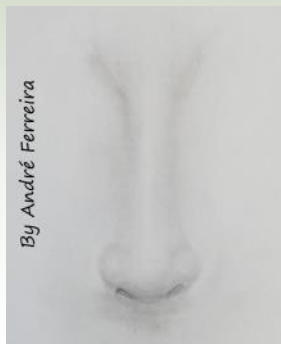
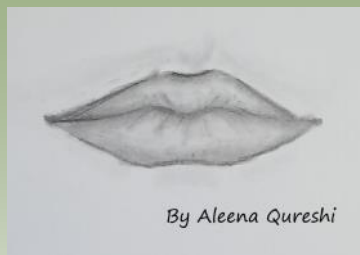
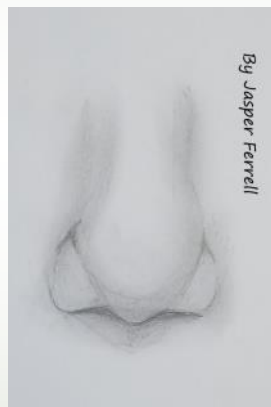


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2022 HEALTHY CHOICES FAIR

A



Designed to educate,
entertain, and meet
required curriculum

January

***11 Tuesday,
13 Thursday &
14 Friday***

S

Welcome to the 2022 Environmental and Adventure School's Healthy Choices Fair. Gain knowledge about your health and safety, learn new skills, and improve your quality of life.

STUDENTS: This booklet contains all the information needed to register for the elective sessions. Please study it, share it with your parents, and choose electives to challenge and grow your knowledge.

Elective choices are listed on page 6 to page 9. Registration is now online. You will receive your registration link via email, Skyward, and the EAS bulletin. Use the registration link to rank your elective choices for the sessions where elective choices are available.

Please note many of these classes require physical movement. Comfortable clothes and appropriate shoes are required. Dress code applies.

PARENTS: We have a special session you won't want to miss taking place in the EAS Commons on Thursday, January 13 from 7 -8:30 pm. You can learn more about this session on page 13.



By Charis Leung

The Healthy Choices Fair is an ambitious effort to make "health class" interesting and meaningful. We are grateful to those who made the fair a success through their generous gifts of time, skills, knowledge, and resources.



SCHOOL OF PUBLIC HEALTH
UNIVERSITY of WASHINGTON



NEUROLOGICAL
ASSOCIATES
of Washington



Seattle Humane
Saving Lives, Completing Families



Evergreen Speech and Hearing Clinic



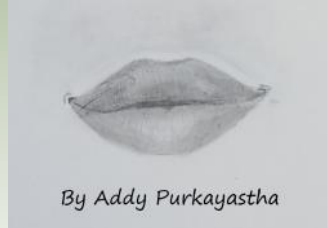
kirkland redmond
ORTHODONTICS



THANK YOU

PRESENTERS

*Lynette Apley
Janet Baseman
Maureen Batterberry
Burgess Bennett
Bill Brannvold
Kevin Chen
Blake Davis
John Ernster
Karen Joy Fletcher
Sheri Gazitt
Larry Fryb
GinaMarie Krueger
Loralee Leavitt
Dan Luebke
Bryan Mannion
Tanner Mawhinney
Heidi Muir
Christopher Norwood
Lauren Plawner
Jeff Renner
Melissa Shirts
Rohan Suvarna
Karin Tinta-Guibert
Benjamin Zepeda*



COMMITTEE MEMBERS

*Catherine Hendrickson, Chair
Jennifer Ball
Carol Hardaway
Cathey Hettinger
GinaMarie Krueger
Holly Lehigh*

BROCHURE DESIGN

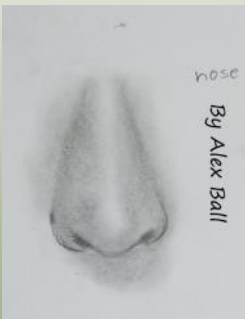
Wen Yin

REGISTRATION

*Mark Dela Cruz
Heather Eichholz
Khavitha Naraendirakumar
Vishnupriya Suresh*

VOLUNTEER COORDINATOR

Kristine Bikdash



CONSIDERABLE SUPPORT PROVIDED BY

*The City of Kirkland EAS PTO
Jennifer Cleaves, Interim Principal*

Climate Anxiety - Reclaiming Hope, Your Future, Our Planet

Jeff Renner, Meteorologist/Science Journalist/
Independent Television Producer



Climate Anxiety is a sense of helplessness in the face of extreme changes in our climate. It's a feeling shared by both young and older people throughout the world. You'll learn what other young people are saying, how to find what is true and false about climate change, and most importantly, five simple steps that will help you move from feeling anxious to confident, ready to make a change in this world.



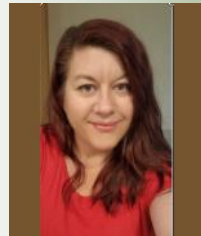
Living With Fire

Tanner Mawhinney, Owner of
Madrona Pacific Tree and Forestry, LLC

As we all know, the weather in Western Washington is changing. During this presentation, you will learn the history of wildfire in the Pacific Northwest, and how it impacts our lives. We will also discuss strategies to protect your home and other areas from fire danger.

Ending the Silence

Melissa Shirts, Program Manager,
National Alliance Mental Illness (NAMI)



Join the movement to end the silence and stigma surrounding mental health issues. Listen to personal stories of mental health and recovery. Our mission is to help you learn about the warning signs of mental health conditions and what steps to take if you or a loved one is showing some symptoms.

Stay Cool...Be Organized For School

Lynette Apley, Senior Organizer, NAPO, Simply Placed: Organizing and Productivity Systems

Get control of your backpack, locker, and study space....as well as time management tips, and breaking down big assignments. This class will provide you with tips, tricks, and practical techniques to help organize a desk, schoolwork, paper, time, and schedule.



The Power Of Your Spine

Dr. Benjamin Zepeda, Doctor of Chiropractic, Clear Chiropractic Redmond

Exceptional Performance: We want it, right? Headaches, neck pain, and back pain can limit our athleticism, exercise and leisure activities, as well as our mental health. Learn how a well-functioning spine can improve you both physically and mentally. Bring your questions and get ready to start performing at your best.

The Primal Power Of Play ~ Earthgym

Karen Joy Fletcher, MPH, Writer, Teacher, Adventurer!

Come play and connect with our Earth with simple Earth tools – sticks and stones! This class will be outside and is an intro into Earthgym, a primal, practical, and playful training and movement method of strengthening and using our body in wild and tame terrains. We will use simple nature tools to learn from one of our greatest teachers, Mother Earth.

Protect Your Ears From Our Noisy Planet

Christopher Norwood, Au.D., F-AAA, Doctor of Audiology

Loud sounds are all around us, which can damage our hearing over time. Protect your ears - they're the only one you got. Discover how to keep your hearing great now so that you can enjoy your favorite sounds for a long time.

Staying Safe In A Digital World

Larry Hryb (Xbox Live's Major Nelson), Xbox Host and Communications Lead, Xbox

The internet is a big place – and you need to be careful. In this session, I will share some tips about what you can do (along with your parents!) to stay safe and still have fun!

Your Gut: What Goes In, What Comes Out And Everything In Between

Burgess Bennett, RN, BSN, MSN, FNP-C, University of Washington Medical Center, Department of Gastroenterology

Have you ever wondered: Is it true you are what you eat? What is the microbiome? Why do I sometimes see corn in my poop? In this class, you will learn about one of the systems in the body you can affect the most - your gastrointestinal tract. We will take the journey from your mouth to... well, the other end, and discover the magic that happens in between.

Intro To Crossfit: You Are Made To Move!

Kevin Chen, CF-L1, RepRoom Gym

Moving is an essential part of our life and everything that is alive is made to move! Moving is the only way to improve. In today's lesson, you will learn why it is important to exercise, and how to exercise correctly! Lastly, you will all participate in a fun workout.

Candy: Secret Ingredients And Tricky Labels

Loralee Leavitt, Author of Candy Experiment

Do you know what secret candy ingredient can remove enamel from teeth? What company claims their candy has no calories? Or what kind of cereal has more sugar than Oreo cookies? Use detective work and candy experiments to learn how to read tricky labels and discover what's really in your food.

Growing Friendships

GinaMarie Krueger, School Counselor, LWSD

Why is making friends so easy for some kids? Do you ever wonder what the secret is to making and keeping friends? Friendship is a lot like having a garden – it needs space, nurturing, and effort to make it grow and thrive. Friendship is a skill you can learn. Come grow your friendship “garden”.

Big Brain

Lauren L. Plawner, M.D, Child Neurologist, Neurological Associates of Washington

Have you ever wondered what's going on in your head? Discover how your brain is going through a big change from a kid brain to an adult brain.



Are We There Yet? The Continuing Adventures Of COVID-19

Janet Baseman, Professor of Epidemiology, University of Washington

In this session, we will discuss current events related to the COVID-19 pandemic in the U.S. and globally. We will answer questions like: How are the vaccines working? Why are we still wearing masks? How (and when) will the pandemic end? And how does the COVID-19 pandemic stack up against pandemics from history?

Yoga: The Mind/Body Connection

Rohan Suvama, Isha Foundation Volunteer

Learn the basics of yoga and its many health benefits. Experience how your mind, body, and breath come together as you try various yoga positions and movements. Uncover how this practice can help you find energy, balance, and calm in your daily life.

By Jake Xue



Park Ranger: Keeper Of Our Public Land

*John Ernster, Cascade Foothills Area Manager,
NW Region of Washington State Parks*

What comes to mind when you think of a Park Ranger? Learn about the duties and responsibilities of park rangers - who are responsible for preserving and protecting our nation's special places and stories.

Minding Your Health

*Karin Tinta-Guibert, MACP, LMHCA, Psychotherapy and Counseling,
Owner of Eastside Counseling Services LLC*

Join me in learning about how we can improve our well-being on this journey through the middle school years. We'll examine two different topics that can affect you: sleep and anxiety. We'll discuss sleep hygiene, and the benefits to your mind and body of getting a good night's sleep. We will also talk about anxiety, and its purpose, how to manage it, and what to do when anxiety feels overwhelming.

Decision Making: Your Values, Your Way

Sheri Gazitt, Teen Wise Founder, Teen Life Coach

In this class, you will learn tools to make positive and healthy choices for yourself. Define your own personal values and discover how to stay true to yourself even in the face of peer pressure, all while having fun!

Seattle Humane 101

Heidi Muir, MAT, Education Services Manager at Seattle Humane

When you picture an animal shelter, what images come to mind? If you see cold, metal bars, and sad strays, think again! Let's talk a little bit about how animal welfare has changed in the 125 years that Seattle Humane has been around and ways you can help animals - as a teen and as a career path.

Whole New World Of Orthodontics

Dr. Blake Davis, Kirkland and Redmond Orthodontics

Say goodbye to the old stereotypes of braces and say hello to a new digital world! In this class, we will learn not just about the importance of good oral hygiene, but also understand why and how the position of your teeth and jaws matter. Discover how 3D printing, digital software and graphics design is changing the way your teeth are moved.

First Aid – Not Just For Adults

Maureen Batterberry, Physician Assistant-Certified with Emergency Medicine Qualification, Puget Sound Physicians/Emergency Physicians at Overlake

First aid is not just for adults. You may find yourself in a situation where you will play a role in providing first aid. Maybe you might be the only one to help. In this class, we will learn basic first aid and give you confidence to handle emergency situations.

Functional Fitness: Prepping You For Life

Bryan Mannion, Owner of Natural Athletics

Learning to move our bodies is integral to our success throughout life, and paramount to our success as we age. This class will focus on teaching you the fundamental movements we need to maintain throughout our lives, and the ways in which we can progress without needing all of the flashy gadgets and supplements. We are given one body throughout our lives; let us learn to use it right!



Healthy Choices Fair 2022 Schedule

Tuesday, Jan 11

| Times | Room | Session Title |
|--------------|----------------|--|
| 8:40-9:45 | Andrada | 7th grade HIV 1 - (A group) |
| | Hamilton | 8th grade Reproduction 1 - (A&B group) |
| | Healy | Stay Cool.. Be Organized For School |
| | Minato | The Power Of Your Spine |
| | Rose | 6th grade HIV 1 - (A group) |
| | Large Gym | |
| 9:50-10:55 | Andrada | 7th grade HIV 1 - (B group) |
| | Hamilton | 8th grade HIV 1 - (A group) |
| | Healy | Stay Cool.. Be Organized For School |
| | Minato | The Power Of Your Spine |
| | Rose | 6th grade HIV 1 - (B group) |
| | Large Gym | 7th grade Fitness Survivor - (A group) |
| 11:00-12:10 | Commons | Ending The Silence |
| 12:20-12:50 | LUNCH | |
| 12:50-1:50 | Andrada | The Primal Power Of Play- Earthgym |
| | Hamilton | 8th grade Reproduction 2- (A&B group) |
| | Healy | Protect Your Ears From Our Noisy Planet |
| | Minato | Staying Safe In A Digital World |
| | Rose | Are We There Yet? The Continuing Adventures Of COVID-19 |
| | Large Gym | Yoga: The Mind/Body Connection |
| 1:55-3:00 | Andrada | The Primal Power Of Play- Earthgym |
| | Hamilton | 8th grade HIV 1 -(B group) |
| | Healy | Protect Your Ears From Our Noisy Planet |
| | Minato | Staying Safe In A Digital World |
| | Rose | Are We There Yet? The Continuing Adventures Of COVID-19 |
| | Large Gym | Yoga: The Mind/Body Connection |



By André Ferreira

Healthy Choices Fair 2022 Schedule

Thursday, Jan 13

| Times | Room | Session Title |
|---|----------------|---|
| 8:40-9:45 | Andrada | |
| | Hamilton | 8th grade Reproduction 3 - (A&B group) |
| | Healy | 7th grade Drugs and Alcohol - (A&B group) |
| | Minato | Park Ranger: Keeper Of Our Public Land |
| | Rose | |
| | Large Gym | 6th grade Fitness Survivor - (A group) |
| 9:50-10:55 | Andrada | 7th grade HIV 2 - (A group) |
| | Hamilton | |
| | Healy | 8th grade Drugs and Alcohol - (A&B group) |
| | Minato | Park Ranger: Keeper Of Our Public Land |
| | Rose | 6th grade HIV 2 - (A group) |
| | Large Gym | 6th grade Fitness Survivor - (B group) |
| 11:00-12:10 | Commons | Climate Anxiety - Reclaiming Hope, Your Future, Our Planet |
| 12:20-12:50 | LUNCH | |
| 12:50-1:50 | Andrada | 7th grade HIV 2 - (B group) |
| | Hamilton | Minding Your Health |
| | Healy | 8th grade HIV 2 - (A group) |
| | Minato | Decision Making: Your Values, Your Way |
| | Rose | Your Gut: What Goes In, Out And Everything In Between |
| | Large Gym | Crossfit: You Are Made To Move |
| 1:55-3:00 | Andrada | 6th grade HIV 2 - (B group) |
| | Hamilton | Minding Your Health |
| | Healy | 8th grade HIV 2 - (B group) |
| | Minato | Decision Making: Your Values, Your Way |
| | Rose | Your Gut: What Goes In, Out And Everything In Between |
| | Large Gym | Crossfit: You Are Made To Move |
| Parents Session : Ending The Silence , Thursday, January 13, 7 p.m - 8:30 p.m. | | |

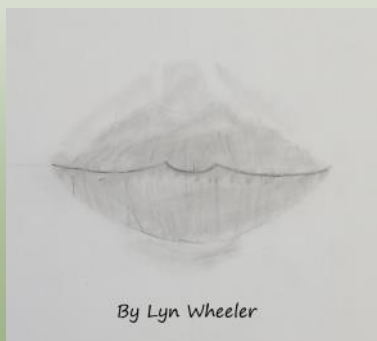


By Jasper Ferrell

Healthy Choices Fair 2022 Schedule

Friday, January 14

| Times | Room | Session Title |
|-------------|--------------|--|
| 8:40-9:45 | Andrada | 7th grade HIV 3 - (A group) |
| | Hamilton | 6th grade HIV 3 - (A group) |
| | Healy | 6th grade CPR - (B group) |
| | Minato | Growing Friendships |
| | Rose | Candy: Secret Ingredients And Tricky Labels |
| | Large Gym | 8th grade Fitness Survivor - (B group) |
| 9:50-10:55 | Andrada | 7th grade HIV 3 - (B group) |
| | Hamilton | 8th grade Reproduction 4 - (A&B group) |
| | Healy | 6th grade CPR - (A group) |
| | Minato | Growing Friendships |
| | Rose | Candy: Secret Ingredients And Tricky Labels |
| | Large Gym | |
| 11:00-12:10 | Commons | Living With Fire |
| 12:20-12:50 | LUNCH | |
| 12:50-1:50 | Andrada | Seattle Humane 101 |
| | Hamilton | Big Brain |
| | Healy | 8th grade CPR - (B group) |
| | Minato | Whole New World Of Orthodontics |
| | Rose | 6th grade HIV 3 - (B group) |
| | Large Gym | 8th grade Fitness Survivor - (A group) |
| 1:55-3:00 | Andrada | Seattle Humane 101 |
| | Hamilton | Big Brain |
| | Healy | 8th grade CPR - (A group) |
| | Minato | Whole New World Of Orthodontics |
| | Rose | First Aid - Not Just For Adults |
| | Large Gym | Fuctional Fitness: Prepping You For Life |



By Lyn Wheeler

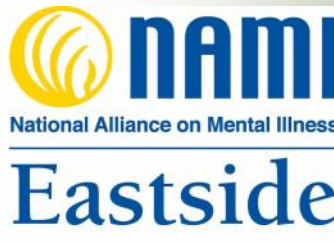


ENDING THE SILENCE

*Melissa Shirts, Program Manager,
National Alliance Mental Illness (NAMI)*

This parent-only session is geared to those with middle or high school aged youth. Our goal is to raise awareness of mental health conditions. We will discuss warning signs, facts and statistics, how to talk with your child and work with school staff to support your child's needs. Our objective is to provide you with the tools needed to continue the conversation long after our presentation ends.

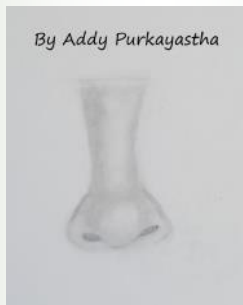
NAMI believes that through education and dialogue, we can all help grow the movement to end the silence and stigma surrounding mental illness.



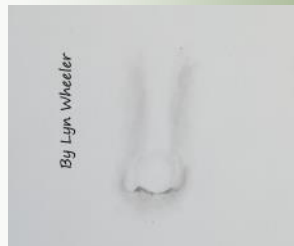
By Aleena Qureshi



By Addy Purkayastha



By Lyn Wheeler



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