

Coordinated School Health News

Johnson City Schools-Expect the Best!

TURKEY TROTT 2008

The countdown has started and the 3rd Annual Up and At 'Em Turkey Trot is just a few weeks away. Which school is going to walk away on Thanksgiving Day with \$1000, \$600 and \$400 in School Challenge incentives? The Turkey has a busy schedule these next few weeks. He/She will be visiting schools, community events and participating in the Christmas Parade on Nov. 22. All this strutting around is to get people motivated, up and active on Thanksgiving morning. This year 3000 participants are expected to meet at Legion Street Recreation Center at the starting line and finish in Memorial Stadium. This event is for everyone - runners, walkers, students, families, parents with strollers, grandparents, and even your well behaved dogs.



What do you need to do to be counted for your school?

1. Register early - After Nov. 21 the price goes up. Save \$5 register early!

Forms are available at www.johnsoncitytn.org Click on the turkey!

You must sign in on Thanksgiving morning at the School Challenge tables inside Legion Street Recreation Center. Volunteers can count for a school but you must be signed up in advance and have an assigned volunteer job. Contact Michael Ray at homecheckinspect@comcast.net

You must also sign in on race morning at the School Challenge tables in the gym.

Teachers, staff, and students count for the school challenge - must check in for your school on Thanksgiving morning. Look for the School Challenge banner in the Legion Street gym.

See you at the Turkey Trot on Thursday, November 27 at 8:30 a.m.

HEALTHY SNACK OF THE MONTH-SPICED PUMPKIN SEEDS

Ingredients:

1/4 tsp salt

1/2 tsp ginger

1/8 tsp ground cardamom

1/4 tsp allspice

1/8 tsp cloves

1/4 tsp cinnamon

1/2 cup pumpkin seeds

1 tbsp olive oil

Toss oil and pumpkin seeds together then add spices. Bake in oven for five to eight minutes at 375 Fahrenheit or until toasted and the spices are fragrant.

Please feel free to contact us anytime with information or with questions!

Laura Matney, CSH Coordinator
matneyl@jcschools.org

Jennifer Austin, CSH Secretary
austinj@jcschools.org

