

Healthy Panther Living



It's about
KIDS
Cabot Public Schools

Team Eastside Victorious in Kickball Tournament



Team Eastside became the first elementary school to win a Staff Wellness Championship. With only the minimum number of required players (8) showing up, it proved to be a winning combination of speed, youth, and some questionable fashion! Participants from the opposing team reported that the combination of neon green t-shirts, a tutu, and an administrator constantly performing acrobatics distracted many of the Middle

School South players from focusing on the task at hand. Championship runner-up, Team Middle School South fielded its strongest team ever as they defeated Ward Central and Westside on their way to the finals.

Team Eastside completed pool play as the top seeded team in the bracket. They defeated Junior High South and CAD en route to their championship

quest. Congratulations Team Eastside!

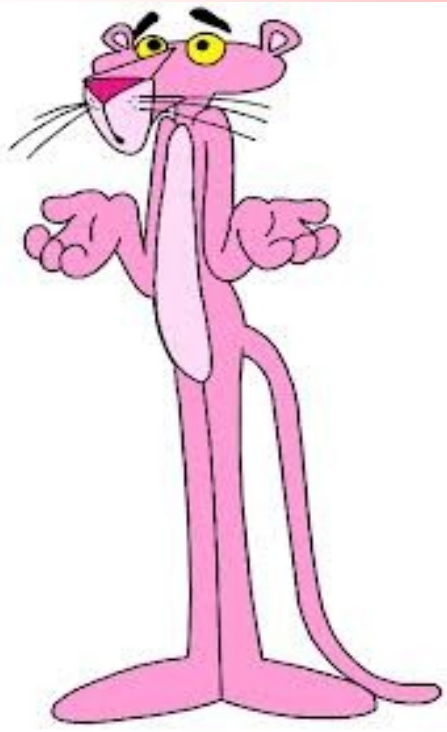


Upcoming Events:

- Educators on the Run
Tues/Thurs 4:30 CAD
- Zumba Classes
Tue/Thurs 4:30/5:30
Cardio Combo 4:30
- November 5th
Healthy Cooking for the Holidays (4 pm & 6 pm classes)
- November 5th
Men's and Women's Basketball
Open Gym Play Begins
- December 4th & 11th -Bowling
Elementary (4th)
Middle/Secondary/
Departmental Teams (11th)

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10 Cold and Flu Remedies that Work!

As the cold and flu season nears, educators fight to prevent catching various bugs and infections. Some times, regardless of repeatedly washing your hands and using hand sanitizer, teachers and staff still fall victim to sinus infections, the flu, or cold virus. The following are ten remedies for dealing with a cold or the flu once you have acquired it:

1. Hot tea with honey—Drink plenty of hot liquids to stay hydrated. Black tea is good for a sore throat and it helps get rid of the chills. Black tea also contains virus fighting interferon. To add vitamin C add honey and lemon.

2. O.J.—Vitamin C in orange juice shortens the cold's duration as well as it has a natural decongestant. It is recommended adults consume up to 2,000 mg of vitamin C, a day. Other sources of vitamin C include strawberries, tomatoes, and broccoli.

3. Hot peppers—These hot little gems provide capsaicin, which helps to relieve a stuffy nose. If you do not like hot foods, try bell peppers.

4. Chicken soup—Grandma's famous solution has proven to be effective! Chicken soup contains cysteine, an amino acid that is similar to drugs used to treat bronchitis. This will help with inflammation in the respiratory system.

5. Nasal spray—saline spray helps temporarily relieve congestion but use with caution. Overuse could lead to a more severe infection. Do not use more than three consecutive days.

6. Garlic & Ginger—Garlic helps boost the immune system. Ginger helps to ease nausea. Add garlic and ginger to chicken soup to boost your immune system.

7. Steam—A hot shower helps to shrink mucus membranes in the nose and

throat, as well as it encourages the mucus to drain. This will help relieve a stuffy nose and congested chest.

8. Neti pot—Use warm salt water (non-iodized salt) in a neti pot to clear out the nasal passages and reduce congestion.

9. Ibuprofen & Acetaminophen—Both help to relieve fever. If you have a fever of 103 degrees or higher, see the doctor immediately.

10. Oatmeal—Whole grains contain selenium, zinc, and beta glucon. All three help to support the immune system.

Continue with preventative practices such as washing hands, eating healthy, getting enough sleep, and reducing stress.

Source: RealAge.com/cold and flu

FREE
Fitness Classes
for Staff

Zumba Classes
4:30 & 5:30
Cardio Combo
4:30
Middle School North
Gym

Sign-up e-mail:

kelly.spencer@cps.k12.ar.us

District Health & Wellness Events November 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Zumba Classes 4:30 & 5:30 Cardio Combo 4:30 Educators on the Run 4:30 pm at CAD	2	3 Duck Dash 5K Little Rock
4	5 Healthy Cooking for the Holidays Class 4 & 6 pm Basketball Open Gym 6:30 pm MSN	6 Zumba Classes 4:30 & 5:30 Cardio Combo 4:30 Educators on the Run 4:30 pm at CAD	7	8 Zumba Classes 4:30 & 5:30 Cardio Combo 4:30 Educators on the Run 4:30 pm at CAD	9	10
11	12 Basketball Open Gym 6:30 pm MSN	13 Zumba Classes 4:30 & 5:30 Cardio Combo 4:30 Educators on the Run 4:30 pm at CAD	14	15 Zumba Classes 4:30 & 5:30 Cardio Combo 4:30 Educators on the Run 4:30 pm at CAD	16	17
18	19 FALL BREAK NO School	20 FALL BREAK NO School	21 FALL BREAK NO School	22 NO School Gobler Turkey Trot Fun Run Little Rock	23 FALL BREAK NO School	24 Duck Race 10K Stuttgart
25	26 Basketball Open Gym 6:30 pm MSN	27 Zumba Classes 4:30 & 5:30 Cardio Combo 4:30 Educators on the Run 4:30 pm at CAD	28	29 Zumba Classes 4:30 & 5:30 Cardio Combo 4:30 Educators on the Run 4:30 pm at CAD	30	1 St. Jude's Marathon Memphis, TN

**Check out the new staff wellness page at www.cabotschools.org
Health resources available under the drop down menu -
resources for staff, students, and parents section!**

Future Wellness Events:

**Basketball Open Gym—Mondays in November/December, 6:30 @ MSN
Zumba Classes 4:30/5:30 Tuesday/Thursday
Cardio Combo Classes 4:30 Tuesday/Thursday
Staff Wellness Bowling
December 4th-Elementary Teams
December 11th-Middle/Secondary/Departmental Teams**

Staff Wellness Kickball October 22nd



Congratulations to Team Middle School South as the 2012-13 Kickball Championship Runner-up Team!

A Note From the District Wellness Committee...

Thank you to all the participants in the Staff Wellness Kickball Tournament. The District Wellness Committee wants District employees to know that we welcome any input into wellness programs. As a result of your input, this year we began "competitive" and "non-competitive" divisions. These divisions are determined by the number of male participants per team. At the October 25th Wellness Committee meeting, the committee voted to determine a "fair" number of male participants for the "non-competitive" division. The majority of the committee agreed that **THREE** or more males on a team will constitute a "competitive" team.

We hope that this will encourage more participants in the non-competitive division to come out and enjoy a fun evening exercising with co-workers. There will be separate trophies for the winners of each division and we hope that the teams will be more equitable.



Questions/Comments

About Health & Wellness Programs

Contact:

kelly.spencer@cps.k12.ar.us

Team Eastside and Team Middle School South celebrate sportsmanship after the conclusion of the tournament. Some even performed a celebratory dance!

Easy Healthy Cooking Choices

Cabot High School FACS teachers, Sarah Vance and Jayme Nyborg, offered a “Healthy Cooking” professional development opportunity this summer. The following is a recipe that participants followed to make a healthy Chicken Fried Rice:



Chicken Fried Rice

Recipe created by Chef Curtis Stone for Oprah

Ingredients

- 1 1/2 cups uncooked brown rice
- 1/4 tsp. salt
- 5 Tbsp. canola oil, divided
- 2 large eggs, beaten to blend
- 2 boneless, skinless chicken breasts, cut into bite-size pieces
- 4 small carrots, peeled and finely diced
- 1 1/2 cups broccoli, cut into small pieces (about 1/4 inch in size)
- Salt
- Pepper
- 3/4 cup thinly sliced green onions
- 1/3 cup soy sauce
- 1 tsp. sesame oil

Day 1 Directions

Combine 3 cups water, rice, and 1/4 tsp. of salt in large saucepan. Cook on low heat for about 15 minutes or until water is absorbed. Transfer to bowl. Refrigerate overnight.

Day 2 Directions

- Heat 1 Tbsp. of canola oil in a large skillet over medium-high heat. Add the eggs and stir with a fork for about 30 seconds or just until cooked. Remove the eggs and set aside on a plate.
- Heat 1 Tbsp. of canola oil in the skillet. Add chicken. Season to taste with salt and pepper. Cook for 4 to 5 minutes or until golden brown and cooked through. Remove chicken to a plate.
- Heat the remaining 3 Tbsp. of canola oil in the skillet. Add the carrots and broccoli to the wok, and stir-fry for 3 minutes.
- Add the cold rice, and stir-fry for 2 minutes or until heated through. Season with salt and pepper to taste.
- Stir in the eggs, chicken, and the green onions. Add the soy sauce and sesame oil and stir-fry for 1 minute.
- Transfer to a bowl and serve.

Do You Know Your Building Coordinator for Health & Wellness Events?

ACE/ALE/CLA-John Shirron
Central—Kandace Hardcastle
Eastside—Ashley Gonyea
Magness Creek—Laura Beasley
Mountain Springs—Caroline Gairhan
Northside—Sarah Robbins
Southside—Miriam Berryhill
Stagecoach—Cathy Buckmaster
Ward Central—Casey Sample
Westside—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—Sarah Hyden

Central Office—Denise Swann
Custodial Dept.—Bill Holden
Food Services—Erin Wilkes
Maintenance—Debbie Carr
Special Programs—Valerie Stone
Technology Dept.—Kendal Wells
Transportation—Sharon Hale

To sign-up for competitive contests or to order team shirts, contact your building/department coordinator

Inspiration Run 2012

26.2 Miles

14 Schools

1 Purpose:

To INSPIRE !



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KIDS
Cabot Public Schools



The day started off at Ward Central. Students raised the American flag as the Pledge of Allegiance and the National Anthem were recited.



Thanks to all the district employees who participated in the run! You are a great role model for our kids!

