



Chastity Homra

CSH Director

446-2003



APRIL 2011

FREE Wellness Program for You!

Matt Harris Chiropractic is offering all Obion County School teachers and faculty a program called "2 Renew U", a 3 month FREE wellness program. His staff will visit a different school each Wednesday to take blood pressure, weight, BMI, stress scan Tests and give a 5 minute chair massage. **You must sign up to attend.** Testing begins at 7:30 a.m. with appointments every 15 minutes. **A sign-up sheet is in the office. I will take the sign-up sheets the Monday prior.**

April 13th – 7:30 a.m. until 12:00 p.m. - **Bus Garage**- Deadline to sign-up Friday 8th

April 20th- 7:30 a.m. until 12:00 p.m. - **Lake Road School**-Deadline to sign-up Friday 15th

April 27th- 7:30 a.m. until 12:00 p.m. - **Black Oak**-Deadline to sign-up is Friday 22nd

May 4th- 7:30 a.m. until 12:00 p.m. – **Hillcrest**-Deadline to sign-up is Friday April 29th

May 11th- 7:30 a.m. until 2:00 p.m. - **South Fulton Elementary/ Middle/High** (Lunch from 12 until 1)-Deadline is Friday May 6th

May 18th- 7:30 a.m. until 2:00 p.m. - (Lunch from 12 until 1) **OCCHS**-Deadline is Friday May 13th

Take advantage of this wonderful opportunity. Contact me if you have any questions at #446-2003, or by e-mail at chomra@k12tn.net.

Sorry, spouses and substitutes not eligible. Again please sign-up by the deadline to participate.

Diabetic Classes

Free Dining with Diabetes classes will be offered in April at the Obion County Public Library in the conference room. The deadline to register is **April 4**. Diabetes classes are set for Thursdays on April 7, 14, 21 and 28 at 9:00 am. Registered dietician, Glenda Nanney will instruct all classes. Diabetic dishes will be served during each class. Diabetic recipes will be distributed along with information about diabetes and nutrition. Attendance is very important. Diabetic caregivers are welcome to take the classes. For more information or to register by April 4, call UT Extension Agent Benita Giffin at 885-3742.

SFMS Food Cart Success



The food cart has continued to be a huge hit with the 6th-8th graders at SFMS. Students have been doing surveys allowing us to hear their feedback on how they feel about the food cart as well as ideas of things they would like to have. The cart came from a grant from *NFL Play :60*, giving students access to fresh fruits, vegetables, cheese products, & milk products.

Get Fit TN

Cathy Poteet, R.N., the health educator for Obion County and Chastity Homra, CSH Director recently held a **Get Fit TN** day at Hillcrest Elementary. Get Fit TN is a statewide program that raises awareness to the rising epidemic of Type 2 diabetes and risk factors such as obesity that lead to diabetes. Type 2 diabetes can be delayed or even prevented with modest lifestyles changes such as increasing physical activity and eating healthier. The Hillcrest 4th graders got to participate in relays races and a series of exercises to emphasize that being active can be fun. The winner of the relay races received a Get Fit TN water bottle.



The winners are: (From left, front row) Shaun Austin Bailey, Skyler Brewer, Emily King, (back row) Chastity Homra, CSH Director, Dylan Brady, Teddy Girton, Dylan Gorton and Ms. Poteet.

March was Kick Butts Month

To help raise awareness of the dangers of tobacco during **Kick Butts Month** we had our elementary schools decorate their classroom doors. A winner from each school will be chosen and will receive \$25 to use for their classroom. The high schools are doing "Live Billboards". The Billboards will be displayed at different schools throughout the rest of the year. Also along the fence at the high schools we have a saying written with cups. OCCHS and SFMS fence reads, "**Tobacco Lies...**"





Walk Across Tennessee has concluded and the winners are.....

Schools

- K-2 1st-Hillcrest-2056 miles
 2nd- South Fulton Elementary- Mays- 75 miles
 3rd- Ridgemont-Bogles-36.5 miles
- 3-5 1st- Hillcrest- 2015 miles
 2nd- Lake Road- 496.80 miles
 3rd-South Fulton Elementary- Franklin- 280 miles

- 6-8 1st- South Fulton Middle-4956.91 miles
 2nd- Hillcrest- 2622 miles

Adult Teams

1. ADBC Fitness- 862.08 miles
2. O. C. Board Walkers-858.85 miles
3. Red District- 762.80 miles

Individual- Josh Mc McDaniel- 142.41 miles

Prizes

K-2 grades- 1st Place- \$75.00
 2nd Place- \$50.00
 3rd Place- \$25.00

3-5 grades- 1st Place- \$75.00
 2nd Place- \$50.00
 3rd Place- \$25.00

6-8 grades-1st Place- \$75.00
 2nd Place- \$50.00

Drawings: Two Drawings for \$25 dollars to an individual student that walked the most.

Adult Groups: 1st Place- \$200.00
 2nd Place- \$175.00
 3rd Place- \$150.00

Drawing for Adults: One Drawing for a Massage
 One Drawing for a Membership to Curves
 Two Drawings for \$25 dollars

Top Walker



Josh McDaniel won \$25 dollars and a certificate; he is a 3rd grader at Ridgemont Elementary and is the son of Greg and Carla McDaniel. Picture (L to R) Mrs. Benita Giffin, Josh McDaniel and Ms. Chastity Homra



Marcus Wade is the winner of \$25 dollars and is a 2nd grader at Hillcrest Elementary and is the son of Crystal Cooper. Pictured Ms. Chastity Homra, Marcus Wade, Mrs. Benita Giffin



James Goodman is a winner of \$25 dollars and is an 8th grader at South Fulton Middle School and is the son of Kay Crockett. Congratulations to these two gentlemen. Pictured L to R Mrs. Benita Giffin, James Goodman, Ms. Chastity Homra



Caroline Duncan and **Gracie Strawn** are the winners of \$25 dollars also. Caroline Duncan is the owner of ADBC Fitness in Troy and Mrs. Gracie is a member of ADBC Fitness. Pictured (L to R) Ms. Chastity Homra, Caroline Duncan, Mrs. Benita Giffin, and not pictured Gracie Strawn.



D'Anna Vancleave won the thirty minute massage and **Julie Kendall** won a three month membership to Curves all which were donated by Curves in Union City. Pictured (L to R) Mrs. Benita Giffin, D'Anna VanCleave, Ms. Chastity Homra. (L to R) Julie Kendall and Ms. Chastity Homra



Adult Groups-



1st-Place ADBC Fitness- Back row left to right: Brenda Piazza, David Harris, Gabe Sullivan, Lynn Glover, Shirley Sinclair, and Caroline Duncan (Front row left to right): Jamie Fox, Melissa France, Peggy Lancaster (not pictured Gracie Strawn and Lisa Williams)



2nd Place- O.C.Board Walkers-(L to R) Mrs. Benita Giffin, Julie Parker, Darlene Owens, Lisa VanCleave, Kathy Patterson, Judy Denman, Linda Carney, and Ms. Chastity Homra



3rd - Place- Red District- (B Row L to R) Lyle Larue, Tony Brown, Shawn Jackson, Nick Lucus, Heath Cunningham, Donnie Walton, Bill Kail, Will Kail, and Jeff Riley. (F L to R) Ms. Chastity Homra, Michelle Rollins, Pam Daniels, Chuck Foley, Mrs. Benita Giffin, and Lynsey Butler



School Groups-

K-2



1st place-Representing K-2nd grades- (L to R)Mrs. Benita Giffin, Lilly Grace Baker, Elizabeth James, Marcus Wade, Jonathon Brown, Emerson Lussel, Ms. Homra, and Mr. Justin Truett



2nd Place-(Back Row L to R) Mrs. Patti May, Mrs. Benita Giffin, Kevin Van Brocklin, Huston Wright, John Grant McConnell, Ms. Homra, Lukas Moss, Jesus Rico (Kneeling L to R) Alexa Bye, Janson Cook, Halle Gore, Liz Archie, Tyler O'Neal, Angel Overcast, Morgan Joyner, (Seated L to R) Tatum Roach, Rider Whitehead, Dylan Ransom, James Joy, Jake Lilly, Jenice Quillen. (Not Pictured) Mannie Allen, Brady Daniels, Stacia Walker, and Gabbi Brandon.



3rd Place- (Back Row L to R)- Mrs. Benita Giffin, Shayne Lyon, Nick Chappell, Jesus Rodriques, Alex Martinez, Clarita Puga, Hannah Jackson, Courtney Higham, Austen Tidwell, Ms. Chastity Homra, and Mrs. Bogle. (Mid L to R) Caleb Garland, Dalton Bone, Maleah Britton, Joshua Arriaga, Teaka Cox, Carly Hicks, Katelynn Swift, Cameron Sadler, (Front L to R) Alexis French, Skyler Tivis, Juan Acevedo, Harlee Alexander, Noah Hatchett, Conner Eaves

School Groups

3-5



1st Place- Representing 3-5th grades- Mrs. Benita Giffin, John David Kersey, Lindsey Patterson, Madison Winchester and Ms. Chastity Homra



2nd Place- Representing fourth grade- (Back Row L to R) Ms. Chastity Homra, Kinley Isbell, Mrs. Benita Giffin, Joseph Johnson, Austin Lopez, and Mrs. Becky Parks. (Front L to R) Katelyn Wheeler, Reagan Griffin, and Hannah Pannell



3rd Place- (back Row L to R)- Mrs. Benita Giffin, Hail Land, Justin Wade, Blake Johnson, Dashun Bradshaw, Tommy Jones, Quamonie Jones, Breanna Clark, and Ms. Chastity Homra. (Seated L to R)- Mollie Miller, Carly Robertson, Caitlynn Morton, Meagan Johnson, Koren Park and Amber Lemon. (Not Pictured) Lakevia Hunt

School Groups

6-8



1st Place- Representing 6-8 grade -(L to R) Mrs. Benita Giffin, Richard Payne, Cameron Carls, Bailey Collins, Colt Newton, Airabella Kinney, Emma Bruner, and Ms. Chastity Homra.



2nd Place- Representing 6-8th grades- (L to R) Mrs. Linda Flowers, Taylor Crowell, Ana McWilliams Treyton Davis, and Ms. Chastity Homra, Mrs. Benita Giffin. (Front L to R) Steven Aldridge, Rhett Thomas Fussell, Casey Tackett

