

Dear EAS Parents,

Danielle Koberstein and Cindy Choi here. We're reaching out to EAS parents who could support our efforts for the **EAS Healthy Choices Fair** in January 2025. This event focuses on promoting healthy choices and living for our school community.

What is the Healthy Choices Fair?

The Healthy Choices Fair (HCF) is a three-day conference where students learn and fulfill the required Health curriculum for LWSD middle school students. We explore beyond the required curriculum and invite keynote speakers who provide their specialty on current health topics and concerns of middle school students. Students attend both required and elective sessions that focus on physical, social and emotional well-being.

This Year's Theme: Becoming "US"

In line with this year's curriculum theme, "Becoming US," we aim to explore the different ways our middle school students learn about themselves as they develop physically, mentally, and emotionally. We aim to cover topics that teach our students how to be healthy individuals within a group and how to be active, positive members of a community.

The Fair Needs Your Help

We're seeking support from the EAS community in the following ways:

- **Speaker:** Volunteer as a speaker/instructor during the event on topics, such as, mental health, first aid, fitness, etc.
- **Speaker Outreach:** Reach out to your network and ask if they would volunteer to speak at our event on mental health, first aid, fitness, community activism, stories of personal triumph or immigration.
- **Brochure Designer:** Help us design a Brochure of our event utilizing Canva or Adobe software.
- **Grants Writer:** Help us find grants or any type of funding available for our cause.
- **Volunteer Coordinator:** Help us find volunteers and coordinate volunteers during the event.

Benefits of Volunteering on the Committee:

Contributing to the Healthy Choices Fair offers a valuable opportunity to:

- Make a positive impact on our school community's well-being.
- Gain volunteer hours outside of regular school hours.

If you would like to take on a committee role, volunteer as a speaker or have speaker recommendations, then please email us at healthychoices@easpto.org.

Sincerely,
Cindy & Danielle
Healthy Choices Fair Planning Committee