; or at the Race Oct 12th 8:00 to 8:45 a.m.

Race packets may be picked up at Faith Baptist Church, 301 Bill Foster Memorial Hwy in Cabot on Friday, Oct 4th 4:00 - 7:00 p.m.; Saturday Oct 5th 11:00 a.m. – 1:00 p.m.; or at the Race Oct 12th 8:00 to 8:45 a.m.



District Health & Wellness Events September/October 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
22	23 Power Pump 4:30 MSN gym	24 Cardio Combo 4:30 Sculpting 5:30 MSN Gym	25 Power Pump 4:30 MSN gym	26 Cardio Combo 4:30 Sculpting 5:30 MSN Gym	27	28 Great Pumpkin 5K Lonoke BDB 100 Cycling LR
29	30 Power Pump 4:30 MSN gym	1 Cardio Combo 4:30 Sculpting 5:30 MSN Gym	2 Power Pump 4:30 MSN gym	3 Cardio Combo 4:30 Sculpting 5:30 MSN Gym	4	5 5K Walk for Autism Speaks-LR Tour de Hoot— McGehee cycling
6	7 Power Pump 4:30 MSN gym Putt-Putt Champ. 5 pm	8 Cardio Combo 4:30 Sculpting 5:30 MSN Gym	9 Power Pump 4:30 MSN gym	10 Cardio Combo 4:30 Sculpting 5:30 MSN Gym	11 Inspiration Run	12 FSM 5K for Cancer—Cabot AR Challenge Warrior Ride-bike
13 Arky 100 Cy- cling—Sheridan	14 Power Pump 4:30 MSN gym	15 Flu Clinic Parent Teacher Con- ferences No Fitness Classes	16 Power Pump 4:30 MSN gym	17 Flu Clinic Parent Teacher Conferences No Fitness Classes	18 No School	19 Komen Race for the Cure-LR
20	21 Power Pump 4:30 MSN gym	22 Cardio Combo 4:30 Sculpting 5:30 MSN Gym	23 Power Pump 4:30 MSN gym	24 Cardio Combo 4:30 Sculpting 5:30 MSN Gym	25	26 Mud Run 5K-LR Tour de Pumpkin— Russellville bike

Employee Insurance Information

Health Insurance Open Enrollment-October 1-31

For more information about current employee benefits go to:

www.ARBenefits.org

More information will be coming soon from Tina Wiley regarding employee insurance

2013-14 Staff Wellness Fitness Class Schedule

Building/Departmental Coordinators for Staff Wellness

Central Elem.-Kelly Spencer
Eastside Elem.-Morgan Verkler
Magness Creek Elem.-Laura Beasley
Mountain Springs Elem.-Jessica Sharp
Northside Elem.-Jessica Dunphy
Southside Elem.-Miriam Berryhill
Stagecoach Elem.-Cathy Buckmaster
Ward Central Elem.-Casey Adams
Westside Elem.-Penny Garner

Middle School North-Megan Head
Middle School South-Daniel Fuller

Junior High North-Anna Robertson
Junior High South-Dean Buist

Cabot High School-Richard O'Connell

ACE/ALE-John Shirron

CAO-Denise Swann
Custodial Services-Bill Holden
Food Services-Erin Wilkes
Transportation-Charlie Donham



Mondays/Wednesdays - 4:30 pm MSN Gym

Power Pump Class

Instructor: Lindsay Furrh

Power pump is an interval class that tones the total body. During these classes, Lindsay will lead the group through a variety of activities that alternate muscle groups (legs, arms, core, chest, back, and heart) that change at one-minute intervals. This is a moderate-to-high intensity class.

Tuesdays/Thursdays - 4:30 pm MSN 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 is similar to last year's cardio combo class that was offered.

Tuesdays/Thursdays - 5:30 pm MSN Gym

Sculpting Class

Instructor: Lindsay Furrh

This sculpting class is designed for those who need a low impact option to fitness. The target audience is those who have not worked out for a while or may have some physical restrictions due to back pain, arthritis, asthma, overweight, or the more seasoned person. 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.

All classes are open to current District employees. Please email kelly.spencer@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 Tuesday Cardio Combo class and a Wednesday Aerobic Dance class.)*

Clinton Presidential Center

Saturday, October 5, 2013



Join Autism Speaks as we walk to change the future for all who struggle with autism!

Walk Now for Autism Speaks is a fun-filled, family friendly event and is our single most powerful force to fund vital research that will lead us to the answers we need. Experience the power of thousands united by a single cause by joining Walk Now for Autism Speaks. Autism is the fastest-growing serious developmental disorder in the U.S. – we need more volunteers to join our fight. Whether this is your first walk or the 10th, take the first step and register today. You will not only raise funds, but you will become a part of a fun and supportive family-focused community.

Every 11 minutes, another family receives the devastating news that their child has an autism spectrum disorder. Help us change that! Start fundraising today. Whether you strive to join our new "Grand Club" (walkers that raise \$1,000 or more) or sell lemonade to boost your total or create your own unique event, you become a part of the solution! Don't wait another minute - start a corporate, school or family team today!

Event Opens: 8:30 a.m.

Walk Ceremonies: 10:00 a.m.

**Walk Start to follow Walk ceremonies*

Arkansas 5K

Day of Registration/Check-in: 7:30 a.m.

5K Start: 8:30 a.m.

**5K will be completed prior to Walk*

To Register (more info):

<http://www.walknowforautismspeaks.org/faf/home/default.asp?ievent=1058039>