

AWARENESS: Site Plan #3

January 3 to March 10

| Exercise | | |
|---------------------------|---|------------------------|
| Guest Speaker | Mary Evans, MCC Fitness Supervisor | 1-6-2017 3:00-3:15 |
| Awareness Project | Children will lead, with Counselor supervision, a large group exercise in gym! | 1-13-2017 3:00-3:15 |
| Student Reflection | Children and staff will discuss the benefits of daily exercise maintaining a healthy lifestyle. | 1-20-2017 3:00-3:10 |

| Healthy Eating | | |
|---------------------------|---|------------------------|
| Guest Speaker | FDE Cafeteria Manager | 2-3-2017 3:00-3:15 |
| Awareness Project | Children will break into small groups with each group making a healthy snack to share. | 2-10-2017 3:00-3:15 |
| Student Reflection | Children will have a discussion with Counselors about healthy eating and why it is so important in maintaining a healthy lifestyle. | 2-17-2017 3:00-3:15 |