1. SPRING BREAK SCHEDULE

EACS administrative offices will be open to the public during Spring Break on March 30, 31 and April 1, 2, from 9:00 – 12 noon each of these days. The offices will be closed on Friday, April 3 in observance of Good Friday. If you need to contact administrative services, human resources, or any other central office department, someone will be available to take your call during these hours. Please contact the switchboard at 446-0100 to be directed to the appropriate personnel.

Tamyra Kelly, ext. 1050

2. JEANS FOR TROOPS

Schools are invited to be a part of the upcoming Jeans for Troops Drive in honor of Memorial Day. The GI Go Fund helps Marines get back on their feet by helping them find a job. As a program that started with teachers, we hope schools represent local community by dressing down on Jeans for Troops Day on May 21, 2015. An optional curriculum is available for each grade level so students can be engaged and understand why they are wearing jeans and the true meaning behind Memorial Day. To learn more or be a part of this program, visit Jeans for Troops or call (866) 389-GiGo (4446) Ext 704. DR. FOLKS APPROVED!

Tamyra Kelly, ext. 1050

3. FREE ARBOR DAY KITS

Arbor Day is Friday, April 24. Indiana Hardwood Lumbermen’s Association is offering FREE Arbor Day "Truth About Tree" kits again this year. The kit includes lesson plans, activities and a video targeting the 2nd -5th grades. To get your FEE kit, please visit the IHLA website at www.ihla.org. Click on the Education & Training icon and then click the underlined Arbor Day teaching kit.

Tamyra Kelly, ext. 1050
4. **RETIREMENT MEETING**

Planning to Retire?

Plan to join us on Thursday, April 29, 4:30 p.m. at the Administration Building.

Please R.S.V.P. to Jennifer Rose 260-446-0100 ext. 1025 or jrose@eacs.k12.in.us.

Kirby Stahly, ext. 1005

5. **REMINDER: EACS EDUCATIONAL FOUNDATION BREAKFAST**

You are cordially invited to attend the 2015 EACS Educational Foundation Breakfast. For registration details see Attachment #1.

Rose Fritzinger, ext. 3161

6. **REMINDER: BLUEJAY BOLT RUN/WALK**

All East Allen County Schools are welcome to participate in the 5K Bluejay Bolt on May 16. This event is sponsored by East Allen University. See Attachment #2 for more details.

Tamyra Kelly, ext. 1050

7. **EACS WELLNESS NEWSLETTER**

See Attachment #3 for great wellness information.

Eric Manor, ext. 1003

8. **REMINDER: IDOE SUPERINTENDENT’S MAIL**

Weekly, State Superintendent Ritz sends (via email) an informational message to principals and other administrators. This 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

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**DREAM IT. DO IT.**
East Allen County Schools Educational Foundation, Inc.
1240 State Road 930 East ~ New Haven, IN 46774
Telephone 260/446-0100, ext. 3161 Fax 260/446-0126
Rose E. Fritzinger, M.A., CFRM, CFRE, Executive Director

Special THANKS to our 2015 event sponsors:

Our Foundation thanks our lead event sponsors . . .

![PARKVIEW HEALTH](image)

You are cordially invited to attend the 2015 Breakfast / Auction to benefit EACS Educational Foundation, Inc.

**Date:** Wednesday, May 27, 2015

**Time:**
- 7:15a: Doors open / review of auction items
- 7:30a: Welcome and Breakfast (Goeglein’s Buffet)
- 7:50a: Recognition of EACS Teachers of the Year
- 8:00a: Martin Fisher, Executive Director of Science Central, Keynote Speaker
- 8:20a: Charity Auction, concludes by 9a

**Location:** New Haven High School, 1300 Green Road, New Haven, Indiana 46774

**Purpose:** To raise funds for our East Allen County Schools Educational Foundation, Inc.

**Event Cost:**
- $15/person, includes breakfast buffet
- $25/two people, includes breakfast buffets
- $75/table of 8 people, includes buffets

**RSVP:** RSVPs are required with payment by 05/20. Seating is limited. RSVPs are required.

**Donations:** Contact the Foundation by 05/15 with items you will donate for our auction

Payment for auction items and/or donations at our event are:
- Cash or Checks

Please make checks payable to EACS Educational Foundation, Inc.

Dress is business casual attire.

**Thank YOU! Your generosity is most appreciated.**

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Gifts to the Foundation may be deductible. Tax ID: 37-1487238
Consult your financial planner / tax preparer for details.
RSVP: Please complete the appropriate information below and return this RSVP form with payment on or before Noon on 05/20/2015:

Your Name:  
Address:  
Telephone:  
Email:  

Costs (includes breakfast(s)) are: $15/person or $25/two people or $75/table of 8.

Select one:

_____ Yes, I plan to attend (____ # attending) x $15/person = $____

_____ Yes, I plan to attend (____ # attending) x $25/two people = $____

Guest Name: _____________________________

_____ Yes, I plan to attend (____ # attending) x $75/table of 8 = $____

Guest Name: _____________________________

Guest Name: _____________________________

Guest Name: _____________________________

Guest Name: _____________________________

Guest Name: _____________________________ (please use additional sheet(s), if necessary)

_____ I will make a donation to the EACS Educational Foundation: $____

Return this RSVP to:  East Allen County Schools (EACS) Educational Foundation, Inc.
Attention: Rose Fritzheimer
1240 State Road 930 East, New Haven, IN 46774

Method of Payment (select one):

_____ Cash

_____ Check Please make your check payable to EACS Educational Foundation, Inc.

Cash or checks will be accepted at the event for purchase of auction items and/or for donors to make a donation.

Questions? Contact Rose Fritzheimer:
Telephone: 260/446-0100, ext. 3161  
Email: rfritzinger@eacs.k12.in.us

Gifts to the Foundation may be deductible. Tax ID: 37-1487238
Consult your financial planner / tax preparer for details.
Blue Jay Bolt
½ M • 1 M • 5 K

Presented by EAU

May 16th, 2015 @ 9:00 am
Harding Campus

All East Allen County Schools are invited to participate
This is a great school fundraiser! All pledges stay in home school.

Register at www.runrace.net for more information:
5 K – Bonnie Bonnelli @ 260-446-0240 x 7516
½ M & 1 M – Larry Stemmler @ 260 – 446-0220 X 7249
Fundraising – Kerri Zurbuch @ 260-433-0024

Like: “EAU Blue Jay Bolt”
Dear Parents,

The RediMed 4 Wellness Summer Series is this May. This is the third year for the series. Event 1 will take place on May 16th — THE BLUE JAY BOLT 1/2M, 1M, 5K. This event will be held at East Allen University (EAU). The goal of the event is to help all EACS schools raise money to improve the health and wellbeing of our students. Last year one of the participating schools raised over $9000. The money is to be used toward wellness programs and initiatives, anything that affects the physical, social, emotional, spiritual, vocational or environmental well-being of the students. Money is earned through pledges collected by students and pledge matches made by businesses, families, and any donor that wants to match an amount. The best part is, 100% stays in the "home school" (the school that raised the money). Our school is participating in this event and is hoping to raise $_______________. We would like to see as many students and parents participate that can.

Below is our school contact person for the event. Thank you for allowing us to enrich your children’s lives.

Yours in Health!

____________________________________
School Principal

____________________________________
Date

____________________________________
Event Contact Person

____________________________________
Phone

Questions: 260-749-2212
Like: EAU Blue Jay Bolt
Register online at www.runrace.net
### Blue Jay Bolt

**1/2 M • 1 M • 5K**

#### PLEDGE FORM

All East Allen County Schools are invited to participate. All pledges stay in home school.

<table>
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<tr>
<th>NAME</th>
<th>CONTACT #</th>
<th>PLEDGE</th>
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<th>MATCH</th>
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#### EVENT 1

REDIMED 4 wellness summer series

**EAU BLUE JAY BOLT**
Blue Jay Bolt

\[ \frac{1}{2}M \cdot 1M \cdot 5K \]

PARTICIPANT AND PLEDGE DRIVE

All East Allen County Schools are invited to participate. This is a great school fundraiser! All pledges stay in home school.

<table>
<thead>
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<th>PARTICIPANT</th>
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<th>MATCH PLEDGE</th>
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</tbody>
</table>

SCHOOL NAME ____________________________________________

Like: EAU Blue Jay Bolt

EVENT 1
REDIMED 4 wellness summer series
Rx for a Good Night’s Sleep: Exercise

Did you know that a whopping fifty percent of middle-aged and older Americans have trouble falling asleep and staying asleep? Insomnia is something that impacts about twenty-five percent of the entire population. That’s a lot of people not getting enough shut eye. According to a study out of Feinberg School of Medicine at Northwestern University, the answer for many of these people is engaging in aerobic exercise.

The study followed a group of twenty-three sedentary adults who had trouble sleeping and had been diagnosed as having insomnia. Most in the group were women, as women are more likely than their male counterparts to suffer from insomnia.

The people in the study followed one of two exercise plans; one group took part in aerobic exercise for twenty-minute sessions, four times per week. The other group engaged in one-thirty to forty minute aerobic exercise program also four times per week. Both groups did this for sixteen weeks. Exercises included walking, treadmill or the stationary bike. The results were impressive.

Phyllis Zee, M.D., who is the director of the Sleep Disorders Center at Northwestern Memorial Hospital said that exercise so improved the sleep of the participants they moved themselves from the classification of poor sleepers to that of good sleepers.

But that’s not all. According to Zee they also saw recognizable improvements in depression and daytime alertness. Zee says that sleep should be considered a person’s fifth vital sign as it’s so significant to their overall health. Good sleepers tend to be healthier and happier.

And the opposite of that is true too. With poor sleepers, there are not only more health issues but also more car accidents and mistakes at work according to Dr. David Davila of the National Sleep Institute.

And let’s not forget that exercise has also been shown to help smokers quit (according to a study in the Archives of Internal Medicine) and maintain a great figure. Often when we look good, we feel good and vice versa.

If you’re suffering from insomnia, rather than a bottle of over the counter or prescription pills like many Americans opt for, consider adding exercise to your life. Too often we have a ‘magic pill’ mentality. Exercise might take longer than popping a pill, but will take care of the root of the problem.

Source: http://draxe.com/rx-for-a-good-nights-sleep-exercise/
EACS EMPLOYEE WELLNESS

COME SWEAT WITH US

Join us for a Free Zumba class offered to all EACS Employees in April

When: April 6th, April 13th, April 20th, April 27th

Time: 4:15—5:00 p.m.

Location: New Haven Primary

Please RSVP for this class via email to Eric Manor at emanor@eacs.k12.in.us.

We hope you can join us!!

The Fort4Fitness Spring Cycle is a family-friendly day of riding bikes in downtown Fort Wayne, and a great way to get out, be active, and celebrate National Bike Month in May! The Spring Cycle is a proud part of the Kickstart Festival in downtown Fort Wayne, and it will feature four tour distances to accommodate everyone from the beginner to the advanced cyclist, a Spring Expo, and plenty of kid-friendly activities with our Kickstart4Kids event. You can register at:

http://www.fort4fitness.org/spring-cycle.asp

Registration is Now Open!
2015 EACS Biggest, Healthiest Loser Challenge Results

Congratulations and thank you to everyone who participated in our 8 week Biggest, Healthiest Loser Challenge!! Winners were determined by total points earned. The top 3 participants received a FREE FITBIT provided by Parkview Total Health.

Winner
448.46 total points
21.2 lbs., 14.23% loss

2nd Place
400.4 total points
11.6 lbs., 6.70% loss

3rd Place
395.96 total points
1 lbs., .48% loss

The 25 participants who submitted a start/end weight lost an average of 7.8 lbs. during the eight week challenge. They were able to lose this weight during the darkest, coldest part of the year. Don’t be discouraged if you wanted to see this average weight loss number higher. It’s about making healthy choices - NOT only about the number on the scale!!

As a group we collected a total of 164 canned goods. All canned goods will be given to Associated Churches:

Congratulations to each of our winners, and thank you to everyone who participated in the Challenge!

Those participants who submit their weight to Eric Manor on Monday, May 11th and they weigh the same or less than their final weight for this challenge, will be entered into a raffle for a chance win a FREE Fitbit!!!

EACS Wellness
LEARN IT. LIVE IT. MOVE IT.

2015 EACS Employee Wellness Screenings

Have you registered for your annual EACS Employee Wellness Screening Appointment?

EACS and Parkview Total Health are offering all EACS Employees and spouses an opportunity for an onsite wellness screenings throughout the month of April. Your wellness screening will include blood tests at a discounted rate along with a Health Risk Assessment (HRA). Screenings will take place at several schools throughout EACS.

Knowing your numbers helps you to make important decisions about your health and take those next steps to a healthier you!!!

For more information about this convenient opportunity or to schedule an appointment, please contact Eric Manor at emanor@eacs.k12.in.us or (260) 446 – 0100 ext. 1003.

“It’s not how much we have, but how much we enjoy, that makes happiness.”
~ Charles Spurgeon
1. WOODLAN STUDENT RECEIVE THE LILLY SCHOLARSHIP AWARD

Victoria Cook, senior at Woodlan Jr. Sr. High was recently surprised and awarded the Lilly Scholarship from Community Foundation representatives. There are only 5 seniors in Allen County to receive this scholarship. Victoria will be using the full tuition scholarship to attend college. The scholarship will also pay Victoria’s required fees and a stipend of $900 per year for required books and equipment for four consecutive years of undergraduate student leading to a baccalaureate degree.

CONGRATULATIONS VICTORIA COOK!

2. EACS’ DIGITAL LEARNING DAY VIDEO CONTEST WINNERS

Congratulations to the following students for winning EACS’ Digital Learning Day iMovie Video Contest.

In the Grades K-5 category:

1st place: Edward Stuckey, Woodlan Elementary
2nd place: Let Win, Prince Chapman Academy
3rd place: Josh Carter, Leo Elementary
In the Grades 6-8 category:
1st place: Lane Hasselman, Leo Junior High School
2nd place: Adia Horston, New Haven Middle School
3rd place: War War Win, Paul Harding Junior High School

In the Grades 9-12 category:
1st place: Nicole Winans, East Allen University
2nd place: Rebecca Steeber, Divine Vasquez, and Kaitlyn Brown, New Haven High
3rd place: Evan Purk, New Haven High School

(Videos can be viewed on the main EACS website in the very near future)

WAY TO GO!

DREAM IT. DO IT.