

THE BUZZ

EARLY CHILDHOOD EDUCATION

BACHELOR'S DEGREE

Prepare for a teaching career with SJR State's Bachelor of Science degree in Early Childhood Education.

Graduates will be eligible to obtain Florida Department of Education Certification in the area of Prekindergarten/Primary Education (ages 3 to grade 3). The program meets the requirements of both the English for Speakers of Other Languages (ESOL) and Reading endorsements.

Program prerequisites include an Associate in Arts degree and the three common preparation courses: EDF 2005 (Introduction to the Teaching Profession), EDF 2085 (Introduction to Diversity for Educators), and EME 2040 (Introduction to Technology for Educators). Once admitted to the degree program, participants will complete an additional 60-credit hours of upper division Early Childhood Educational courses for a total degree length of 120 semester hours.

For additional information, call (386) 312-4242 or email TeacherEducation@SJRstate.edu.



- 4 – School Board meeting
- 10 – Columbus Day
- 11 – Assistant Principal meeting
- 12 – End of 1st 9 weeks
- 17 – Planning Day
- 18 – School Board meeting
- 25 – Principal meeting
- 26 – Executive Secretary meeting
- 31 - Halloween

UF IFAS Extension UNIVERSITY of FLORIDA

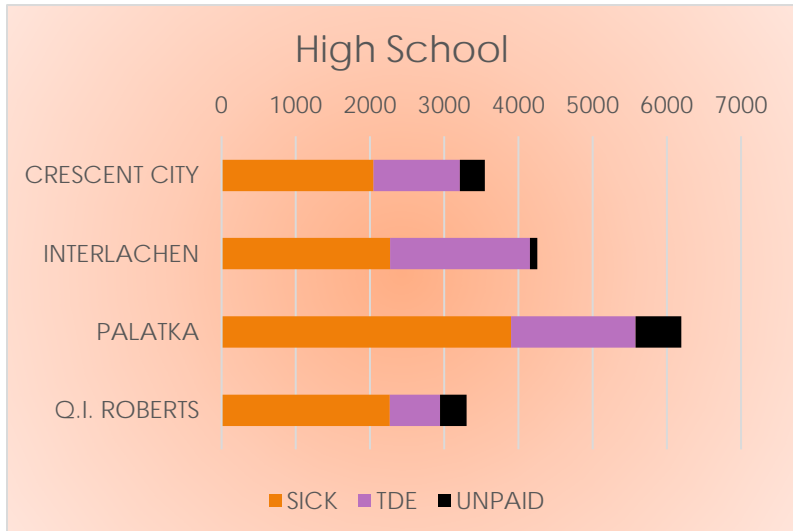
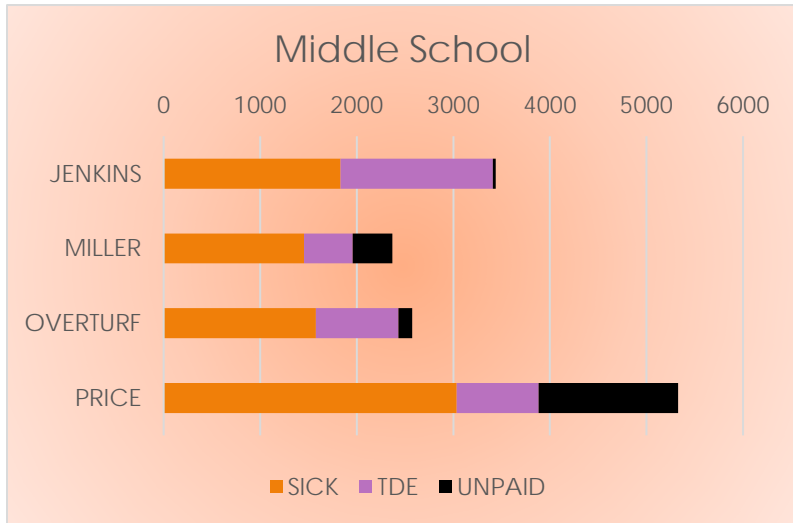
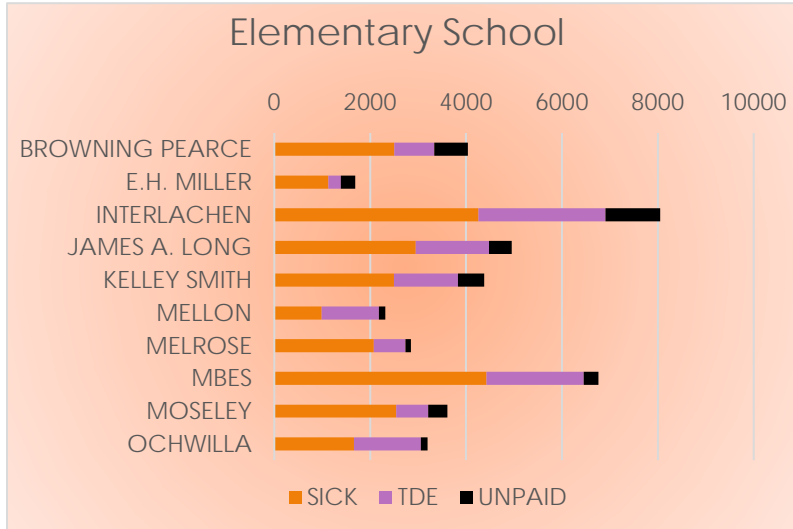
Are you ready to enjoy a healthier lifestyle AND reduce your risk of heart disease? **Keeping the Pressure Down (KPD)** is a 6-week program that provides practical, healthy tips for individuals with or at risk for high blood pressure. The program will provide strategies for a healthier lifestyle and support for making positive changes. There will be incentives, taste testing and more! Don't wait - Now is the time to learn how to keep your pressure down!



Classes begin Wednesday, October 19th and will meet weekly through the week of November 20th, 5:30p-6:30p at the Extension office in East Palatka. Cost: \$35. **Registration is required** and closes September 30th.
Registration: <http://bit.ly/2bug9O6>
Questions? wendyw74@ufl.edu

TEACHER ABSENTEEISM AND THE IMPACT ON STUDENTS

Teacher absenteeism and the resulting employment of substitute teachers entail financial costs and an increase in educational spending. Between August 10, 2015 and June 3, 2016, there have been over 9,000 absences filled with a substitute teacher. However, the long-term consequences are the possible negative impact on student learning and achievement. The charts below show the hours absent for each school.



PUMPKIN SEEDS BENEFITS

1. REDUCES INFLAMMATION

Replacing saturated fats with healthy, unsaturated fats makes a deep impact on the amount of inflammation in your body.

2. NUTRITIONAL AID FOR CANCER PATIENTS

While there is no "cure" for cancer, pumpkin seed oil has been proven in several studies to support the health of cancer patients and/or a reduced risk of cancer.

3. GOOD FOR PROSTATE HEALTH

Pumpkin seed oil reduces the size of an enlarged prostate, especially in the instance of benign prostatic hyperplasia.

4. ENCOURAGES MENTAL WELL-BEING

The Cucurbita maxima compound of this oil improves memory, while its tryptophan content is a scientifically proven, effective treatment for social anxiety disorder.

5. FIGHTS HAIR LOSS IN MEN

In a 2014 double-blind, placebo-controlled trial, pumpkin seed oil showed an increase of hair count by an average of 40 percent in the men taking it over the course of just 24 weeks!

6. GREAT FOR HEART HEALTH

Pumpkin seed oil exhibits antihypertensive and cardioprotective effects, meaning it can protect you from heart disease and/or attack.

7. TREATS DIABETES

Possibly due in part to its low glycemic load, pumpkin seed oil is scientifically proven to be a considerable antihyperglycemic.

8. SOOTHES OVERACTIVE BLADDER

A 2014 study suggests pumpkin seed oil extracts effectively treat urinary disorders, specifically overactive bladder.

Student Loan Forgiveness

North East Florida Educational Consortium has partnered with the Association of Educational Service Agencies (AESA) to provide expertise on student loan forgiveness. While some educators may benefit from the Teacher Loan Forgiveness Program, The Public Service Loan Forgiveness Program is for any full-time staff member. The loan forgiveness amount is individually determined and tax-free.

It is quick and easy to find out if you are eligible. Go to <https://nefec.myisls.com> and enter Registration Code: NEFEC

Answer 5 simple questions, find out your potential savings instantly and schedule your no cost, no obligation consultation today. You should try this if you have federal student loans and would like to:

- Immediately lower your monthly student loan payment
- Reduce your student loan debt
- Significantly reduce your cost of earning additional degrees
- Receive a personal 10-year loan forgiveness plan outlining your savings in the program



After reviewing your plan, if you choose to enroll with ISLS, there will be a one-time strategy and implementation fee for this service. If you have any questions, please call 1.888.831.5564, email info@isloansolutions.com or visit the isloansolutions.com website.

September 2016 Assignments

Anna Alridge, Transportation
Ramonda Clayton, Curriculum/Instruction
Jenifer Cornelio, Jenkins Middle School
Tia Currie, Dept. of ESE
Joannie Davis, NEFEC
Jamie Harrell, Career & Tech Ed
John Harthcock, Miller Middle School
Robert Hartley, NEFEC
Helen Hawkins, NEFEC
Shanique Kea, Miller Middle School
Jessica Kilburn, Transportation
Lakisha Mills, NEFEC
Ann Parsons, CCHS
Debra Robbins, E.H. Miller School
Laurie Rushford, Middleton-Burney Elem
Tracy Watson, CCHS
Emily Williams, Transportation

September 2016 Retirees

John Clipper, Interlachen Elementary
Cathy Dobbs, NEFEC
Veronica Miles, Career & Tech Ed
John Thomas, CCHS

CERTIFICATION EXPERIENCE NOTIFICATION

Emails regarding certification experience will be sent by email beginning in October...be on the lookout! Contact Sheri Wilkinson (386) 329-0547 if you have questions.



DON'T FORGET...

IF YOU ARE ON LEAVE AND A DOCTOR'S NOTE HAS TAKEN YOU OUT OF WORK, YOU ARE REQUIRED TO HAVE A DOCTOR'S NOTE TO COME BACK TO WORK.

PLEASE GET WITH THE SECRETARY AT YOUR SITE OR MELISSA DEROSSETT AT (386) 329-0547

DID YOU KNOW?

- THE FIRST "JACK-O-LANTERNS" WERE ACTUALLY MADE FROM TURNIPS
- SAMHAINOPHOBIA IS THE FEAR OF HALLOWEEN
- MORE SWEETS ARE SOLD ON 28TH OCTOBER THAN ANY OTHER DAY OF THE YEAR IN THE USA
- HALLOWEEN IS THE SECOND HIGHEST GROSSING COMMERCIAL HOLIDAY AFTER CHRISTMAS
- THE WORLD'S LARGEST PUMPKIN WEIGHED 850KGS
- 99% OF ALL PUMPKINS SOLD ARE USED FOR JACK-O-LANTERNS FOR HALLOWEEN



Bicycle Safety & Awareness Fair

FREE BICYCLE
HELMET
GIVEAWAY!

Saturday | October 29th | 10 - Noon

Supplies are Limited - First Come First Serve...

**113 Putnam County Boulevard, East Palatka
at the Juvenile Crime Prevention Office**



**Hosted in partnership with
CDS Family and Behavioral Health Services
a National Safe Place**



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

let's smile
today

5 Useful Tips For Pumpkin Carving

1

Use Cold Water

If your pumpkin is starting to droop soak it in cold water for 1-8 hours and it will pop back into shape.



2

Use a Measuring Cup or Ice Cream Scoop

This makes cleaning out the guts so easy and fast. You'll be done with the gunk in no time.



3

Use Dry-Erase Markers

That way when you make a mistake you can erase it easily and start over.



4

Use Petroleum Jelly

Put it on the edges of the pumpkin where you have carved to help your pumpkin last longer.



5

Use Pumpkin Carving Knives

These are way better than normal knives. Treat them like a saw instead of a knife.

