

Brave Enough Schedule

****Students will wear red, white and blue for the day.***

- 7:50 School Opens
- 7:55 Report to the first **period for attendance. *Remind students to bring their Brave Enough book and writing utensil to the gym for a writing activity with Jessie.***
- 8:00 Daily Devotional, Prayer, and Pledge of Allegiance
- 8:05 Students Dismissed to the Gym
- 8:10-8:15 Gym: Student Council distributes posters for students to welcome Jessie.
- Introduce Jessie. Abby English & Gigi Handy (FALC), Holden Blair & Timmy Hunt (Ski Team); gift basket for Jessie
- 8:15-9:15 Guest Speaker- Jessie Diggins-Keynote/Q & A
- 9:15- Discussion of schedule- Mike
- 9:20 Dismissed to student's choice of station (see next page)
- 9:25 Station 1
- 9:55 Dismissed to next station of choice
- 10:00 Station 2
- 10:30 Dismissed to next station of choice
- 10:35 Station 3
- 11:05 Dismissal to next station of choice
- 11:10 Station 4
- 11:40 Dismissal bell to lunch or magician.
- 11:45 Freshmen & Sophomores eat lunch
Juniors & Seniors watch magician Giancarlo Bernini *gym

12:15 Juniors & Seniors eat lunch
Freshmen & Sophomores watch magician Giancarlo Bernini *gym

12:45 **Everyone Goes to the Olympics-** *For students who do not want to participate in the Olympics, the options are: cafe for “Cool Down” space with coloring or library to view Jessie’s documentary Threshold. *Disclaimer: Threshold contains coverage of Jessie receiving care for her eating disorder.*

12:50 First game kickball (**turf**), capture the flag (**soccer field**), and a relay race (**softball field**)

1:15 Switch to next game: kickball, capture the flag, or relay race

1:40 Switch to final game: kickball, capture the flag, or relay race

2:05 - Meet in Gym: Olympic Awards Ceremony!

2:15 - Dismissal, ice cream/icee distribution

Brave Enough Stations (students’ choice):

- **Library:** Jessie book signing and photo opportunity w/ Mrs. Trono and Mrs. Hebert **This is only for station 1. Jessie leaves Rice at 10:00.**
 - **After 10:00 Threshold** the documentary will play in the library for a viewing station. **Disclaimer: Threshold contains coverage of Jessie receiving care for her eating disorder.**
- **Room 109: Threshold: The Courage to Tell Real Stories:** With a virtual visit from the Brinkema brothers, creators of *Threshold*, students will go behind the scenes of *Threshold* to see how a feature documentary is created. From earning trust with a vulnerable subject, to filming authentic moments, shaping hundreds of hours of footage into a story, and making creative decisions that inspire empathy and meaningful conversation. Along the way, participants will connect filmmaking with the theme of courage: Jessie's courage in sharing her story and the courage it takes to tell honest stories that can make a difference in the world. **Disclaimer: Threshold contains coverage of Jessie receiving care for her eating disorder. Students should bring laptops to this session.**
- **Open gym:** Move your body and play some games in our open gym session! Aside from cross-country skiing, Jessie participates in many other athletic activities during her training to stay active.

- **Chorus Room:** Sing your heart out at our karaoke party! Whether music pumps you up, like it does for Jessie, or relaxes you, enjoy the harmony of experiencing music with your peers.
- **Cafe:** Make a friendship bracelet! In her book, Jessie shares about the power of friendships and meaningful connections in her experience as well as her love for Taylor Swift. So, like the Swifties, make a bracelet and trade it with a friend!
- **Cafe:** We are Rice! In her book Jessie repeats several times that what kept her “going” was her family. At Rice we are a big, brave, and courageous family. We care for each other, we support each other in our daily tasks by living in action the four pillars of Rice. Join in celebrating our community by making a mural representing our support for each other and our constant courage to face new challenges.
- **Room 136:** UVM Sports Psychologist Dr. Kelly Thorne is here to talk about specific mental skills for performance: breathing exercises, self-talk, mistake rituals, maintaining confidence, etc. We will practice some of these together and students will leave with something tangible they can continue to use/work on.
- **Outside Science Wing:** Get your glitter on in our glitter-making station. Jessie has become known for rubbing glitter on her cheeks before competitions, reminding herself to have fun with the sport. Create your own glitter to decorate your face and show Jessie some love!
- **Room 108 Science Wing:** As climate change continues to impact snowfall and ski conditions around the world, ski resorts have to adapt and find new technology. Paul Brown, a long-time educator, ice climber, and environmental scientist, will unpack how climate change is impacting Vermont. Eli Enman, head snowmaker at Sleepy Hollow, will discuss how new technology and innovation combat disappearing snow at a local skiing resort. Come to see a real snow gun and learn about snow farming!
- **Room 139:** Maintaining Balance as a Student Athlete w/ UVM Girls’ Lacrosse Coach Sarah Dalton Graddock
- **Room 141:** Witness Olympic greatness in our Olympic Watch Party! Watch video compilations of the greatest winter athletes in the world. Let their skills, determination, and bravery inspire you.