

Mindfulness and Nutrition

Learn how to be healthier and make good choices for your body.

Journaling is a great way to collect your thoughts and feelings. Reflect on what you notice as you learn how to fuel your brain using both food and exercise.



Outdoor Adventure Activities



Stay physically active while spending time outdoors with fun hands-on activities. Activities planned are golfing, fly fishing, archery, and much more!



Specials

Eagles Run4Fun



Not only is running great for your health, but there are a lot of math and ELA connections to this life-long sport! Have fun learning all the benefits of running along with tips to keep you healthy, safe, and strong. You will participate in a variety of other activities that help you to exercise for enjoyment too.

****Thanks to the Locker Room 345 program through Dick's Sporting Goods, each student attending will receive a pair of sneakers. Please be sure to mark your child's size on the enrollment form. ****

Minecraft for Education

Do you like Minecraft? Have fun using Minecraft to learn about emotions and how to interact and communicate with people to build good relationships, work as a team, and cooperate. We will also learn about digital citizenship and online safety.



Cooked Up Fun



Have fun using locally grown fresh foods! Learn about growing and caring for plants, harvesting them, and using them for meals. We will also learn about making smart shopping decisions. Finally, make nutritious meal plans and prepare healthy delicious snacks while following recipes and learning about meal preparation.

Weight Room Basics/Aerobic Conditioning/Stretching

Part of healthy living is being physically fit. Learn weight training exercises using the correct form and safety. Practice warm-up and stretching activities. Use a variety of machines in our fitness room and other outdoor activities for aerobic exercise. You will have a chance to keep track of all your progress this summer.

