Special Note: There will not be an Administrative Bulletin distributed on next week (November 28). HAPPY THANKSGIVING ~ HAVE A SAFE HOLIDAY!

1. NORTHEAST INDIANA 2014 OUTSTANDING CORPORATE PHILANTHROPIST AWARD WINNER

Parkview Total Health, The Association of Fundraising Professionals (AFP) Northeast Indiana Chapter recently hosted the 2014 National Philanthropy Day® celebration event to recognize individuals and organizations in the local community whose generous gifts of time, expertise, and resources have made Northeast Indiana a better place.

Parkview was nominated for this award by Rose Fritzinger, Director of the East Allen County Schools Educational Foundation. According to an excerpt from the nomination: “Parkview provides a leadership role in supplying support to our community’s nonprofits through many initiatives, causes, and their philanthropic dollars to provide a large measure of the innovation and creativity that positively impacts people’s lives in northeast Indiana.”

National Philanthropy Day is set aside in mid-November annually to recognize individuals who donate their resources for the enrichment of the community and the world in which we live. Whether they give locally, nationally or internationally, the bottom line is that philanthropic giving enables nonprofit organizations to assist others. They live out the National Philanthropy Day belief that you can Change the World with a Giving Heart.

Rose Fritzinger, ext. 3161

2. SUPPORT PROJECT READS

It is easy to support Project READS while you shop at Barnes & Noble Thanksgiving weekend. Just use the attached voucher or mention us when you make your purchase. A few things to note:

- Art teachers are certainly welcome to participate in the art lesson at 2 pm.
- The 20% educator discount can be used on Book fair purchases and donations to Project READS.
Lunch with Bruce Langton will be at Granite City.

For those who want to support us, but won’t be in town or don’t want to battle holiday traffic, we will process advance orders with payment and arrange for convenient pickup. We want everyone who wants to give signed books as gifts the opportunity to do so.

Project Reads voucher number is 11433802. See Attachment #1 for more details.

Tamyra Kelly, ext. 1050

3. INDIANA EARLY LITERACY FIREFLY AWARD

The Indiana Center for the Book announces a new statewide book award for children ages 0-5. The Indiana Early Literacy Firefly Award will be chosen from picture books nominated by Indiana youth librarians. Nominated picture books should possess strong child appeal and support at least three of the Every Child Ready to Read® practices of Talking, Singing, Reading, Writing, or Playing.

Nominate a picture book by December 31, 2014. For more information on the award, see Attachment #2 or visit: http://www.in.gov/library/firefly.htm

Tamyra Kelly, ext. 1050

4. NATIONAL READING RECOVERY CONFERENCE

The National Reading Recovery & K-6 Literacy Conference will be held in Columbus, OH, February 7-10, 2015 at the Greater Columbus Convention Center. Over 115 sessions, led by nationally respected literacy experts, are offered focusing on all aspects of K-6 literacy. The conference also includes featured speakers, pre-conference institutes, and keynote speakers; Mary Fried, Lucy Calkins, and Joy Cowley. Contact: Reading Recovery Council of North America, 500 W. Wilson Bridge Road, Suite 250, Worthington, OH, 43085; (614) 310-7323 or e-mail: conferenceinfo@readingrecovery.org for more details.

Tamyra Kelly, ext. 1050

5. CALL FOR 2015 TOYOTA FAMILY TEACHER OF THE YEAR AWARD NOMINATIONS

2015 Toyota Family Teacher of the Year Award Call for Nominations. On November 3, 2014, the National Center for Families (NCFL) began accepting nominations for the 2015 Toyota Family Teacher of the Year Award, which will award a $20,000 to an exemplary teacher engaging families in education. Educators working with families through schools, libraries, and many other community-based organizations will be considered, and nominations are due December 31, 2014. See Attachment #3 for more details.

Tamyra Kelly, ext. 1050

6. PASSPORT TO INNOVATIVE EDUCATION

Funded professional development – CHARACTER education!

2. **Classroom Project**: Unit plan developed by teachers that integrates character education with state academic standards. Project is built during Symposium week and implemented in fall, 2015.

3. **Global Study Tour**: Optional trip to Europe. Teachers visit a variety of classrooms and cultural sites in summer, 2016.

These quality experiences are designed to build teachers’ inner strength and optimism. Graduate credit is available through Indiana Wesleyan University.

For information: [www.thesummitfw.com/education](http://www.thesummitfw.com/education) | [passport@thesummitfw.com](mailto:passport@thesummitfw.com) | 260.446.3235. See Attachment #4 for further details.

Tamyra Kelly, ext. 1050

7. **REMINDER: 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 JR HIGH in the Staff Development Room from 4:15 PM to 6:15 PM. Class size is limited and requires pre-registration. If you need this certification for your license renewal, email or call Wendy Walker at extension 7309.

**December through February Class Schedule**

- December 9 (Tuesday)
- December 16 (Tuesday)
- January 8 (Thursday)
- January 13 (Tuesday)
- February 12 (Thursday)
- February 17 (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.

See Attachment #5 if you wish to purchase a student workbook; soft cover and ebooks are available.

Wendy Walker, ext. 7309

6. **REMINDER: REPORT CARD NIGHT**

The Komet’s Report Card Night is scheduled for Nov. 22, 2014 and Feb. 21, 2015. See Attachment #6 for more details.

Marilyn Hissong, ext. 3124

7. **REMINDER: JA ON-LINE AUCTION & KOMET HOCKEY NIGHT**

Scheduled Nov. 25 – Dec. 2, 2014, live at 8 pm on [www.eBay.com](http://www.eBay.com). Also, JA Hockey Night, Sunday, December 14th, 100% of all ticket sales will benefit Junior Achievement. See Attachment #7 for more auction details and ticket information.

Tamyra Kelly, ext. 1050

9. **IDOE SUPERINTENDENT’S MAIL**

Weekly, State Superintendent Ritz sends (via email) an informational message to principals and other administrators. This information is has a lot of great information and notices for professional development opportunities for Indiana educators. Please be sure to pass this information on to teachers.

Tamyra Kelly, ext. 1050
10. THE IMPACT OF NUTRITION ON YOUR HEALTH

See Attachment #8 to read more of the EACS Wellness Newsletter.

Eric Manor, ext. 1003

DREAM IT. DO IT.
Special Invitation!

Saturday, November 29
Bookfair at Barnes & Noble
Glenbrook Square

Fun Family Activities & Readings by afO Actors in Period Costumes from *Pioneer Girl* & *Little House Books*

Meet Guest Illustrator Bruce Langton!

Book Signing 1-4 PM!
Art Lesson for Kids at 2 PM!

Voucher number is good at all Barnes & Noble locations and online November 28-December 2. Valid with many gift items!

Proceeds from net sales benefit both organizations. Voucher must be presented at time of purchase.

(Please turn to the back of this page!)
Donate a new hardcover book or educational game to Project READS (pre-order & pre-pay), and you could win 1 of 4 seats at lunch with Bruce Langton, our award-winning children’s book illustrator, on November 29!*

Please contact Lisa Fabian at 423.6447 x26 or lfabian@abouteducation.org for details!

**Project READS Wish List**

<table>
<thead>
<tr>
<th>TITLE</th>
<th>AUTHOR</th>
<th>ILLUSTRATOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Animals’ Santa, The</td>
<td>Jan Brett</td>
<td>Jan Brett</td>
</tr>
<tr>
<td>Arrowhawk</td>
<td>Lola Schaefer</td>
<td>Gabi Swiatkowska</td>
</tr>
<tr>
<td>Bats in the Band</td>
<td>Brian Lies</td>
<td>Brian Lies</td>
</tr>
<tr>
<td>Bear’s First Christmas</td>
<td>Robert Kinerk</td>
<td>Jim LaMarche</td>
</tr>
<tr>
<td>Blizzard</td>
<td>John Rocco</td>
<td>John Rocco</td>
</tr>
<tr>
<td>Christmas in Camelot (Magic Tree House Series #29)</td>
<td>Mary Pope Osborne</td>
<td>Sal Murdocca</td>
</tr>
<tr>
<td>Diary of a Wimpy Kid: The Long Haul</td>
<td>Jeff Kinney</td>
<td>Jeff Kinney</td>
</tr>
<tr>
<td>Fu Finds the Way</td>
<td>John Rocco</td>
<td>John Rocco</td>
</tr>
<tr>
<td>Full Count : A Baseball Number Book</td>
<td>Brad Herzog</td>
<td>Bruce Langton</td>
</tr>
<tr>
<td>Gifts of the Heart</td>
<td>Patricia Polacco</td>
<td>Patricia Polacco</td>
</tr>
<tr>
<td>H is for Hoosier: An Indiana Alphabet</td>
<td>Cynthia Furlong</td>
<td>Reynolds</td>
</tr>
<tr>
<td>Hello, Goodbye Window, The</td>
<td>Norton Juster</td>
<td>Chris Raschka</td>
</tr>
<tr>
<td>Mitten, The</td>
<td>Jan Brett</td>
<td>Jan Brett</td>
</tr>
<tr>
<td>Nelson Mandela</td>
<td>Kadir Nelson</td>
<td>Kadir Nelson</td>
</tr>
<tr>
<td>P is for Passport: A World Alphabet</td>
<td>Devin Scillian</td>
<td>Bruce Langton et al.</td>
</tr>
<tr>
<td>Scholastic Children’s Dictionary (July 30, 2013)</td>
<td>Scholastic</td>
<td>Scholastic</td>
</tr>
<tr>
<td>Snatchabook, The</td>
<td>Helen Docherty</td>
<td>Thomas Docherty</td>
</tr>
<tr>
<td>Zingo (Sight Words Game)</td>
<td>N/A</td>
<td>N/A</td>
</tr>
</tbody>
</table>

*Deadline is **Friday, November 21**. Donors will also be entered in a separate raffle for a **Happy Holidays! gift basket valued at over $150**!
Indiana Center for the Book
Announces a New Book Award for Ages Zero to Five:

Indiana Early Literacy
Firefly Award
Talking • Singing • Reading • Writing • Playing

Criteria for nominations are as follows:

• Be in print
• Be published, in its current edition, within the last three years
• Possess strong child appeal
• Support at least three of the Every Child Ready to Read® practices of Talking, Singing, Reading, Writing, or Playing
• Have artistic quality with text that supports the illustrations or a compelling narrative provided by illustrations

How to nominate a title for the 2015 award:

Nominations will be accepted from youth librarians who work in Indiana schools or libraries. One librarian may submit multiple nominations.

Submit your nominations via email to Suzanne Walker by December 31, 2014 at suwalker@library.in.gov.

Include in your email: Title, Author, Illustrator, and Publication Date, as well as the following justification:

In 100 words or less please tell us why this book is special with an emphasis on how it supports at least three of the ECRR® practices.

Indiana children ages 0-5 can vote with a caregiver.

The nomination pool will be narrowed down to 8 titles by the Indiana Early Literacy Firefly Committee by March 2, 2015. Ballots will be released by March 6, 2015. Votes will be accepted until May 10, 2015. More information on ballots and how to vote will be available in early spring, 2015. The Indiana Early Literacy Firefly Award winning title will be announced on May 22, 2015.

A toolkit for your library or organization including bookmarks, stickers, and programming ideas will be available in 2015.

#INfireflyaward
2015 Toyota Family Teacher of the Year Application

Application Overview

The National Center for Families Learning (NCFL) is excited that you are investing your time to nominate a great family educator for the 2015 Toyota Family Teacher of the Year Award. NCFL and Toyota initiated this partnership 18 years ago to recognize the teachers in the nation who are best at engaging families in the educational process. School and community-based teachers who are exceptional at engaging families are eligible for nomination.

Following a careful review of the selection criteria, please complete the online nomination form. You do have the option to fill in individual sections, save your incomplete entry, and return to your initiated application form at another time. Please make sure all required domains are completed before formally submitting your nomination. Anyone with comprehensive knowledge about the nominee is eligible to fill in the nomination form. Programs may nominate up to 2 family educators using separate nomination forms. Self-nominations will be disqualified. Incomplete nominations or late submissions will not be accepted.

Please submit no later than 11:59 p.m. EST on December 31, 2014. For assistance or questions, please contact Joshua Cramer at jcramer@familieslearning.org.
Nominator's Contact Information

ALL FIELDS WITH * ARE REQUIRED

Nominator First Name*: ____________________________
Nominator Last Name*: _____________________________
Nominator Title*: _________________________________
Nominator Business Phone Number*:
_________________________________________________

Nominator Cell Phone Number (optional):
__________________________________________________________________

Nominator Email Address*: _______________________________________

Nominator Organization or School Name*:
__________________________________________________________________

Street Address*: _________________________________________________
Apt/Suite/Office: _________________________________________________
City*: ____________________________________________
State*: ___________________________________________
Zip*: ____________________________________________

Organization name proposed to receive funding (if selected as the winner)*:
__________________________________________________________________

Organization tax exempt number or description (e.g., 501(c)3, government entity)*:
__________________________________________________________________
About the Nominee

ALL FIELDS REQUIRED*

Nominee First Name: ________________________________
Nominee Last Name: ________________________________
Nominee’s Title: __________________________________
Nominee email: ________________________________
Nominee phone: ________________________________
Nominee’s area of expertise: ______________________
Highest level of education: ______________________
Number of years working in current school or program:

Number of years engaging families in education:

Number of years working as a school or community educator:

Ages/grade levels served*
Essay Questions

Thank you for nominating a teacher for the Toyota Family Teacher of the Year award! To complete your nomination please submit your nomination letter and optional attachments in the space below. Please include answers to the following questions in your nomination letter of 7,000 characters or less including spaces. Optional attachments do not count against the character count. Clarity and brevity are encouraged.

Nomination Letter Questions and Uploads

1. Why does the nominee you have selected deserve to be the Toyota Family Teacher of the Year more than any other school or community-based teacher in the country? Please support your answer with evidence (i.e., anecdotes, observations, results).
2. In what innovative ways has the nominee you have selected engaged low-income and/or minority families in the educational work of your organization? Please support your answer with evidence (i.e., anecdotes, observations, results).
3. How has your nominee partnered with others to maximize the benefits of family engagement in education? Please support your answer with evidence (i.e., anecdotes, observations, results).
4. How has your nominee influenced the work of other professionals with family engagement efforts? Please support your answer with evidence (i.e., anecdotes, observations, results).
5. Please share the story of a family or families who have been positively impacted by the work of the nominee. In addition to your written response, you have the option to upload a photo, video, or other form of media here.
Nomination Letter*

7000 characters maximum. Copy & paste in your letter, or type it out, here:

MEDIA FILES – paste in url links to any pictures or videos:

Media File Upload 1

Media File Upload 2

Media File Upload 3

Video or Media URL Links

URL 1: _________________________________________________
URL 2: _________________________________________________
URL 3: _________________________________________________
Required Confirmations

Please confirm the following; all are required to receive Toyota Family Teacher of the Year award. Type in X between each [ ].

If honored as the Toyota Family Teacher of the Year, the nominee agrees to:

[ ] Implement and sustain proposed project between April 2015 and April 2016.
[ ] Share the activities and story of the funded project with NCFL, particularly through requested communications
[ ] Share any materials created with grant funding with NCFL
[ ] Participate in NCFL’s extensive outreach activities to promote family engagement practices and programs, including participation in the 2015 Families Learning Summit that will be held in Houston, Texas, March 16-18, 2015

Thank You!

Please email this completed form to Joshua Cramer at jcramer@familieslearning.org.

Thank you for your nomination for the 2015 Toyota Family Teacher of the Year Award! If you have any questions, please contact Joshua Cramer at jcramer@familieslearning.org.
PASSPORT to Innovative EDUCATION

Strengthening Character | Building Relationships | Empowering Teachers

THE SUMMIT
Your journey to Innovative EDUCATION starts here.

- Strengthening CHARACTER
- Building RELATIONSHIPS
- Empowering TEACHERS

for extraordinary teachers
for healthier school culture
to transform lives
With strong moral character, a teacher is equipped to thrive personally and professionally.

Better understand your personality through assessments and evaluate how your personality impacts your teaching and your ability to sustain a healthy, balanced life.

Strengthen character traits, including:
- integrity
- emotional management
- self-control
- gratitude
- optimism
- zest
- transcendence

“It has really encouraged me and shown me it is totally possible to make a difference!”
- B.S., first year elementary teacher
Positive relationships are the foundation of a successful school. When you foster healthy, open relationships with students, fellow teachers, and administrators, you contribute to a school culture that is vital and productive.

Build character traits that help you form positive relationships:
- empathy
- social responsibility
- authenticity
- social intelligence

"I expected professional development, not to be accepted into a cohort and to build lasting relationships."

- A.B., high school art teacher
A teacher with strong character is able to have a positive impact in the lives of his or her students. The Innovative Education program is designed to challenge your perspectives and to push you to grow in ways that expand your ability to influence your students.

Whether you’re confident about your influence or wish you could do more, the Innovative Education experience empowers you to go further.

“This program has definitely helped me see teaching in a different light. I’m forever changed and look forward to building transformational relationships with my school community.”

- J.D., elementary special education
PASSPORT to Innovative EDUCATION Events

The SYMPOSIUM

For one week teachers come together to live at the beautiful Summit campus in Fort Wayne, Indiana. They develop relationships that cross grade level, district, and state boundaries.

Global STUDY TOUR

On an exhilarating trip to Europe, teachers experience education in a different cultural context. Visits are designed to showcase some of the most creative, effective international schools and educators.
The Symposium at The Summit is an integrated learning experience. Teachers are engaged through direct instruction in workshops, collaboration sessions, reflection times, personality assessments, and service learning projects. Highlights of the week include the development of Classroom Projects and Character Development Plans.

"I could never have imagined that this Symposium week was going to be as beneficial as it was. I have been to a lot of conferences/retreats/professional developments, and I am truly sold on this program."

– J.W., high school math teacher
The Summit offers a collaborative, community-building opportunity in a retreat setting. Amenities include individual rooms and bathrooms, comfortable lounge areas, community kitchen, fitness center, gymnasium, snacks and beverages, and catered meals. Instruction takes place in a Learning Lab, a state-of-the-art, student-centered workspace.

“What I expected was not what I received, which was a great thing. I got so much more.”

- T.W., principal
You create a Classroom Project that includes lesson plans for academic learning and also develops specific character traits in both you and your students. In workshops, you have one-on-one time with instructors and collaboration time with fellow teachers to plan your project. As part of the Innovative Education experience, you may apply for grants to help you make the Classroom Project a reality.

“I am inspired and excited to inspire my students to grow!”

- K.S., 4th grade teacher
Service Learning PROJECTS

The volunteer opportunities are a participant favorite of the Symposium. Spend time giving back to the community while also strengthening bonds with your cohort. While volunteering, you’ll be able to practice the concepts you’ve learned through the week by applying them as you interact with others.

"Vulnerability – if I open up, maybe others around me will in order to form better community."
– L.M., 3rd grade teacher
The Global Study Tour to Europe promises to be the highlight of your summer! Including a variety of education sites and sightseeing tours, the experience of education in a different culture influences your personal perspectives and your teaching. The Study Tour is optional and is subject to space availability.

"I was struck by the degree of respect, national pride, and commitment to excellence on the part of all the schools. There certainly is a great deal we can learn from their example."

– J.G., college administrator
“What I noticed in Europe was how they individualized education to the student. They allowed students to excel in what they loved. They created a learning community that gave students confidence to do well in school.”

- B.S., first year elementary teacher
Indiana Wesleyan University has partnered with The Summit to provide instruction and activities for the Innovative Education program. The instructors from the School of Educational Leadership at IWU are experienced professionals with the knowledge to design relevant character and relationship-building sessions.

IWU offers graduate credits at a reduced tuition rate for Innovative Education participants in three related courses. For more information, contact Deana Simpkins at 765.677.2360 or deana.simpkins@indwes.edu

- Symposium: 3 credit hours
- Global Study Tour: 3 credit hours
- Classroom Project: 3 credit hours

Reduced rate: $262 per credit hour
(Normal rate: $426 per credit hour plus materials fee)
Fees & Tuition

Symposium Tuition and Materials - $1225
(full scholarship upon acceptance)

Symposium Lodging and Meals - $775
(full scholarship upon acceptance)

Global Study Tour
all expenses - $3900 (estimated)
(partial scholarship may be available upon acceptance)

Participants are expected to complete all requirements and evaluations associated with the Symposium and the Classroom Projects.

The Summit and the Passport to Innovative Education program are funded by the support of Ambassador Enterprises.
American Heart Association
Heartsaver® First Aid CPR AED
Student Workbook Ordering Information

The Heartsaver® First Aid CPR AED Student Workbook has been updated to reflect the 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care. This course is designed for anyone with limited or no medical training who needs a course completion card in first aid, CPR and AED to meet job, regulatory or other requirements to respond to and manage an emergency in the first few minutes until EMS takes over.

***(Projected date for next product change end of year 2015 beginning of 2016)

- Book order number: 90-1026  or  eBook: 90-1026EB
- Price $13.95 (plus shipping for printed copy)

To help in the distribution of ECC materials, the American Heart Association has partnered with three companies that provide the highest quality of customer service and support.

**To order, call or fax or visit the website of the numbers below:**

- **WorldPoint ECC, Inc.**
  151 S. Pfingsten Road, Suite E
  Deerfield, IL  60015
  Phone:  1-888-322-8350
  Fax:  1-888-281-2627
  e-mail:  [www.worldpoint-ecc.com](http://www.worldpoint-ecc.com)
  website:  [www.eworldpoint.com](http://www.eworldpoint.com)

- **Channing L. Bete Co., Inc.**
  200 State Road
  South Deerfield, MA  01373-0200
  Phone:  1-800-611-6083
  Fax:  1-800-499-6464
  e-mail:  [www.channing-bete.com](http://www.channing-bete.com)
  website:  [http://shop.aha.channing-bete.com](http://shop.aha.channing-bete.com)

- **Laerdal Medical Corporation**
  167 Myers Corners Road
  PO Box 1840
  Wappingers Falls, NY  12590-8840
  Phone:  1-888-562-4242
  Fax:  1-845-227-1143 or 1-845-298-4545
Register to win a $1,000 Savings Bond at the games! Get your tickets early!

Just take your Report card or a letter from a teacher to the Coliseum Ticket Office any time between now and Saturday, February 21st. PHP will give away on EACH of the two PHP Komets Report Card Nights!

Earn those A’s” Get your tickets “Early!”

2 chances to see the Komets

SATURDAY, FEB. 21ST 7:30PM VS CLEVELAND
SATURDAY, NOV. 22ND 7:30PM VS GREENVILLE

FOR MORE INFO Call 483-0011

2 chances to win $1,000 Savings Bond!
Junior Achievement will reach over 123,000 students in the 2014-2015 school year. The JA Online Holiday Auction funds raised will support the JA programs in our 30 county service area.

Would you like to support JA by Shopping?
Visit http://myworld.ebay.com/JuniorAchievement or www.eBay.com (seller name: juniorachievement) between November 25th at 8pm and December 2nd at 8pm to bid on exciting locally donated items.

Would you like to support JA with a Donation?
We are looking for items to be auctioned. Examples of items donated are: rounds of golf, dinner certificates, pet wellness visits, event tickets, autographed items or sports memorabilia, sporting equipment, maid or handyman services, club memberships, hotel accommodations, etc.

If you are able to donate, items can be picked up or mailed to Junior Achievement, 601 Noble Drive, Fort Wayne, IN 46825 c/o JA Online Auction.

Please contact Susie Kaiser (Susie.Kaiser@ja.org) at 260-484-2543 for more information.
Learn more about Junior Achievement at www.ja.org.
Thank you for your Support!

---

J.A. HOCKEY NIGHT
KometS
SUNDAY, DECEMBER 14TH

$5

Junior Achievement

100% OF ALL TICKET SALES TO BENEFIT JUNIOR ACHIEVEMENT!
Order Your December 14th 5:00 p.m. Game Tickets Here:
http://komets.isticketx.com/order/group/JAHockeyNight/

MUST ORDER BY 12p.m. on DECEMBER 12th
Questions? Contact the Komets for more information at (260) 483-0011
The Impact of Nutrition on Your Health

Unhealthy eating habits have contributed to the obesity epidemic in the United States: about one-third of U.S. adults (33.8%) are obese and approximately 17% (or 12.5 million) of children and adolescents aged 2—19 years are obese. Even for people at a healthy weight, a poor diet is associated with major health risks that can cause illness and even death. These include heart disease, hypertension (high blood pressure), type 2 diabetes, osteoporosis, and certain types of cancer. By making smart food choices, you can help protect yourself from these health problems.

The risk factors for adult chronic diseases, like hypertension and type 2 diabetes, are increasingly seen in younger ages, often a result of unhealthy eating habits and increased weight gain. Dietary habits established in childhood often carry into adulthood, so teaching children how to eat healthy at a young age will help them stay healthy throughout their life.

The link between good nutrition and healthy weight, reduced chronic disease risk, and overall health is too important to ignore. By taking steps to eat healthy, you'll be on your way to getting the nutrients your body needs to stay healthy, active, and strong. As with physical activity, making small changes in your diet can go a long way, and it's easier than you think! —President’s Council on Fitness, Sports & Nutrition

Eric Manor, EACS Wellness Coach: emanor@eacs.k12.in.us or 446-0100 ext. 1003
What are Diabetes and Prediabetes?

Diabetes is a disease in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn’t make enough insulin or can’t use its own insulin as well as it should. This causes sugar to build up in your blood.

A person with prediabetes has a blood sugar level higher than normal, but not high enough yet for a diagnosis of diabetes. He or she is at higher risk for developing type 2 diabetes and other serious health problems, including heart disease and stroke.

What You Can Do

Research shows that modest weight loss and regular physical activity can help prevent or delay type 2 diabetes by up to 58% in people with prediabetes. Modest weight loss means 5% to 7% of body weight, which is 10 to 14 pounds for a 200-pound person. Getting at least 150 minutes each week of physical activity, such as brisk walking, also is important.

Wellness Coaching offered by Eric Manor, EACS Wellness Coach can help you adopt healthy lifestyle behaviors that will prevent or reverse prediabetes or diabetes.

You are at INCREASED RISK if:
- Overweight
- Over the age of 45
- Exercise less than 3 times/week
- Have immediate family with diabetes
- Family background that is African-American, Hispanic, American-Indian, Asian-American, or Pacific-Islander

1 out of 11 Americans have diabetes, but 1 out of 4 people don’t know they have it.

Diabetes is just one of the many health problems that proper nutrition combats. Eating the right foods for your health and body has so many more benefits than those that you see and feel. Proper nutrition is one of best and cheapest ways to prevent disease and chronic illness.

Suggested foods to include in your diet:
- Leafy greens
- Flax seeds
- Almonds
- Spirulina
- Legumes
- Coconut oil
- Sweet potatoes
- Avocados
- Blueberries
- Salmon

Parkview Diabetes Treatment Center

The Parkview Diabetes Treatment Center can help you develop a personalized care plan to manage your diabetes and symptoms. Our specially trained clinicians will share self-management skills, as well as strategies for reducing risks associated with diabetes-related complications and improving your quality of life. Call (260) 373-4280 for additional information.
EACS Wellness Spotlight:
Park Hill Yoga Class Participants

Yoga class was a success at Park Hill and a great way to promote healthy living. Three classes were held throughout the month of October and those involved really enjoyed the classes. Classes averaged 11 people in participation.

Zumba class is currently taking place in November at Cedarville Elementary. Join us for our next Zumba meeting, November 24th in the gymnasium at Cedarville Elementary from 4:15 p.m.—5:00 p.m.
1. NEWLY ELECTED HOOSIER EDUCATIONAL COMPUTER COORDINATORS BOARD MEMBER

Congratulations to Jon Stauffer for being elected to the Hoosier Educational Computer Coordinators (HECC) board on last week. Hoosier Educational Computer Coordinators (HECC) is an organization whose purpose is to provide teachers, technology directors, and technology coordinators with timely information and resources in order to improve communication, efficiency, and the integration of technology into the classroom and learning. HECC is the pre-eminent technology-in-learning organization in the state of Indiana, and EACS is very proud of Jon Stauffer.

Congratulations Jon Stauffer!

2. HERITAGE FFA NATIONAL WINNERS

Farm Business Management Career Development team was awarded a Silver emblem. Members also competed for individual awards with 158 other participants. Amy Griebel received a Silver emblem, Grant Hood received a Silver emblem, Jake Vanhorn received a Silver emblem, and Sarah Kleine received a Bronze emblem.

FFA Agricultural Tech. and Mech. Systems Career Development team was awarded a Bronze emblem. Members also competed for individual awards with 155 other participants. Martin Lortie received a Silver emblem, Sam Smith received a Silver emblem, and Adam Brinkman received a Bronze emblem.

National FFA Nursery/Landscape Career Development team was awarded a Silver emblem. Members also competed for individual awards with 147 other participants. Austin Franz received a Silver emblem, Noah Vanhorn received a Silver emblem, Heath Everhart received a Bronze emblem, and Erica Franz received a Bronze emblem. All teams were led by advisor Mike Shirey.

CONGRATULATIONS HERITAGE FFA!