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2025 EAS HEALTHY CHOICE FAIR

*Becoming
Us!*

425-936-2355 
8040 NE 132nd St, Kirkland 

Welcome to 2025 EAS HCF

Gain knowledge about your health and safety, learn new skills, and improve your quality of life.

Students

This booklet contains all the information needed to register for the elective sessions. Please study it, share it with your parents and choose electives to challenge and grow your knowledge.

Elective choices are listed on pages 9 to 11. Registration is now online. You will receive your registration link via email, Teams and the EAS bulletin.

Use the registration link to rank your elective choices for the sessions where elective choices are available. Your registration form must be submitted by **Wednesday, December 11, 2024.**

Note that many of the classes require physical movement. Comfortable clothes and appropriate shoes are required. Dress code applies

Parents

We have a special session you won't want to miss taking place in the EAS Commons on **Tuesday, January 21 st 2025** from 7-8:30 pm. You can learn more about this session on page 5.



Community Contributions



The Healthy Choices Fair is an ambitious effort to make "health class" interesting and meaningful.

We are grateful to everyone who contributes to the fair's success through their generous gift of time, skills, knowledge and resources.

Kristen Stevens Yoga

Yoga for All Ages



HOLOCAUST CENTER for HUMANITY

Educate. Inspire. Take Action.





*Thank
you!*

FOR YOUR SUPPORT

Presenters

Jen Orleow

Lindsay Yocum

Beth McIntire

Jeff Marks

Molly Altobelli

Marykate Tihinen

Carl Williams

Adriana Villamizar

Ryan Ferrer

Bill Branvold

Shauna O'Reilly

Beth Secrist

Rachel Ostrander

Cailyn Griffith

Will Ostrander

Alexandra Iorik (Kevin Zhang and

Nina Iorik)

Jennifer Woodward

Cydney Knapp

Kellie Larson & Lara

Branda Anderson

Michelle McPherson

Jessica Hoffman

Kristen Stevens



Committee Members

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Cindy Choi

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Special Thanks to:

EAS PTO

Jennifer Cleaves, Principal

EAS Staff

Developing Media Literacy Through Analyzing Nazi Propaganda



Branda Anderson

Description

Introduce participants to media literacy strategies that will help them become critical media consumers in all formats. Using Nazi-era propaganda as a scaffold, it will explore the methods used in visual media to shape people's opinions and actions.

Bio

Branda Anderson is the Teaching and Learning Specialist for the **Holocaust Center for Humanity**. Branda previously taught World History and Senior Social Studies at Kamiak High School in Mukilteo for 19 years. She holds a Master's in Holocaust and Genocide Studies from Gratz College. Branda is a USHMM Teacher Fellow and Mentor, Alfred Lerner Teaching Fellow, Powell Teacher Fellow, Defiant Requiem Teacher Ambassador, and 2023 University of Washington Department of History's Outstanding Teacher of High School History. She is pursuing a PhD in Holocaust and Genocide Studies from Gratz College.

Part I: Healing Harmonies: Music's Impact on Mental Well Being



Nina Iorik

Description

Explore scientific research on music's therapeutic benefits, featuring case studies and expert testimonials. Discuss ConChord Music Organization's initiatives promoting mental health through music.

Bio

Nina Iorik is an outstanding 14-year-old pianist, residing in Seattle, Washington. She started her musical journey at the age of nine and currently studies with Prof. Nino Merabishvili. Nina combines her piano playing with harpsichord studies under Dr. Wyatt Smith and is also a student of the Seattle Chamber Music Academy (SCMA). She has performed numerous times at Benaroya Hall and other concert venues. Nina is a continuo player at the Early Music Youth Academy, which is part of the Seattle Historical Arts for Kids. Nina is also a young composer and writes classical solos and duets for different instruments. As an addition to studies, Nina is an active member of several musical non-profit organizations. She is regional co-director at Back to Bach International Music Society, and Director of Education at two PNW student based musical non-profits: ConChord Music (Music for mental health) and Project CliKK (diversity and accessibility for musicians). Nina has won many awards at regional and international competitions. She also takes part in music festivals in Europe and USA.

Part II: Mindful Melodies: Music and Meditation for Stress Relief



Kevin Zhang

Description

Introduce mindfulness practices combining music and meditation. Showcase ConChord's workshops, concerts and collaborations focusing on relaxation and stress reduction.

Bio

"I am an 8th grader at Tye Middle School in Bellevue. Some hobbies of mine include music, debate, badminton, and science. I've started learning the Erhu instrument at the age of 4, and cello at the age of 11. Throughout my time learning music, I was able to interact with a community where people within also enjoyed the existence of music. Not only have I discovered that music has the power to heal, but it also can create connections and understandings between different people that can't be created otherwise. Involving in music means dedicating time to sharing it with others around you, which leads to passion in mastering something so others can enjoy it too. Aside from music, I also enjoy debating. Debate has exposed me to various topics that revolve around in our society. It has taught me that there is no real right or wrong, and everything is purely perspective and how things are expressed. I've gotten the chance to engage with others who may espouse different views, but also enjoy the art of debating different ideas. Throughout my childhood, I've also been exposed to Chinese culture and languages. Having the ability to speak another language opens doors to Chinese communities and creates connections worldwide."

Loving and Serving the One

Description

"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not." -Dr. Seuss
We will take an exciting journey around the world together and discover the importance of leaving no one behind and the joys of serving those who need it most.

Bio

Dr. Jeff Marks is a pediatric dentist in Seattle, Washington and Kodiak Island, Alaska. As a wilderness rescue EMT, he spends a few weeks each year providing disaster relief as well as humanitarian dental and medical care (plus balloon animals!) to children in Haiti, Nepal, Tanzania and other remote villages around the world. He enjoys high altitude mountaineering, sea kayaking, and traveling to Iceland where he used to live.

Dr Jeff Marks



Electives

Studying 101: Study Smarter, Not Harder - Lindsey Yocum.

Description

Learn some skills that you can use to help with your schoolwork. In this class, you will get some tips on time management, organization, building better memory skills, and increasing your motivation. Using these tips will help you study smarter, not harder!

Water Color - Adriana Villamizar

Description

Watercolor painting offers health benefits that extend beyond mere creativity. Engaging in this art form can reduce stress and anxiety, providing a calming outlet for self-expression. Additionally, the act of painting stimulates cognitive function and enhances fine motor skills, making it a therapeutic practice for both the mind and body. Whether it's the joy of creation or the meditative process, watercolor painting fosters emotional well-being and can significantly improve overall mental health.

Practical First Aid - Rachel Ostrander, RN, MSN, ARNP

Description

Let's talk about practical first aid! No one wants to get hurt while they're out hiking, camping, or enjoying the great outdoors, but sometimes accidents or injuries happen. We'll learn about some of the most common first aid conditions, how to recognize them, manage them, and possibly prevent them. Part of this session will include hands-on work.

Skin Care for the Teen Years - Dr. Molly Altobelli, MD

Description

Come learn about your body's largest organ: your skin! Your skin goes through lots of changes during your teen years, and this class will teach you what you need to know to keep it healthy and glowing. We will be covering acne, hormones, sun protection, common skin myths, and more. Learn how to care for your skin now and get ready for a lifetime of healthy skin!

The Hidden World Of The OR! Behind The Scenes Of Surgery, Sterility, and the Operating Room - Shauna O'Reilly

Description

Have you ever wondered what really happens in an operating room? As a surgical technologist, I work with surgeons and nurses to make sure every instrument is ready, the environment is sterile, and everything runs smoothly during surgery. In this presentation, you'll learn how we keep things germ-free, why sterility is crucial, and what it takes to be part of a surgical team. Get ready to explore the hidden world of the OR!

Electives

Smart Starts: Essential Financial Literacy for Middle Schoolers Preparing for Their First Job - Michelle McPherson

Description

This hands-on and engaging presentation will equip middle school students with the fundamental financial knowledge they need to confidently navigate their first job and beyond. From understanding the basics of earning, saving, and budgeting, to exploring the responsibilities of managing a paycheck, this session covers the essential skills every young worker should know.

Key topics include:

- **Checking & Savings Accounts:** Learn how these accounts work, the difference between them, and why both are important for managing money.
- **Paychecks & Pay Periods:** Understand how paychecks are calculated, what deductions might appear on them, and the difference between gross vs. net income.
- **Debit & Credit Card Usage:** Gain insights into responsible use of debit and credit cards, the importance of managing spending, and how to avoid debt.
- **Car Loans & Insurance:** Get an introduction to car loans, how interest works, and why car insurance is necessary—even for first-time drivers.

By the end of the session, students will not only understand how to manage their earnings and expenditures but will also be empowered with the tools to make informed decisions about their financial future. This session is designed to help them feel confident as they take the first step toward financial independence and responsibility.

Words Matter - Cydney Knapp

Description

When it comes to talking about disability, what we say is just as important as what we don't say. Disability is all around us. One out of every four people will experience some form of disability in their lifetime. If it is so prevalent, why is it so hard for us to talk about and acknowledge? In this presentation, we will learn about many types of disabilities, take a deep dive into exploring hidden disabilities and learn why it is so important to understand more about the people around us.

Line Dancing - Kellie Larson and Lara Lockwood

Description

Intimidated to dance on your own? Create your own movement? Be seen on the dance floor? Come join Wildflower Dance Co as we teach beginner line dances in a fun, un-intimidating environment in which you are bound to laugh and learn alongside your fellow peers.

Electives

Self Defense - Sensei Carl Williams, Zen Dragon Self Defense Studios

Description

In this interactive session you'll learn basic self-defense blocks, how to stop grabs, and how to properly strike so as to not hurt yourself.

Applied Nutrition strategies - Jessica Hoffman

Description

This class is designed to help you apply nutrition strategies to meals, snacks, lifestyle routines, etc. This is designed to be more of a hands-on, discussion-based learning session. This class applies to any individual looking to optimize physical health, mental health, and or physical performance. We will touch on cutting-edge genomic science- through an overview of biochemistry and how your genes are influenced by diet, lifestyle, and your environment. Lastly, we will discuss how hormones impact training and fueling needs.

Recognizing Negative Thought Patterns - Mk (Marykate) Tihinen

Description

Do your thoughts bring up uncomfortable emotions? Do you find yourself saying, doing or feeling things that do align with who you are and who you want to be? Do you sometimes struggle with sticky thoughts? Your thoughts only have as much power as you give them. Come learn about Recognizing Negative Thought Patterns with Mk Tihinen, a licensed mental health therapist.

Fitness Technology - Will Ostrander

Description

In this 60-minute session we will explore the evolving wellness economy and how to build the gym of the future. Gyms used to be built for weightlifters. Then we shifted to all treadmills and cardio. Gyms now are racing to accommodate the resurgence of weightlifting (especially among women) while also building spaces to attract new members with Pickleball, Recovery Pods, and Redlight therapy. You, my fine EAS students, are the next generation of health-conscious gym goers! Let's dive into the type of gym you need and the wearables and data you care about today and what you might care about later.

Little Steps and Big Footprints: How Our Daily Decisions Impact Our Health and the Environment - Ryan Ferrer

Description

In this class, we will examine how the many small decisions we make throughout our days contribute to, or detract from, our individual and global health.

Electives

Healing Paws - Jennifer Woodward and Jasper

Description

Did you know that dogs can make us happy just by petting them? Seriously! There is science to prove it! There are lots of dogs who do special jobs, like police dogs who help with rescues and police jobs, and service dogs who help people live their day to day lives, and then there are THERAPY DOGS, whose only job is to meet you and make you happy!

Fermentation Lab! - Jen Orleow

Description

Get ready to dive into the wild world of microbes in Fermentation Lab! From sauerkraut and kimchi to kombucha and yogurt, in this hands-on class, you'll discover how beneficial microbes transform everyday ingredients into flavorful, nutrient-packed foods that are great for your gut health. Through guided demonstrations and your own fermentation projects, you'll learn the science, history, and health benefits of this ancient preservation technique.

Become a Confident Babysitter: Essential Skills for Success - Beth McIntire

Description

Babysitting is a rewarding responsibility that requires more than just keeping an eye on the kids. This class will teach you practical skills like handling emergencies, understanding children's needs, managing behavior, and communicating effectively with parents. Whether you're just starting out, or looking to improve your abilities, you'll gain the confidence to provide safe, fun, and nurturing care for children of all ages.

Finding your Energy through Yoga - Kristen Stevens

Description

Come learn about the different energy centers in your body. Yoga can help us balance the energy in the body and mind. We will explore this through breathing, movement, games and music!

Self-Awareness - Getting to Know Ourselves - Beth Secrist

Description

Are you an extrovert? An introvert? Do you know? Does it matter? In this session we will be taking a look at our personalities and having a conversation about how to know ourselves, our strengths, and our weaknesses a little better. We will also discuss how to get along with those who have different personality traits than us and how communication can help us better navigate interactions and relationships.



8:00 - 9:00	Andrada	7th grade HIV1 - (A group)
	Hamilton	8th grade Reproduction 1 - (A&B group)
	Miller	Studying 101: Study Smarter, Not Harder
	Minato	-
	Rose	6th grade HIV1 - (A group)
	Large Gym	7th grade Fitness Survivor (B group)
9:05 - 10:05	Andrada	7th grade HIV1 - (Bgroup)
	Hamilton	8th grade Reproduction 2 - (A&B group)
	Miller	Studying 101: Study Smarter, Not Harder
	Minato	-
	Rose	6th grade HIV1 - (B group)
	Large Gym	-
10:10 - 11:20	Commons	Developing Media Literacy through analyzing Nazi Propoganda
12:10 - 1:10	Andrada	Recognizing Negative Thought Patterns
	Hamilton	Zen Watercolor
	Miller	8th grade HIV 1 - (A group)
	Minato	Practical First Aid
	Rose	Applied Nutrition Strategies
	Large Gym	Self Defense
1:15 - 2:20	Andrada	Recognizing Negative Thought Patterns
	Hamilton	Zen Watercolor
	Miller	8th grade HIV 1 - (B group)
	Minato	Practical First Aid
	Rose	Applied Nutrition Strategies
	Large Gym	Self Defense
19:00 - 20:30	Parent Session	Developing Media Literacy through analyzing Nazi Propoganda

Schedule

8:00 - 9:00	Andrada	-
	Hamilton	8th grade Reproduction 3- (A&B group)
	Miller	7th grade Drugs and Alcohol
	Minato	-
	Rose	The Hidden World of the Operating Room!
	Large Gym	6th grade Fitness Survivor (A group)
9:05 - 10:05	Andrada	7th grade HIV 2 - (A group)
	Hamilton	6th grade HIV 2 - (A group)
	Miller	8th grade Drugs and Alcohol
	Minato	-
	Rose	The Hidden World of the Operating Room!
	Large Gym	6th grade Fitness Survivor (B group)
10:10 - 11:20	Commons	Healing Harmonies: Music's impact on well-being Mindful Melodies: Music and Meditation for Stress Relief
12:10 - 1:10	Andrada	7th grade HIV 2- (B group)
	Hamilton	Skin Care for the Teen Years
	Miller	8th grade HIV 2 - (A group)
	Minato	Smart Starts: Essential Financial Literacy
	Rose	Words Matter
	Large Gym	Line and Barn dance
1:15 - 2:20	Andrada	6th grade HIV 2- (B group)
	Hamilton	Skin Care for the Teen Years
	Miller	8th grade HIV 2 - (B group)
	Minato	Smart Starts: Essential Financial Literacy
	Rose	Words Matter
	Large Gym	Line and Barn dance

Schedule

8:00 - 9:00	Andrada	7th grade HIV 3 - (A group)
	Hamilton	6th grade HIV 3 - (A group)
	Miller	8th grade CPR (B Group)
	Minato	Healing Paws
	Rose	Become a Confident Babysitter
	Large Gym	8th grade Fitness Survivor (A group)
9:05 - 10:05	Andrada	6th grade HIV 3 - (B group)
	Hamilton	Environmental Impact of Daily Choices
	Miller	8th grade CPR (A Group)
	Minato	Healing Paws
	Rose	Become a Confident Babysitter
	Large Gym	8th grade Fitness Survivor (B group)
10:10 - 11:20	Commons	Loving and serving the One
12:10 - 1:10	Andrada	Fermentation Lab!
	Hamilton	8th grade Reproduction 4 - (A&B group)
	Miller	6th grade CPR (A group)
	Minato	Fitness Technology
	Rose	Self Awareness: Getting to Know Ourselves
	Large Gym	Finding Your Energy through Yoga
1:15 - 2:20	Andrada	Fermentation Lab!
	Hamilton	Self Awareness: Getting to Know Ourselves
	Miller	6th grade CPR (B group)
	Minato	Fitness Technology
	Rose	7th grade HIV 3 (B group)
	Large Gym	Finding Your Energy through Yoga

Schedule