

## FHP Health & Wellness Update for 2019-2020!

First, Falcon Homeschool Program is a K to 12th Grade Part-Time Program, so handling our Health & Wellness funds is a **very challenging** thing and add the fact that we are in 2 different buildings add another dimension to Health & Wellness!

255 Students & Growing!

The first thing we did this year is add in some student involvement, with a very small student team that helped with Health & Wellness. We bought a small surplus of H&W Red T-Shirts and handed them out to students that signed up. I hope I get some of the same students to help me next year!!!

We invented Healthy Cooking Elective for the Academic Program: It was a once a week, during our elective time period where learning groups are student-led

- ❖ Bought Appliances
  - Instant Pot
  - Toaster Oven
  - Hot Plate
  - Pots & Pans
  - Utensils
- ❖ Picked Healthy Recipes to make
- ❖ Group of 8 students made a recipe each week
- ❖ At the end of 7 weeks, they made guacamole for all the students during our Elective Showcase!

We added two brain models to our FHP Academic Science Class.

Purchased enough stress balls and water bottles for each of our students! Handed them out with some helpful mindful wellness practice sheets right before Spring Break. (if you have a student that didn't receive one, please email me!)

Ordered and planned a JUMP ROPE day for the 4th quarter, was in the middle of planning when the eLearning began. At this point, we are hoping to hand out the jump ropes at our 'drive up' check out in a few weeks!

I also wanted to add that this was my first year as the FHP Health & Wellness Mentor for our students and staff! I've learned so many important things about organizing, ordering, and deploying H & W items, I made many mistakes but will come back strong next school year! Rachel Duerr is the absolute best at supporting these important Health & Wellness

team efforts! Kudos and thank you!

If you have ideas or want to volunteer to help for the 2020-2021 School Year, please make contact with me! I would love to brainstorm with our parents!!!!

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**Falcon Homeschool Program**

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