

FEBRUARY 2010  
MARCH 2010

#### FEBRUARY BIRTHDAYS

PAM BROOKS — 2<sup>ND</sup>  
DONNA SHOUP — 2<sup>ND</sup>  
LYNN SONTAG — 3<sup>RD</sup>  
CYNDI HORNBOSTEL — 5<sup>TH</sup>  
DENISE MINCH — 7<sup>TH</sup>  
CHARLOTTE GODSEY — 9<sup>TH</sup>  
MARCIA BLACK — 13<sup>TH</sup>  
JAIMIE SWEET — 23<sup>RD</sup>

#### MARCH BIRTHDAYS

TIM CALLAHAN — 4<sup>TH</sup>  
ASHLEY GNAU — 4<sup>TH</sup>  
WILLIAM SEILHAMER — 5<sup>TH</sup>  
MARIA CALABRESE — 8<sup>TH</sup>  
KAREN REICHLEY — 9<sup>TH</sup>  
TERESA ARNETT — 11<sup>TH</sup>  
LISA COONEY — 15<sup>TH</sup>  
HEATHER LIVINGSTON — 15<sup>TH</sup>  
TAMYKA EVANS — 16<sup>TH</sup>  
KRAIG AUKERMAN — 17<sup>TH</sup>  
ROB SCHAMEL — 22<sup>ND</sup>  
MARY LOU O'MALLEY — 25<sup>TH</sup>  
LISA KALT — 28<sup>TH</sup>  
JANICE KUMBUSKY — 31<sup>ST</sup>



## ESC INSIDER

### SUPERINTENDENT UPDATES

Since we are only doing newsletters every other month, I want to take this time to offer a big THANK YOU to Teresa Arnett who coordinated the ESC Holiday Food Drive this year. Please see the accompanying article, but this would not be possible without Teresa's efforts to "get it done".

One of the ways to help keep health care costs down is for everyone to take more ownership in doing a variety of activities to keep yourself healthy. Anita Sams has been coordinating various healthy opportunities and information, please continue to monitor your email as her announcements come out. While none of this is mandatory, in this day and age everyone needs to realize that while we have a very good health care benefit we also can individually play a role in keeping it affordable. There are enough health issues which are totally out of our control, so anything each one of us can do to help ourselves when possible is very important.

We have dodged the real bad weather so far this winter, but please remember that first notifications will go out to listed cell phones and home numbers through our Alert System. If you have a change or a new phone number to list, please contact Anita Sams.

### UPCOMING PROFESSIONAL DEVELOPMENT AT GCESC

February 3, 2010	Boardmaker Make-N-Take
February 11, 2010	Tools for Co-Teaching Partners
February 12, 2010	Preschool Mathematics: Data Analysis, Measurement and Patterns
March 3, 2010	Positive Intervention Strategies for Classroom Practice
March 4, 2010	Brain Gym/Rhythmic Movement Workshop
March 10, 2010	Pax: Good Behavior Game
March 19, 2010	Brain Study- Teaching the Special Needs Student

For more information or to register, contact Donna Shoup (ext 120) or Wendy Wooten (ext 100).

On our home page, you can now click on the Calendar & Events headline to access full monthly calendar views of upcoming events.

## ESC CHRISTMAS FOOD DRIVE

This past holiday season the ESC, under the coordination of Teresa Arnett, helped two large families to hopefully enjoy the holidays just a little more. The two families of 6 and 7 members from the Learning Center and The Academy, each received 10 bags of groceries, a \$100 Kroger gift card, stockings for the young children, and a K-mart gift card. Besides all of the food items much of which was donated by Learning Center students, we had \$342 in cash donated from 26 ESC staff members. With so many needy areas in our world, Teresa and I would like to thank each one of you for helping some of our families close to home. We realize the many requests and appreciate your support with this annual project.

## GET ACTIVE

Would you like to be successful this year with that New Year's resolution to get into better shape and lose a few pounds?

### Tips for Getting Physically Active

- Participate in your favorite recreational activity with friends or family.
- Walk, cycle, or jog to work or the store.
- Park the car farther away from your destination.
- Take the stairs instead of the elevator or escalator.
- Make household chores such as cleaning, vacuuming, or yard-work more vigorous.
- Take a brisk walk at lunch or after school.
- Walk with family and pets after dinner.

You can also join us on Friday, February 4<sup>th</sup> at 12:00 p.m. and enroll in the 10,000 Steps a Day Pedometer Program. This program includes a pedometer for each program participant, walking logs and a lecture about how to safely and effectively begin a walking program using a pedometer to increase your activity. Logging 10,000 steps a day is believed to be a goal that can help maintain weight and improve health.



### Congratulations

To Matt Thomas, Courier, on the birth of Brody Thomas, born December 15, 2009 at 6:19 p.m. Brody weighed 9 lbs. 20 oz and was 21 1/4 inches long.

### Condolences

Margaret Veenstra, Physical Therapist, on the loss of her father.