

MISSION STATEMENT of FLORENCE PUBLIC SCHOOL DISTRICT ONE:

The mission of Florence District One is to prepare students to become productive, responsible citizens and life-long learners who are able to succeed in an ever-changing society.



Sweet Inspiration: Elementary Teacher Shares Her Weight Loss Victory

How long have you worked in Florence One? At which schools have you been employed?

I have worked in Florence One for 22 years. I began as an Assistant at Delmae Elementary. I did my undergraduate work at Coker, my M.Ed. at Cambridge and 30 hours above in the District. I've also worked at Savannah Grove, Briggs and am currently working at Carver.

When did you decide to embark upon the food plan that you are currently using?

I have tried every diet known to mankind, but diets do not work. I began Weight Watchers again in September, 2006. I had tried many times before, but this time was different. I wanted to be around to spend time with my family, and I was determined to do it this time.

Was your decision to alter your food intake a decision based on health reasons or some other reason?

I would be less than honest if I said it was just for health reasons, even though that was right at the top, but not being able to shop for clothes was also at the top.

How many pounds have you shed since you started on the weight loss plan?

I have lost almost 80 pounds.

Would you be willing to share your "before" and "after" dress size?

I was wearing a size 18, and now I wear either an 8 or 10.

In addition to your eating habits, what other lifestyle changes have you made which have affected your weight loss?

I have to weigh everyday. I have to be accountable, and in order to do that, I continue to have my weight recorded each week by my Weight Watchers Leader and attend the meetings.

How has the weight loss affected other areas of your life?

It really affects my self esteem. When my weight is under control, I can handle the rest of the things that life throws at me daily.

Outline a typical meal plan for a typical day for yourself. (breakfast, lunch, dinner).

I use the points system from Weight Watchers, which means I can eat anything as long as I stay within my points range. One key factor is eating a variety of foods, especially foods that you like. I eat out often, and I eat ice cream and a bag of popcorn everyday. I do eat Lean Cuisines daily for lunch because it is easier at school.

How has your weight loss influenced family member(s), friends, colleagues?

My family eats better because we don't have as much junk in the house. I feel that my Carver family has lost weight (600+ pounds) and is eating healthier because they saw that this really works. I eat real food, not diet food.

Do you feel as though you are dieting on a daily basis?

I do not feel like this is a diet because I eat what I want but always in moderation. I have changed the way that I eat. I try to make better choices. I always plan what I intend to eat daily and then record everything I put in my mouth in my journal even if I go over my points.

What suggestions would you give to one who wanted to lose weight in 2008?

(Continued on back)

(Continued from front)

Suggestions: Join Weight Watchers and attend the meetings. Also you must write down everything that goes into your mouth and keep track of the points. Nothing tastes as good as being thin. One of the thoughts that I began every day with was, "ANYONE CAN LOSE WEIGHT, BUT WILL YOU?" Vickye, my WW leader, would always say don't wait until the next day or until Monday to begin eating correctly but start with the next bite, meal, etc. What are some of the most memorable comments that you have received from former students, parents, and family members since you have lost the weight?

Everyone was always so encouraging and complimentary. The encouraging thoughts and comments from all my friends and family kept me going. Vickye stated that losing weight is a journey not a destination.

How do you plan to maintain your weight loss?

I have to continue to track my points and write everything down and be accountable to myself. I must weigh daily and attend the WW meetings weekly.

What type exercise regimen do you follow?

Walking and weight lifting.

Other comments that you may want to make in regards to the new you.

I have two personalities, the thin one is confident and can tackle the world; the heavy one is defeated at every turn. You can win the battle, but the war is a constant struggle. It is every mouthful every day. You have to plan or you plan to fail.

BEFORE --Pam Turner-- AFTER



The school district does not endorse the Weight Watchers Program, its products or services. The views expressed in this article are solely those of the interviewee and not necessarily those of Florence District One.

A Taste of Wilson

The Association of Parents, Teachers, and Students (APTS) of **Wilson High School** will sponsor "A Taste of Wilson" featuring salads, international foods and desserts on Thursday, January 24th from 6:00 p.m. until 8:00 p.m. in the commons area of the school.

Tickets are \$5.00 for persons ages six years and older. Children under six are admitted free. Tickets are on sale at the school. For more information, call **APTS president Doris Brown** at 661-7199. □



FD1 People in the Spotlight

Congratulations to . . .

. . . Schools Winning Palmetto Gold and Silver Awards

The Palmetto Gold and Silver Awards, established by the Education Accountability Act of 1998, recognizes South Carolina's schools with the highest levels of academic achievement and fastest rates of improvement. Six District One schools have been named award recipients this year:

Delmae Elementary	Gold	\$18,860
McLaurin Elementary	Gold	\$13,811
South Florence High	Gold	\$33,134
Briggs Elementary	Silver	\$ 8,911
Moore Intermediate	Silver	\$ 8,606
Timrod Elementary	Silver	\$ 5,709. □

. . . Bus drivers of the month for January:



Christopher Lowery - West Florence
Janice Franks - South Florence
Patricia Black - Wilson
Thomas Johnson - Special Needs □

. . . Recipients of the Francis Marion University Center of Excellence (COE) professional development grants:

Carol Hill of South Florence High and the **School for Foundational Studies**, \$2,000. "Preparing Students of Poverty for Careers in Science-Related Fields" will provide Gizmo software for physical science teachers to assist ninth-graders in passing physical science and the end of course exam.

Stacey Stafford of McLaurin Elementary, \$2,000. "Experience for a Lifetime" gives 91 first-grade students the opportunity to go on a field trip to EdVenture Museum in Columbia and create PowerPoint presentations and scrapbooks to take home.

Also, nursing professors **Julia Hucks** and **Dr. Barbara Westphal**, \$2,500. Their project focuses on **Williams Middle School** and involves obesity awareness related to effectiveness of weight management/loss programs used in middle schools. □