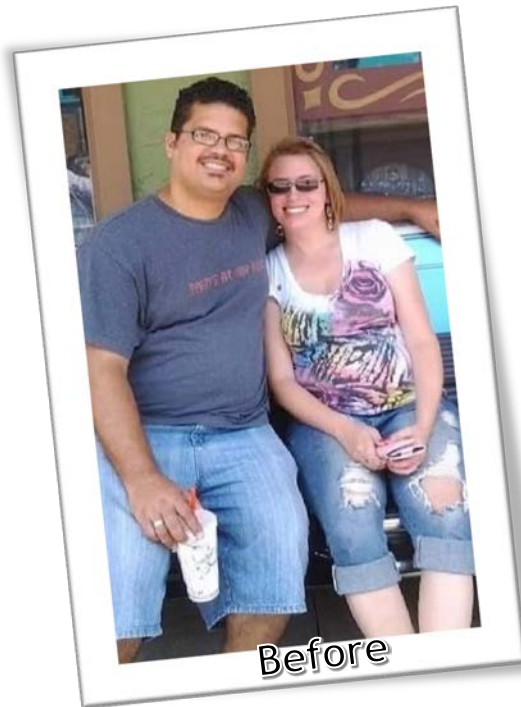


THE BUZZ

Un-BEE-lievable Lifestyle Change



Regular health screenings are important components of employee health and wellness. They are the foundation of employee health improvement, and are performed to determine the possible presence of a disease or other health problems. The biometric health screening was requested through United Healthcare when insurance plans changed.

Mr. Irizarry is a music teacher at Interlachen High School. Last year, as he was getting ready for band districts, he felt lethargic and tired. He thought it was due to being overwhelmed and overworking getting prepared for districts. Little did he know the health concern lying beneath the surface.

Wilfredo Irizarry and Catherine Irizarry, husband and wife, had their biometric screenings at the beginning of 2016. They were both called in to speak to their doctor about the results. Mr. Irizarry was told he had Type 2 diabetes. He was put on two different medications and was told he needed to cut out carbs and exercise. The Irizarry's were a great support system to each other and figured out ways to make their favorite meals healthier.

"The screenings saved his life," said Catherine Irizarry. Today, they have lost a combined total of nearly 70 pounds. Mrs. Irizarry is now the wellness coordinator for Interlachen High School. Mr. Irizarry is off of his medications and controlling the Type II diabetes with diet and exercise. The Irizarry's both feel and look younger and have a lot more energy. Mr. Irizarry is ready to take on districts this year with no problem!

"Based on the results, they have totally changed their lifestyle," said Nicole Hawthorne, Director-Food Service, "They are perfect examples of what we want our employees to be like."

**Embrace each challenge in your life as an opportunity
for self-transformation. -Bernie S. Siegel**



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.

PreventT2 helps Putnam County prevent type 2 diabetes

If you have prediabetes, you can cut your risk of developing type 2 diabetes in half by losing 5 to 7 percent of your body weight. That is about 10 to 14 pounds for a person weighing 200 pounds. In UF IFAS Extension's PreventT2 lifestyle change program, participants work in a group with a trained lifestyle coach to learn the skills needed to lose weight, become more physically active, and manage stress. PreventT2 is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). It's proven to prevent or delay onset of type 2 diabetes. The local program is offered at the Putnam County Extension Office, beginning in March @ 5:30pm. The cost is \$50. PreventT2 groups meet for a year — weekly for the first 6 months, then once or twice a month for the second 6 months. Having prediabetes means it's time for prevention.

Contact Wendy for more information, 386-329-0318 or wendyw74@ufl.edu.

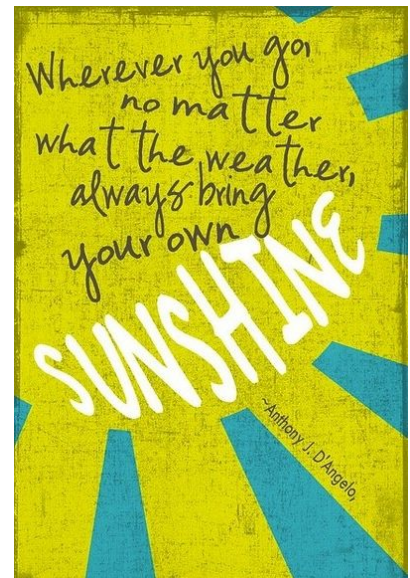


Set a Goal.
Make a Plan.
Save Automatically.



LEAVE QUESTIONS?

If you have any questions regarding leave...FMLA, 29-day leave, sick leave bank, extended leave, etc. Please call Melissa DeRossett 329-0547 x1



Daylight Savings Time Begins
March 12 - Spring Forward!

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



- 7 - SCHOOL BOARD MEETING
 - 12 - DAYLIGHT SAVINGS TIME
 - 14 - ASSISTANT PRINCIPAL MEETING
 - END OF 3RD NINE WEEKS
 - 17 - PLANNING DAY/STUDENT HOLIDAY
 - ST. PATRICK'S DAY
 - 20 - FIRST DAY OF SPRING
 - 21 - SCHOOL BOARD MEETING
 - 28 - PRINCIPAL MEETING
 - 29 - EXECUTIVE SECRETARY MEETING
-

February 2017 Appointments

Ebonique Biddle, Miller Middle
Sarah Constantineau, Middleton-Burney
Daniel Hale, Browning Pearce
Jessica Kilburn, Crescent City High School
Nathana McCartney, Crescent City High School
Karen Norris, Jenkins Middle
Andrew Sekel, Transportation
Justin Sparks, NEFEC
Dale Whitman, Federal Programs
Lloyd Nichols, Miller Middle
Haley Nunley, James A. Long
Quatiana Banks, Middleton-Burney
Julie Romig, Crescent City High School
Rufus Borom, Information Services
Linda Hickman, Transportation
Reva McKillop, Interlachen High School
Nicole Davis, Moseley Elementary
Brenda Griffis, Fiscal Services
Phillip Nelson, Transportation
Holly Swisher, Middleton-Burney
Hedi Harrington, Interlachen High

February 2017 Retirements

Ralph Padgett, Miller Middle



**TRANSFER REQUESTS ARE
AVAILABLE NOW IN
SKYWARD EMPLOYEE
ACCESS**

MARCH 1 – APRIL 15

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
