

**THE BUZZ**

## Un-BEE-lievable Lifestyle Change

Before



After



Christine Wright is an Executive Secretary in the department of Staff Services. Last year, Christine went for her wellness screening as requested by our insurance company. When she received the results from her screening, she was shocked that she was diagnosed with Type II diabetes. She never had any symptoms of the condition and was glad that she had the wellness screening.

Christine has lost over 65 pounds and four sizes and has been able to control her diabetes with diet and exercise. She began with the Paleo diet, which is a low-carbohydrate diet and lots of clean eating. Once she had the eating under control, she began exercising and is able to now walk the Memorial Bridge, she has slowly added in weights and some classes at the gym.

Mrs. Wright loves to go on family vacations and now has the endurance to hike and take long walks as they explore new vacation spots.

"I would like to continue to lose weight. It is a daily struggle, but it has to be done for my health," says Christine. She has her first class this month with the Real Appeal weight loss and diabetes prevention program through UnitedHealthcare. She plans to lose an additional 50 pounds with the Real Appeal program.

**YOU DON'T HAVE TO BE GREAT TO START, BUT YOU HAVE  
TO START TO BE GREAT -ZIG ZAGLER**



# Saturday, May 13, 2017

Memorial Parkway (Riverfront Park)

\*8:00 a.m. ~ 5K Run

\*9:00 a.m. ~ Fun Run

*Deadline for all registration form and entry fees:*

Friday, April 28, 2017

*Make checks payable to:*

PCSD Food Service

*Mailing Address:*

200 Reid Street • Palatka, FL • 32177

**NO REFUNDS!**



### *School Competition*

The school with the highest % of participation (staff & students) will win \$500.00 for their school.

### *Packet Pickup*

*Friday, May 12, 2017*

*3:00 p.m. - 6:00 p.m.*

*District Office • 200 Reid Street*

### *May Register Day of Race*

*Saturday, May 13, 2017*

*6:45 a.m. - 7:40 a.m.*

*T-shirts not guaranteed if registering day of the race.*

## Biometric Screening Locations

The following locations will have biometric screenings taking place the afternoon of May 25<sup>th</sup>. Please take advantage of these additional screenings and make sure to spread the news to your colleagues.

C.L. Overturf, Jr. 6<sup>th</sup> Grade Center  
12:00 - 3:00

Interlachen Elementary School  
12:00 - 4:00

Jenkins Middle School  
12:00 - 4:00

Middleton-Burney Elementary School  
12:00 - 4:00

Ochwilla Elementary School  
12:00 - 3:00

Q.I. Roberts Jr. - Sr. High School  
12:00 - 3:00

## Real Appeal

Putnam County School District is offering a one-on-one opportunity to work with a personal coach to lose weight and keep it off for good. This program is offered at no additional cost to all UnitedHealthcare plan members - including covered spouses and adult dependants.

Your coach will work with you to customize your program to your schedule, fitness level and personal dietary requirements. Your coach will keep you motivated to meet your individual weight loss and health goals. Real Appeal comes with a Success Kit including a personal blender, pedometer, workout DVDs, electronic body weight scale, electronic food scale, step-by-step session guide, nutrition guide, water bottle and more!

Visit [uhc.realappeal.com](http://uhc.realappeal.com) to sign up and enroll to receive your Success Kit!



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- 1 - APRIL FOOL'S DAY
  - 4 - SCHOOL BOARD MEETING
  - 10-18 - SPRING BREAK
  - 14 - GOOD FRIDAY
  - 16 - EASTER
  - 18 - SCHOOL BOARD MEETING
  - 22 - EARTH DAY
  - 25 - PRINCIPAL MEETING
  - 26 - ADMINISTRATIVE PROFESSIONAL'S DAY  
EXECUTIVE SECRETARY MEETING
  - 27 - ASSISTANT PRINCIPAL MEETING
  - 28 - ARBOR DAY
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March 2017 Appointments

Christopher Fayard, Middleton-Burney  
Melita Ferrell, Transportation  
Leslie Regan, Interlachen Elementary  
Katherine Williams-Washington, Interlachen  
High School  
Addie Durrell, Miller Middle  
Christina Forsythe, Price Middle School  
Aeron McNeill, Palatka High School  
Guadalupe Aguilar, Middleton-Burney  
Baylee Winkleman, Middleton-Burney  
Keenan Henry, Miller Middle

March 2017 Retirements

Rose Brown, Miller Middle School  
Harry Hutchens III, Safety and Security

**Be sure to check out the Putnam  
Pulse issued weekly by  
Superintendent Rick Surrency for  
accomplishments and  
announcements taking place across  
our District**



**Transfer requests are  
available now in Skyward  
Employee Access  
March 1 – April 15**

**Sick Leave Buy Back forms  
will be available in Skyward  
Employee Access  
April 15 – May 26**



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Staff Services

Deborah Decubellis, Director  
Patsy Munch, Executive Secretary  
Christine Wright, Executive Secretary  
Sheri Wilkinson, Certification Specialist  
Jackie Smith, Personnel Specialist  
Melissa DeRossett, Personnel Specialist  
Mechele Nunley, Personnel Specialist

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