

AR Narrative
Celina Clements
The Sugar Crazy Principal

Slide 1:

-Introduction

Hi this is Celina Clements. I am here to share my AR project with you titled: The Sugar Crazy Principal's Journey to Health

Slide 2:

-Background

Since becoming a principal in 2013 I haven't been taking care of myself. I've had a few setbacks; I tore my Achilles tendon while playing sand volleyball, had thyroid surgery, emergency appendectomy, and went through cancer treatment for my appendix since becoming a principal. Although these things don't necessarily connect to my health, they definitely have caused me to have time away from focusing on my diet and exercise.

Slide 3:

-Purpose of Inquiry

I wanted to focus on my diet to see if it would improve my overall health and improvement at work.

Slide 4:

-Wonderings

I wondered if busier days/week at work connected to my bad food choices. I wondered if I could "see" if I could tell what food I eat without thought. I wondered if I eat less or more during busy days/week. I wondered if I cut back on poor food choices if it would improve or decrease my productivity.

Slide 5:

-My Actions

I tracked my eating and kept my Google Calendar updated to help see if the correlations match with busy weeks and eating habits. I also tried various eating apps and settled on Carb Manager. I was able to track for 16 weeks leading up to COVID-19.

Slide 6:

-Data Collection

My first 2 weeks started off busy with Thanksgiving break, Principals Conference, 50th Anniversary for my in-laws. I did not track but researched food tracking apps as well as reflecting on what I have eaten.

Slide 7:

-Data Collection

Weeks 3 through 7, I started off with meal prepping on Sundays, tracking with MyFitnessPal, and made better food choices by 10%. I really enjoyed meal prepping on Sunday, it allowed me to "see" my week at a glance and start to be more organized for my week. I also devoted myself to eating lunch; I would set an alarm on my phone and eat with each grade level during the week.

Slide 8:

-Data Collection

Weeks 8-12; was by far my best weeks in noticing how stress impacted my eating. The saving grace that allowed me to stay on track with good food choices was my Sunday meal prepping. Tougher times were family meals and during stressful days/weeks I did stop for fast food for the family.

Slide 9:

-Data Collection

Week 13 through 17 I felt more comfortable with my food tracking and even started meal planning for my family dinners. I lost a total of 10 lbs and felt so much better in my everyday life. I open my Google Calendar to my secretary to add to my day; which helped me and her stay on top of school life. She had access to my personal calendar as well to keep up with my doctor appointments and family obligations.

Slide 10:

My Discoveries

My productivity heightened and my staff noticed too! My biggest take away from this AR project; was that I didn't quit! I kept with my tracking, meal prepping, and keeping my calendar updated. I have learned that small changes are worth the effort and are important.

Slide 11:

Where Am I Heading Next

I have continued to hold myself accountable; meal prepping, food choices, and tracking. I wondered how to keep my family involved in this and COVID-19 came and allowed me to involve my family in meal prepping and designing meals for the family!

Slide 12:

Bibliography

Science Direct and Mayo Clinic is where I gained my insight into diet and tracking.

The background is white and decorated with various colorful illustrations of fruits and vegetables. At the top left, there are blue bubbles. Next to them is a slice of orange. To the right is a green leaf. Further right is a slice of watermelon. At the top right is a green lime. On the left side, there is a yellow lemon. In the center, the title is written in blue. Below the title is a green avocado. On the right side, there is a yellow lemon slice. At the bottom left, there is a strawberry. In the bottom center, there is a yellow banana. At the bottom right, there is an orange and a pair of red cherries.

The Sugar Crazy Principal's Journey to Health

Mill Creek West Elementary

Celina Clements

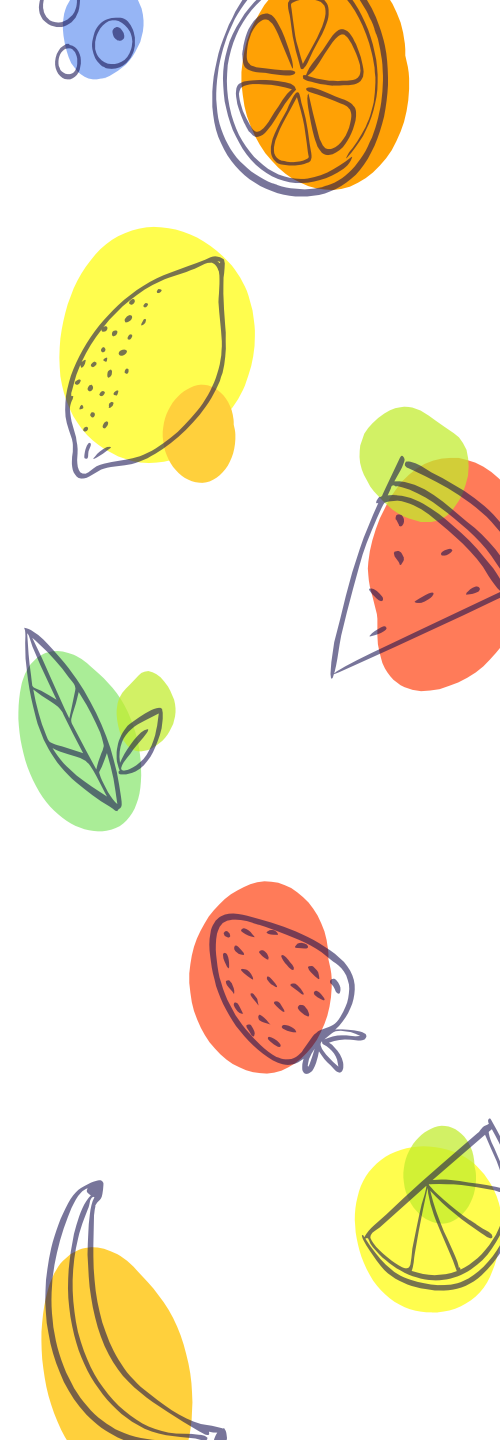
cclements@mccsc.k12.in.us

Background Leading to this Inquiry

My health and weight have declined since becoming a principal in 2013.

From 2013-2020

- × gained 25 pounds
- × tore my achilles tendon
- × had thyroid surgery
- × emergency appendectomy
- × cancer of my appendix



Purpose of This Inquiry

The purpose of my action inquiry was to focus on my diet to help see my mental and physical health improve.



My Wondering

I wondered...

- × Are there triggers that lead to poor eating?
- × How much food do I consume without thinking about it?
- × Am I able to decrease consumption on stressful days/weeks?
- × Will cutting back have a positive impact on my work and life productivity?



The page is decorated with various hand-drawn illustrations of fruits and vegetables. At the top left is a blue fish. To its right are an orange slice, a green cucumber, and a slice of watermelon. On the left side, there is a yellow lemon and a green leaf. On the right side, there is a green lime with a red and white striped sticker, a yellow lemon slice, and a small blue and green leaf. At the bottom, there is a red strawberry, a yellow banana, a green leaf, a green cucumber, a red cherry, and an orange. The title 'My Actions' is centered in a dark blue, handwritten-style font.

My Actions

- I decided to track my eating and to make correlations to what my week consisted of in my life as a principal.
- I used various tracking tools until I settled on the Carb Manager App.
- I tracked my eating for 16 weeks along with tracking what took place during those weeks as a principal.

Data Collection

Week 1-2

November 24-December 7th

- IASP Principal Conference
- Thanksgiving
- Entire week of school (vaca)
- 50th Wedding Anniversary for in-laws.

**A fun few weeks!*

**Several poor food choices made...but made lots of memories!*

Outcome

November 24-December 7th

- No changes to my diet or weight.
- I started to realize that I really eat poorly.
- I started to research best diet tracking apps.



My Data

Week 3-7

December 8th - January 11th

- Back to work life!
- Staff meetings
- Board meetings
- CPI training
- District Meetings
- Winter Break

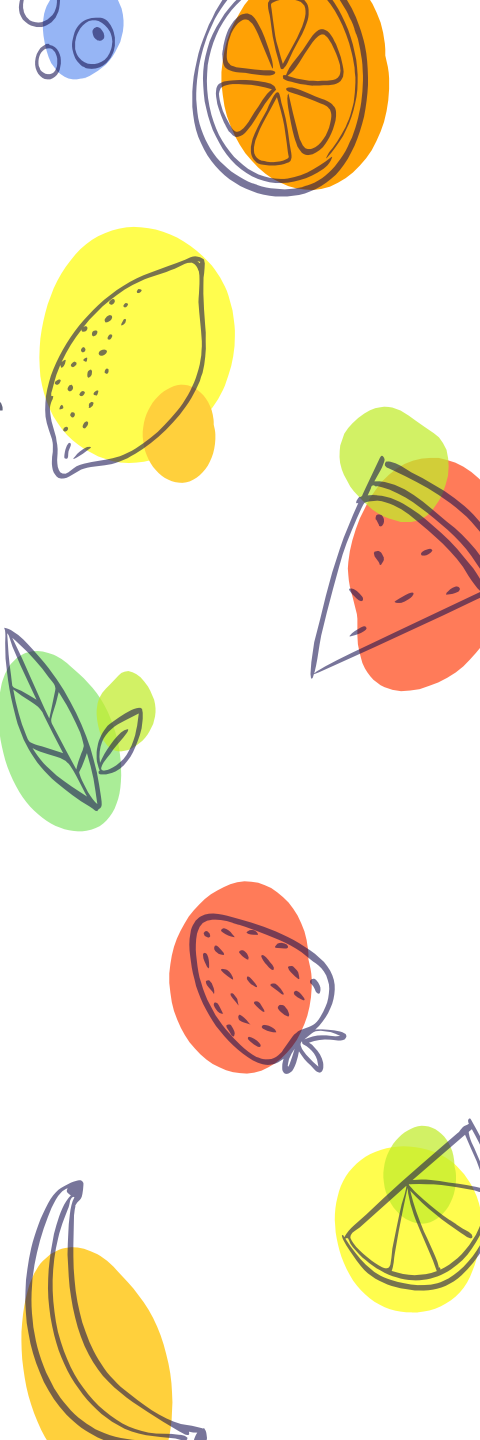
**I was more prepared for the work week b/c I had to meal plan on Sunday.*

**With meal prep I was able to calculate my healthier choices in food.*

Outcome

December 8th - January 11th

- Improved healthier food choices by 10%!
- Devoted time for lunch into my schedule.
- Put reminders on my phone via invites!
- Weight loss: 1. lbs
- Meal Planning



My Data

Week 8-12

January 12th - February 15th

- Parent Meetings
- Behavior Meetings
- Student incident resulting in lawsuit
- Off campus meetings
- Out of state tournament for children.

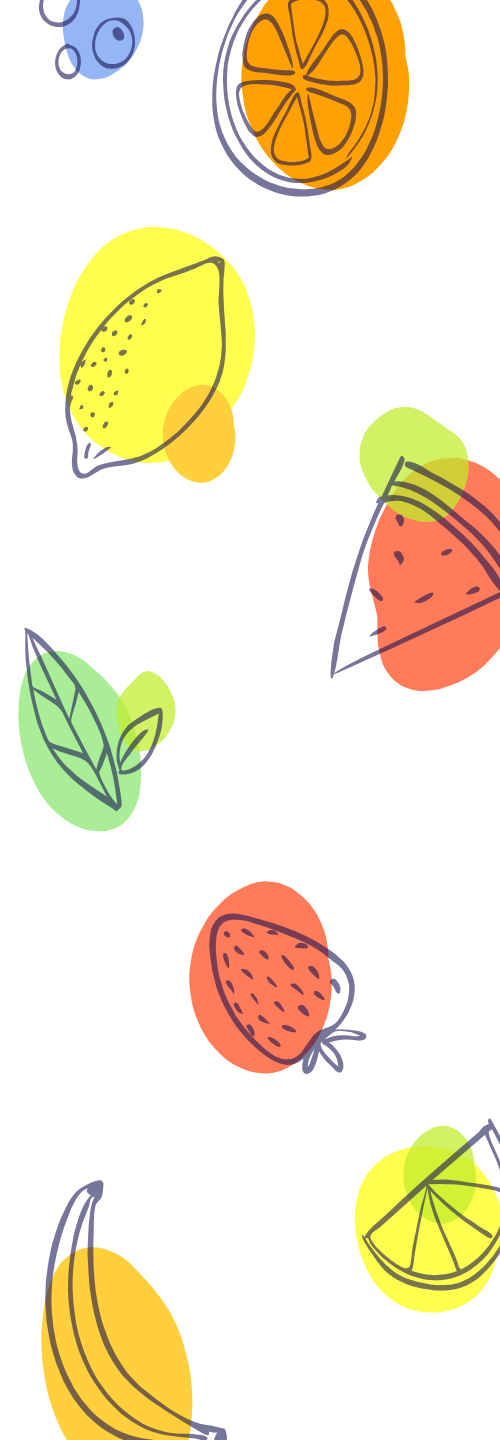
**Feel better and can accomplish more at work.*

**Able to complete more chores at home in evenings!*

Outcome

January 12th - February 15th

- Started 'fasting' for 13 hours.
- Increased healthier food choices by 25%.
- Weight loss: 6 lbs.
- Starting My Fitness Pal
- Meal Planning continued



My Data

Week 13-16

February 16th - March 14th

- Making conscious decisions on my food intake...even with snacks in the lounge!
- Keeping my Google Calendar up to date with meetings, observations, and other tasks.

**Crazy week with long meetings; attorney and superintendent(s).*

**Sunday's help my sanity!*

Outcome

February 16th - March 14th

- Continued 'fasting' for 13 hours.
- Increased healthier food choices by 50%.
- Weight loss: 10 lbs.
- Tracking food with My Fitness Pal to Carb Manager



My Discoveries

- ★ I have learned that I am more productive while eating healthier because my healthier choices blend into other parts of my life.
- ★ I have learned that this has made me “not quit”. I would adapt what wasn’t working into another way to be successful.
- ★ I have learned that I can make small changes and still have positive outcomes.



Where Am I Heading Next

- Continue to hold myself accountable by using the Carb Manager App.
- Continue to meal plan and prep on Sunday's.
- Continue to "fast" each day.
- How can I include my family to keep my focus?



Bibliography

Montain, Scott J & Young, Andrew J *Diet and physical performance.*
Science Direct

Mayo Clinic, Nutrition and Healthy Eating, *Improve brain healthy with the
MIND diet, 2012*