

WEEKLY NEWSLETTER

June 6th - June 10th

We kicked off Week 2 of Session 7 by breaking down the schedule and settling on focus as our Character Trait of the Week. The mini-quest for this week was Health and Wellness with a special day to learn all about CPR and First Aid, and get CPR certified! Also, Navigator and Launchpad continued to work on their ongoing Personal Finance Quest which will last the whole session and culminate in each learner showing off their Game of Life Plan featuring a budget and simulated life events at a mini-exhibition at the end of the session!



We also had tons of fun at the beach for our second beach day of the year! This time, the focus was very much on the sea life, from finding crustaceans, jellyfish, and sand dollars in the sand to spotting dolphins and stingrays between the waves! We had just covered water safety in quest so safety and wellness was assured across the board, no need for anyone to practice their new CPR and First Aid skills. Altogether, it was a great, if not cloudy, beach day!

HEALTH & WELLNESS QUEST

Though Sleepover Week definitely set the bar high, Health & Wellness Quest was a great time, start to finish! Each day of the week had a different theme: brain health, food as fuel, muscular health, and safety. Brain day was spent learning about what keeps our brains healthy and how we can improve our brain health. The Eagles ran an experiment and found that making nature mandalas helped their heart rate and focus more than doing yoga, tai chi, or working out! Food day was too exciting even to photograph, as the Eagles learned about the food pyramid, super greens, and the truth about sugar content in some of their favorite foods. We also made some delicious healthy snacks! Then, we worked our muscles at the AAVB 2022 Olympics as Eagles partook in different events to measure their improvement from September. And we ended by earning CPR and First Aid certification (no test dummies were harmed along the way).



a whole bunch of photos:

Health & Wellness Quest

AAVB 2022 Olympics!



one of our learners held a plank for 11+ minutes!

the Eagles worked out, did yoga, tried tai chi, and made nature Mandalas



CPR and First Aid training was long but super fun!