

**EVERGREEN ELEMENTARY PARENTS ASSOCIATION  
ELEMENTARY SCHOOL FAIR**

Friday, March 12, 2010, 5pm-9pm

Evergreen Elementary School  
14844 County Rd. 6  
Metamora, OH 43540

**Bring the Family for a Night of Fun!!!**

50/50 Raffle      Inflatables      Games & Prizes  
Patrick the Magician      Silent Auction

**Purchase a ticket to Win a Nintendo DS or a Nintendo DSi**

**JOIN US FOR DINNER! FOOD AND DRINKS AVAILABLE!**

**Proceeds to benefit the students of Evergreen Elementary**

**VIKING STRONG**

Evergreen Wellness Program  
Slated for Staff and Students

The Evergreen administration is proud to announce this year's wellness theme, Viking Strong, and extend it not only to the staff but to the nearly 1,500 students in grades K-12 as well. The focus will be for the staff and students to develop healthy habits and lifestyles to last a lifetime.

A student kickoff event was held January 15 with Jim Steffen, "America's Fun Fitness Coach". The presentation was made to students in grades K-12 and was designed to motivate students to start an exercise and healthy eating lifestyle. Mr. Steffen demonstrated exercises using barbells, skilled juggling toys, dumbbells, and exercise balls. In addition, each month, January through May, a new healthy issue will be introduced (i.e.: healthy eating, getting enough sleep, positive attitudes and fitness), contests and raffle drawings will be conducted and various public address announcements will be made throughout the school day. The main goal is to be Viking Strong by educating students to exercise, eat healthy, maintain a positive self-image and be kind to one another.

In addition, Evergreen Local Schools is again a recipient of a NBEC staff wellness grant. While less than previous years, the grant amount totals \$1,130.00. This grant will be used to fund a 10-week Viking Strong program. All employees will be invited to participate in a free health screening conducted by Fulton County Health Department personnel that will include weight, height, blood pressure check, and BMI measurement. Every employee who participates in the first weigh-in and health screen will receive a Viking Strong t-shirt. At the end of the 10 weeks, a second health screening and weigh-out

will be conducted. During this time, employees will be encouraged to keep fitness, healthy eating and strong lifestyles a constant goal not just for the 10 weeks, but forever. Also during the month of February, Evergreen High School competes with other Fulton County Schools in the Fulton County Heart-Radio-Thon to help raise awareness of heart disease. The Fulton County Health Department conducts cholesterol screenings for 9<sup>th</sup> and 12<sup>th</sup> graders as part of this promotion. In the past, the staff has been encouraged to receive this cholesterol screening for a personal cost of \$5. This year, each staff member will be invited to receive the cholesterol screening at no cost, compliments of the NBEC grant.

"We are very excited to include both the students and staff in this year's wellness campaign," said Mr. Jim Wyse, superintendent of Evergreen Local Schools. "As childhood obesity rates continue to rise, Evergreen students and staff are fortunate to have support, incentives and opportunities to make healthy lifestyles and fitness an important part of their life."

This is the third year in a row that Evergreen is a recipient of a NBEC wellness grant. The first year, Evergreen staff members competed in a walking challenge. Last year staff members competed in a "biggest loser" weight-loss competition, which included both weigh-in and weigh-out health screenings.

Just in case you were wondering — last year's health screenings uncovered the following data: only

41% of the staff had a desirable cholesterol rating, while 59% fell into the borderline-high/high risk category. Also, 8% were smokers, 17% had high blood pressure, 41% were non-exercisers, and 46% of the staff screened showed a family history of heart disease. These statistics are the reason why Evergreen pursued the NBEC grant for the third year in a row. Evergreen plans to continue the employee wellness program into 2010 and provide its employees with incentives for a safe and healthy new year.

Finally, the administrators plan to continue to motivate staff and community members by promoting walking, healthy food choices and the importance of overall wellness. Staff will be reminded of their role model status and will be encouraged to help motivate the students and become this year's cheerleaders. The community is also being reminded that Evergreen's facilities including the all-weather track and elementary building, are open to the public for walking. The Viking Strong program is intended to marry both the staff wellness program and the student healthy choices program together.

Be healthy, be well, be *Viking Strong!*

**Holy Trinity 7<sup>th</sup> Grader  
Wins Poster Design Contest**



Each year the Knights of Columbus sponsor a "Keep Christ in Christmas" poster contest for students in the Catholic Schools in the Toledo area. Our students participated in the contest this year. We had many, many incredible posters to choose from at Holy Trinity School. Each K of C Council chooses the top 3 winners from the schools in their Council. The top winner from each of the 13 Councils is sent to be judged by the Tiffin

Franciscan sisters. The winner out of those 13 is then chosen to have his/her poster on a billboard on the Anthony Wayne Trail the following December. We had two winners from the St. Jude Council. Anna Ringel (Gr.7) was 1<sup>st</sup>, and Erin Sasala (Gr. 5) was 2<sup>nd</sup>. They both received gift cards to Toys R Us. Anna was not only the council winner, but the top winner overall – *Congratulations Anna!* Her beautiful depiction of the nativity will be on the billboard next December. Her name and school will be on the billboard. Congratulations to all of our students who submitted work. Can you imagine having your artwork on a billboard for everyone to see? A special thank you also goes out to Holy Trinity Art Teacher, Mrs. Sasala for all of her work in teaching our students the art of poster making. (Pictured in the photo is Anna Ringel with her winning "Keep Christ in Christmas" design.)

**1-800-538-0936**



**AQUATEK WATER  
CONDITIONING**

- Pond Water Systems
- Pond Chemicals
- Pond Aerator Fountains
- Water Softeners
- Iron Filters

**AQUATEK WATER  
CONDITIONING**  
121 Chestnut St.  
Wauseon, OH 43567

**PERSONALIZED DRIVING  
SERVICE**

Need your car/motorhome taken to your destination anywhere in the country? Fly to your destination, I'll deliver your vehicle to your front door!! 40 years driving experience

**FOR DETAILS  
419-340-7790**

**Bill Johnson  
Plumbing & Heating**

Complete Plumbing and Heating Services, Maintenance and New Installations

Water Softeners - Well Pump Systems - Furnaces & Boilers Installed - Furnance Cleaning Servicing  
Full Licensed & Insured  
Ohio License#30856

**Guaranteed Workmanship**  
Over 35 Yrs. Experience  
**419-826-5051**