Administrative Bulletin
V-17  12.12.13

Note:  This is the final bulletin for 2013.  The first bulletin for 2014 will be Friday, January 10.  
Have a wonderful and safe holiday!

1. REMINDER: WINTER BREAK SCHEDULE

EACS Central Administrative offices will be open to the public during the winter break on December 23, 26, 27, 30 and January 2, 3 from 9:00 - 12:00 each of these days.  If you need to contact administrative services, human resources, or any other central office, someone will be available to take your call during these hours.  ALL OFFICES WILL BE CLOSED DECEMBER 24, 25, 31 AND JANUARY 1.

Tamyra Kelly, ext. 1050

2. REMINDER: 2014 EACS MILEAGE REIMBURSEMENT RATE

One of the budget cost reductions for 2014 is a reduction in the mileage reimbursement rate.  The mileage rate for business miles is decreasing to 33.3 cents per mile.  Beginning January 1, 2014, the standard mileage reimbursement rate for the use of a personal vehicle for EACS business related travel will be 33.3 cents per mile.  See Enclosure #1 for more details.

Kirby Stahly, ext. 1005

3. EACS WELLNESS NEWS

Enclosure #2 is information regarding the EACS Wellness Program and the 2014 Eat Right for Life registration form.

Eric Manor, ext. 1003

4. CPR/AED TRAINING

Classes are being offered free of charge twice a month through the end of the school year.  Classes are held at PAUL HARDING in the Staff Development Room from 4:00 - 6:00 pm.  Class size is limited and requires pre-registration.  If you need this certification for your license renewal, email or call Wendy Walker, Health Services Coordinator.  See Enclosure #3 for more details.

Wendy Walker, ext. 3321
ATTENTION!

East Allen County School’s Business Mileage Rates Will Decrease!

Effective January 1, 2014, the standard mileage rate for the use of a personal vehicle for business miles driven in 2014 will be 33.3 cents per mile.

per Administrative Policy 4140.26.
Imagine if there was a pill that when taken each day would help you feel great and stay well. Would you try it? What if it wasn’t a pill? Would it surprise you to learn that the majority of illnesses and chronic diseases currently so prevalent in America are largely preventable, and in some cases fully reversible, simply by eating the right foods?

The EACS Eat Right for Life program will provide a blueprint for eating healthy. This program will provide the basic tenets of making the healthy food choices that will impact every aspect of your health and well-being.

Beginning January 14th, 2014, EACS is kicking off the Eat Right for Life wellness program. Participants will be challenged to start making small yet impactful changes to their eating habits, and all employees and spouses are invited to enroll.

This 5-week program will inspire participants to focus on five key nutritional areas and work toward transforming unhealthy eating behaviors into healthy habits that will promote a lifetime of stellar health.

Each participant in this fun and inspiring wellness program will receive handouts from the Eat Right for Life book and will embark on a journey to assess and improve current eating behaviors in each of the following categories:

- Do Your Fats Right
- Do Your Carbs Right
- Eat Your Fruits and Veggies
- Select The Right Proteins
- Drink the Right Beverages

The Eat Right for Life wellness program is here to put you on the pathway to radiant health! Learn more about healthy eating AND be inspired to start transforming your eating habits into ones that promise you a lifetime of good health!

Don’t wait to sign up for the Eat Right for Life program. The registration deadline is Friday, January 10th. Please complete the attached registration form to enroll in the program. For more information, please contact Eric Manor at emanor@eacs.k12.in.us.

Yours in Health,

Eric Manor, EACS Wellness Coach
emanor@eacs.k12.in.us
(260) 446-0107 ex. 1003
Eat Right for Life Registration

The Eat Right for Life Program is a 5–week program that will help you to:

Do Your Fats Right  
Do Your Carbs Right  
Eat Your Fruits and Veggies  
Select the Right Proteins  
Drink the Right Beverages

When: January 14th – February 11th  
Time: Tuesdays 4:15 p.m. – 5:15 p.m.  
Where: Park Hill Learning Center (Room TBA)  
Cost: FREE

Sign Up Today!!!!  
Fill out the form below to register for the program!

________________________________________________________________________

Name: __________________________  
Phone: __________________________  
Email: __________________________

Registration Deadline: Friday, January 10th 2014

Return Completed Registration To: Eric Manor in the EACS Administration Building or emanor@eacs.k12.in.us
CPR/AED Training

Classes are being offered free of charge twice a month through the end of the school year. Classes are held at PAUL HARDING in the Staff Development Room from 4:00 PM to 6:00 PM. Class size is limited and requires pre-registration. If you need this certification for your license renewal, email or call Wendy Walker, Health Services Coordinator at extension 3321.

January and February Class Schedule:
January 23 (Thursday)
January 28 (Tuesday)
February 13 (Thursday)
February 18 (Tuesday)

Certification is through the American Heart Association and lasts for two years. Employees that need to renew their CPR/AED certification may also participate in this training.

Wendy Walker, RN
Health Services