

Underwood Elementary 2019 Wellness Fair

| Session w/ a very short description of goal | Presenter w/a very short bio |
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| Morning | |
| <p>Dental Health</p> <p>This session will teach students the importance of healthy dental habits (brushing, flossing, etc.) and introduce them to the purpose of orthodontics. We plan on having a hands-on activity to keep the kids engaged and learning. (Plus prizes! Color-changing cups, drawstring bags and t-shirts)</p> | <p>Niki Atkins is an Orthodontic Dental Assistant and Amanda Wall is an Office Manager for the Walton & Maready Orthodontics Raleigh office. Both of us have children going into Kindergarten this year and love working with kids!</p> |
| Yoga | Jen Bluestone/Little Guru Kids Yoga |
| Five Points Fitness | <p>Matt Illuzzi</p> <p>Andrew Tripp</p> <p>Jon Thompson</p> |
| <p>Heart Health</p> <p>Classes will learn steps they can take for a healthy heart, including reducing sugar and salt intake, building a colorful plate and being active. Students will jump rope and take part in an obstacle course.</p> | <p>Michelle Gray is the Senior Youth Market Director for the American Heart Association.</p> |
| <p>Soccer</p> <p>Students will learn and practice soccer skills on the field.</p> | <p>Andrew Tait is the Juniors Director for the NCFC. The Juniors program is a 10-month competitive skill-driven program designed to improve a young soccer player's ability and love of the game. We prepare players to progress at the Classic level and beyond through dedicated coaching staff that provide quality, age appropriate instruction at these key age groups.</p> |
| <p>Hip Hop Dance</p> <p>Students will explore Hip Hop Dance in this session, using wellness and the word "balance" as inspiration. This session will highlight dance as not only a cultural connector but also a healthy and fun way to be physically fit. Dance can cross between a healthy choice for the heart, head, body and spirit.</p> | <p>Ronald West is a graduate of the NCSU College of Design / School of Architecture, receiving a Bachelor's Degree in Environmental Design in Architecture. Ronald was mentored and trained under Kirstie Spadie of the NC Dance Institute on a full scholarship while attending the College of Design. He has studied and danced as a company member of the Black Box Dance Theater lead by Artistic Curator, Michelle Pearson; an adjunct company member at the Dance Exchange in Washington D.C. lead by artistic director, Cassie Meador; and has studied at 'The PULSE' student and teacher workshops in Atlanta and New York. He continues to define and explore a vast range of movement in his classes, in which cutting edge contemporary, hip hop and jazz styles are explored..</p> |

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| <p>Nutrition</p> <p>Classes will explore the food groups, learn about how to build a healthy, colorful plate and find out fun facts about fruits and vegetables. Students will be engaged in learning through games and discussion.</p> | <p>Corinne Worland Amanda Ellen Averett Elizabeth Brooke Beeson Tsz Yan Lee</p> |
| <p>Gardening</p> | <p>Connie Fowler, Jenny Wheeler, Cara Gentile and Donna (Master Gardener)</p> |
| <p>Bollywood Dance</p> <p>This session will highlight dance as not only a cultural connector but also a healthy and fun way to be physically fit. Dance can cross between a healthy choice for the heart, head, body and spirit.</p> | <p>As a forerunner of the art, with over 25 years' of international teaching under her belt, Priya Chellani is a former national level Dance Finalist from India and thrice awarded Best Dance Teachers in RTP. With a distinctive edge in her teaching and students' presentation. following illustrious teaching -performing tenure internationally, now in her 3rd decade as a teaching artist, Priya continues to train diverse audiences here in the U.S. with an integrated approach.</p> |
| <p>Social Emotional Learning</p> <p>Rush's sessions will introduce the students to Social Emotional Learning, SEL, and ask them to get involved in exercises that will activate their own SEL. Students will be offered time to think and talk about their intra and interpersonal lives.</p> | <p>Rush Sabiston Frank, M.S., is a co- founder and facilitator for The Institute for Social and Emotional Learning where she gets to work with schools around the world to strengthen their SEL growth. She has worked in foster care, substance abuse, and been a teacher of social emotional learning for many years. She was a school counselor at Marin Country Day School and loved her student drop in groups.</p> |
| <p>Pilates</p> | <p>Melissa Kakavas</p> |
| <p>3-D VR Dairy/Smoothie Bike</p> | <p>Shannon Davidson/NCSU</p> |
| <p>Afternoon</p> | |
| <p>Zumba</p> <p>Students will have fun with Zumba! Zumba involves dance and aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo.</p> | <p>YMCA</p> |
| <p>Dental Health - See above</p> | |
| <p>Fitness</p> | <p>Colleen Rohner Jennifer Gospodarek</p> |
| <p>Creative Movement</p> <p>Students will explore creative movement in this session, which will highlight dance as a healthy and fun way to be</p> | <p>Lauren Youngman is a Arts Integration Specialist and Teaching Artist at Carolina Ballet and a Creative Movement Instructor for Arts Together. She received a</p> |

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| physically fit. Dance can cross between a healthy choice for the heart, head, body and spirit. | B.S. degree in Child Development from Meredith College. |
| Heart Health - see above | |
| Nutrition - see above | |
| Active Relay Games Students will test their speed, balance and coordination, practice teamwork and have fun as they take part in active relay games. | Meg Gaito is the Senior Director for Youth Outreach for the Alexander YMCA. Mega received her BS Degree in Parks, Recreation and Tourism Management from NC State University. |
| Gardening - see above | |
| Floor Hockey: this station will teach students basic hockey skills while also giving them the chance to play a few structured games. They will also get the chance to learn about the sport and the Carolina Hurricanes. | Emile Hartman is the Youth & Amateur Hockey Coordinator for the Carolina Hurricanes. Emile teaches floor hockey to students in schools around NC, coaches ice hockey, and works to promote and grow the game and the Hurricanes in the community. |
| Five Points Fitness - see above | |
| Social Emotional Learning - see above | |