

EVERGREEN COMMUNITY

Building For The Future

In Partnership between Evergreen Local Schools and American Multi-Graphics

NEWS

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EHS Wins Spirit Award at Fulton County Fair



Top row left to right: Brittnee Halpin, Melissa Hoen, Katie Mohr, Kristin Wilson, Dakota Cousino, Molly Nevers, Liz Knipp.

Bottom row left to right: Lauren Carpenter, Lauren Hiltner, Kelly Neuman, Adrienne Barnaby, Jenna Teal.

Through the cheerleaders huge effort and the amazing support from the Evergreen Community the "Spirit Award" came home to Evergreen. With our Viking mascot, spirit sticks, banners, signs and many noisemakers we earned this special award. The cheerleaders would like to thank all of those who attended the Fulton County Fair Cheer Competition. Through the support of Evergreen students, alumni, family members and friends they were successful in winning this award. WAY TO GO EHS!

EHS Parent-Teacher Conferences

Evergreen High School will be conducting Parent-Teacher Conferences on Tuesday, October 3 and Thursday, October 26 from 3-7:30 p.m.

The enclosed progress report will indicate if a teacher has requested a conference. To discuss your child's progress with his/her teacher, please call the guidance office at the below listed number.

Conferences consist of two formats: private meetings and arena style. Private meetings with teachers in their assigned classrooms will be available by scheduled appointment on both days from 3-5 p.m. Please call the guidance office at 644-2951, ext. 1107 between 7:15 a.m. - 3:15 p.m. to schedule your individual conference. From 5:45-7:30 p.m., arena-style conferences will be conducted. Most teachers will be available during this time. Appointments are not necessary for the evening session. Stop in at your convenience. We hope to see you there!

PLEASE NOTE: The following teachers will only be available at the High School for conferences on Tuesday, October 3 (middle/high school shared staff):

- KristenDobish
- Kelsey Hicks
- JerryKeifer
- CarolynLoebig
- ChrisLyons

Evergreen Names District Wellness Coordinator

The Evergreen Board of Education names Mrs. Jennifer Conrad as the District's Wellness Coordinator. She is responsible for overseeing the implementation and education of the District's **Physical Activity, Nutrition and Wellness Program**.

A life-long member and graduate of the Evergreen Local School District, Mrs. Conrad currently serves as the High School guidance assistant and senior class advisor. She is also a graduate of Bowling Green State University where she received her Bachelor of Science degree in journalism with a concentration in public relations and a minor in marketing. She and her husband have two children who attend the Evergreen Elementary.

"I believe in the health of our children and I look forward to promoting a healthy environment for our kids and community," she states. She believes her strong communication skills, creativity and commitment to the community will prove to be successful in this position. If you have any comments, ideas or suggestions, Mrs. Conrad can be contacted at 419-644-2951, ext 1107 or via email at: evg_hs_jc@nwoca.org.

Evergreen Wellness Initiative Takes Healthy Track

Written By Jennifer Conrad, Evergreen Local Schools Wellness Coordinator

In 2004, the United State's Congress required each local educational agency receiving USDA funds for meals to develop and implement a school wellness policy no later than the first day of the 2006-07 school year. Evergreen Local Schools is proud to announce its **Physical Activity, Nutrition and Wellness Program** has been approved by the Board of Education and is firmly in place.

The Congressional mandate for school wellness policies is part of a larger effort to address growing concerns about the health of American children. With this new requirement, Congress recognizes that schools play a critical role in creating a healthy environment for the prevention of childhood obesity and for combating problems, like Type 2 diabetes, that are associated with poor nutrition and physical activity.

Now that Evergreen's policy has been established, it is just one step in creating a healthy, positive school environment. Now the strong support and cooperation from the District's staff and community is needed to fully implement its school wellness policy. Please join us as we begin this new endeavor.

The District has agreed to promote a healthy environment throughout the entire Evergreen campus. Members of the District's Wellness Committee, Board members and school administrators are working together to improve the nutritional integrity of the Evergreen Local Schools' student meal program. Standards have been set that only foods and beverages of high nutritional standards are to be sold in the cafeterias. Fundraising, school parties and snacks will also make a positive contribution to the children's diets and it will emphasize fruits and vegetables. Be assured, snacks and parties are not being banned and no food will be turned away! Look for health-related articles in the student newsletters and monthly issues of the Evergreen Community News. In addition, a new wellness page is currently being created on the District's web page containing health tips, articles and resources. The District's web page can be accessed at www.evergreen.k12.oh.us. Check it out!

Climb aboard Evergreen's Wellness Track and help the District's youth make healthy choices and enjoy a healthy lifestyle!

WHY HAS CONGRESS TARGETED SCHOOLS AS HEALTH ADVOCATES?

According to the American Cancer Society, children are one-third of our nation's population and all of its future. Experts believe that the current health behaviors of young people do not bode well for their present health status or promise a bright future. Many children's behaviors can have staggering long-term consequences, including poor nutrition and sed-

entary lifestyles. In fact, heart disease and cancer, the two leading causes of death in this country, often result from habits that are established in youth.

Research shows that healthy behavior is based not only on knowledge, but also on values and skills developed early in life. It is believed that the health of children now and for a lifetime will not depend primarily on spectacular medical breakthroughs, but rather on the lifestyle choices they make. By providing children with the knowledge and skills they need to make healthy choices, their risk of disease, injury and premature death can be greatly reduced. It is hoped that the spiraling costs of health care will be reduced as well. It is also believed that it may even help improve economic productivity. These potential benefits of early intervention make it necessary to actively encourage the youth of our nation to adopt healthy lifestyles.

Every school day approximately 47 million young people, or 17% of the US population, attend over 100,000 schools across the nation. Given the size and accessibility of the student population, Congress believes school health programs can become one of the nation's most efficient ways to prevent many major health and social problems that confront youth now and follow them into adulthood.

Food Service Managers' Food Safety Training and Certification

Training managers in safe food handling could be the most cost-effective strategy your business will use! Ohio State University Extension is pleased to announce that ServSafe Food Safety Training and Certification will be offered Monday, October 30, and Wednesday, November 1, 8:30 a.m.-5:00 p.m. with the exam offered at 8:30 a.m. on Friday, November 3, at Ohio State University Extension, 06879 Evansport Road, Suite B, Defiance, OH 43512. Cheryl Barber Spires, Extension Educator, Fulton County will be assisting in the teaching of the course. Please call 419-337-9210 for more information.

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