



Got questions? Your Building Champion can assist you! They want to help you succeed so please don't hesitate to look them up if you need their help!

## ECS Is Going Places!

It's hard to imagine you've not heard about or at least seen evidence of Walkingspree in our district over the last 12 months. This last year ECS partnered with Walkingspree to bring an amazing step program to our district that has really taken off.

We have over 200 members and those 200 plus walkers have taken to date more than **446,307,669** steps!

(To put that into perspective, the earth is close to 25,000 miles in circumfer-

ence!)

If you haven't been a part of Walkingspree this year, it'd be great to have you join for the 2018-2019 school year! Our next season of stepping begins on August 1, 2018.

This upcoming year we will have more virtual walks and challenges both in individual buildings as well as throughout our district.

Imagine walking to Hawaii in February or any other warm place you can imagine?

Of course, the biggest benefit to being a part of Walkingspree



(besides being part of a great team) is the benefit you will see in your health. Walking is one of the easiest, yet most beneficial things you can do to improve your overall health.

For more information on joining see your Building Champion or watch for announcements and information during the summer on our Facebook page or in the annual ESC summer mailing.

## Activate: An active approach to our health

If you participate in Elkhart Community School's insurance program, do you also take advantage of our on-site clinic? If not, you should! Besides the convenience of easy appointment scheduling, lower cost visits and often free/reduced medication is an amazing benefit to us!

Even though warmer weather is upon us, it's still a good idea to remember to utilize our clinic when you have basic health care needs.

And a bonus of course, is that when you schedule your annual physical you are able to bank \$100 in your HSA account...just for going for a physical! Add to that, if you decide to make your health

goal Walkingspree, you can earn the additional HSA contribution as outlined by ECS.

So, basically for doing something you do every day without thinking much about it, you can get paid.

Call Activate for details about annual physicals or to schedule yours at 574-262-5800. (Be sure to ask or check the school website for summer hours.)



### 3 INSTANT Stress Busters

1. Stay super-hydrated.
2. Indulge in dark chocolate.
3. Disconnect from technology.

## Just try to keep up with these ECS wellness rock stars!

This last quarter of the school year our Walkingspree district-wide challenge was “Walk Off Winter”. We focused on getting moving and shaking off those winter blahs that all too many of us found trapping us on our couches.

Overall, ECS Walkingspree members logged in an incredible 117,402,668 steps!

There were three divisions: Elementary, Middle School, and High School. Intermixed within those categories, based on amount of team members, were ECS Admin., Transportation, EACC, and Kent St.

While all did spectacular, each division must have a winner—below are the winners and their total combined step amounts. The winning teams were treated to an amazing omelet bar prepared by the ECS Catering group. Delicious!

### CONGRATULATIONS WINNERS OF THE ECS DISTRICT CHALLENGE! WAY TO WALK OFF WINTER!

**Elementary Division:**  
Eastwood Elementary  
(Building Champion: Erin Buczkowski) **Total steps: 8,867,839**

**Middle School Division:**  
West Side Middle School  
(Building Champion: Lisa McKee) **Total Steps: 6,523,898**

**High School Division:**  
Memorial High School (Building Champion: Janie Boyden) **Total Steps: 16,238,618**

#### Eastwood’s team:



Pictured above from left to right, back row: Kevin Beveridge, Middle Row: Ashley Turner, Victoria Culp, Nikki Gernand, Chrissy Herrick, Michelle Holderman, Megan Gutierrez. Front row: Lora Mulstay, Kim Haas, Billie Joe Etchason, and Andrea Welles. Not pictured are: Erin Buczkowski, Cambria Reif, and Tricia Grace.

Although we weren’t able to get a photo of the West Side and Memorial HS teams, below is the list of participants who helped their step to a victory!

**West Side Middle School:** Deb Giles, Sylesta Morgan, Lisa McKee, Elizabeth Franks-North, Sarah Pattee, Darlyn Smale, Kristie Stutsman, Brenda McClure, Jami Presswood, Stephanie Rappatta, Ken West, Carus Shaffer, Lindsey Cox, Heather Kidder

**Memorial High School:** Deb Keller, Lisa Swann, Geetha John, Janie Boyden, Jean Clements, Cherie Books, Rebecca Yoder, Adam Homo, Hiromi Hollett, Kristine Van-Zile, Allison Makowski, Adrienne Bashore, Heidi Krusenklau, Denise Downing, Rachael Meyers, Nicole Homo, Sarah Bowerman, Camille Evans, Matthew Hartman, Heather Fellows, Kim Raymond, Maritza Banuelos, Sandy lavagnilio, Fana Soptich, Sarah Horn

### Current Building Champions:

Beardsley: \*  
Beck: Julie Stammich  
Bristol: Sue Abel-Keller  
Cleveland: Hannah Schmidt  
Daly: Nicole Gray  
Eastwood: Erin Buczkowski  
Feeser: \*  
Hawthorne: Nancy Rodman  
Monger: Corry Wichman  
Osolo: \*  
Pinewood: Stephanie Lee  
Riverview: \*  
Roosevelt: John McClure  
Woodland: Rose Miller  
NSMS: Mary Wisniewski  
PMMS: Mike Lambdin  
WSMS: \*  
CHS: Amy Garretson  
MHS: Janie Boyden  
EACC: \*  
Elkhart Academy: Julie Stammich  
JC Rice Admin: Rebecca Thompson  
Transportation: \*  
Kent Street: Rhonda Crum

\*If no building champion is listed, that building has no champion as of yet. If you are interested in serving in that role please contact Rhonda Crum or Rebecca Thompson via email for more details. Come join a GREAT team who of people who are changing lives!