



Volume 1, Issue 1

Newsletter Date
August 2013

**2013 Health and Wellness Expo and
Back to School Celebration**

Help US to help YOU to take care of YOU on August 21st! CCUSD will be holding their first Health and Wellness Expo as part of our first official day of return to work. We will be kicking off our theme of **Inspired Living** where we will provide you with opportunities that promote health and wellness. We look forward to you visiting vendor booths in the areas of healthy foods, healthy living, physical, mental and financial fitness. There will be School Spirit wear on sale. Mini massages and demonstration fitness classes, body screenings will also be offered. Not to mention great raffle prizes. The Health and Wellness Expo will begin at 8:00 am at Culver City High School on the Senior Lawn. The Back to School Celebration will take place in Robert Frost Auditorium directly following the health and Wellness Expo. Yummy Food Trucks will be present for you to purchase lunch immediately following the Back to School Celebration.

TB Screenings



**Be Healthy
Be Happy
Be Well**

In case it is your time and your TB Test and X-ray results have expired, you will need a current TB Test or Chest x-ray showing that you are clear of tuberculosis. Our incredible nursing staff will be available conducting skin TB test on August 21st from 1:30–3:30 at the Middle School/High School Nurse’s office. You will need to return to their office on Friday, August 23rd to have your results read.

13 Reasons why walking works

1. Safest exercise on earth
2. Simple exercise for people who haven't been exercising
3. Families can walk together
4. Social interaction is possible (walk and talk)
5. Sparks creativity (take a long a note
6. Improve Endurance
7. Ideal for weight loss
8. Strengthen bones
9. Tones legs
10. Perfect for exploring
11. Reduces Stress
12. Very inexpensive
13. Can be done any-time, anywhere, and for life!

Parking! Parking! Parking!

Consider this your first fitness challenge! Due to Solar Panel Construction, many of our parking lots are closed or parking spaces are limited. There will be limited parking available at the high school and in front of the Natatorium. We strongly encourage carpooling and will pass out extra raffle tickets to those that carpool! If you choose to park on the street please use the parking permit that has been provided to you within y our Welcome Back Packet and adhere to the following areas of parking. They are as follows:

- South side of Garfield Avenue. From Elenda Street to Overland Avenue
- North side of Franklin . From Coombs Avenue to Overland Avenue
- South Side of Farragut. From Elenda Street to Coombs Avenue (east)
- Please remember permit parking, and street sweeping parking adherence are still in effect.

- East side of Harter Avenue. From student parking let and City boundary

Other tips like these can be found in the Healthy Life Letter due out each month of the 2013-14 school year