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ENVIRONMENTAL & ADVENTURE SCHOOL 2026

STUDENTS

Welcome to EAS Healthy Choices Fair 2026!

Inside this program, you'll find all the information you need about the elective options and the daily schedule. Take some time to explore the sessions and talk them over with your parents or guardians. Stay curious—this is your chance to try something new and expand your understanding.

How to Register

You'll register online using the link sent to you by email and in the EAS bulletin beginning the 9th of December. Registration must be completed by Friday, December 12. Elective descriptions can be found on pages 7-12. When you're ready, use the registration link to rank your elective choices (where choice is offered).

Don't Forget

As you choose and register for your sessions, please note that some classes involve physical activity. Be sure to wear comfortable clothing and appropriate shoes. School dress code applies.

PARENTS

Join us for an in-depth conversation with our school counselor, Kirstin Doughty, on The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness—Goodreads' Top Non-Fiction Book of 2024. We'll discuss key insights from the book and share practical ideas and tips for navigating today's teen social world.

This event will focus on social media and teen mental health and will take place on Friday, January 23, from 6:30-8:30 PM. We hope to see you there!

COMMUNITY CONTRIBUTIONS

Our Heartfelt Thanks

The EAS Healthy Choices Fair is a bold effort to make mandatory health education both engaging and meaningful. We are deeply grateful to everyone who helped make this event a success through their generous contributions of time, expertise, and resources.



OUR VOLUNTEERS

Keynote Speakers

Megan Tran
Monica Bishopp
Reese Bishopp
Kaela Johnson
Tracy Mroz
Jenn Downing
Ken Stevens

Presenters

Lindsay Yocum
Laure Marchand
Jen Orleow
Doreen Blanding
Carly Pacekonis
Sensei Carl Williams
Matt McGaffey
Vicky Serdyuk
Molly Altobelli
Beth Secrist
Daniela Bachez
Claudia Finch
Winnie Sanbo
Alondra Sanchez
Beth McIntire
Bill Branvold
Jodi Bean
Rachel Dahl
Adriana Villamizar
Healing Paws
Kirstin Doughty

Committee Members

Danielle Koberstein
Cindy Choi
Stephanie Chow
Laure Marchand

Brochure Design

Cindy Choi

Registration

Sumitha Reddy
Sarah Lormis

Grants

Dawn Li

Hospitality

Jane Lamond
Monica Peach

Volunteer Coordinator

Danielle Koberstein

Considerable Support by

City of Kirkland
EAS PTO
Kristian Dahl, School Principal

KEYNOTE SPEAKERS

VACCINES: WHAT YOU NEED TO KNOW TO STAY HEALTHY



Megan Tran, PharmD

This presentation will be about something that helps keep people all over the world healthy – vaccines! You have probably heard about shots or vaccines before, but do you know how they actually work? Vaccines are like training for your immune system – they help your body learn how to fight off certain germs before you ever get sick. By the end of this presentation, you'll understand why vaccines are so important, how they protect not just you but your whole community, and how they have helped stop some really serious diseases.

FROM SILENT MODE TO FULL VOLUME



Monica Bishopp, Deaf & Hard of Hearing Advocate

Reese Bishopp, Deaf Student, Deaf & Hard of Hearing Advocate

Imagine your world with one thing missing: sound. No music, no voices, no notifications, just silence.

This presentation gives you an inside look at hearing loss and cochlear implants through the lens of Education, Empathy, and Empowerment. Students will learn how implants work, understand the experiences of deaf and hard of hearing individuals, and discover how people overcome challenges with resilience. And I promise you're going to walk out of here knowing more about your own strength, too.

KEYNOTE SPEAKERS

CAREERS IN HEALTHCARE

Kaela Johnson
Tracy Mroz
Jenn Downing
Ken Stevens

Today, we're going to step into the world of Health Care—a place full of fascinating jobs that help people stay healthy, recover from injuries, and sometimes even save lives. But here's the twist: we're not going to TELL you what careers we're talking about. Instead, you'll have to figure out what kind of Health Care Hero they are based on clues, stories, and hints! Some of these Careers in Health Care use high-tech tools, some rely on problem solving skills, and others require a calm voice and steady hand.

By the end, you'll know a lot more about the many different paths in Health Care, and you might even discover a job that inspires you! So get ready to think, guess, and be surprised as we journey into the world of Health Care Careers!



ELECTIVE SESSIONS

Studying 101: Study Smarter, Not Harder

Lindsay Yocum, Educator

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!

Self Defense

Sensei Carl Williams, Zen Dragon Martial Arts

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.

Gut Detectives: Explore Your Microbiome!

Jen Orleow, MS, DCN-c

Ever wonder what tiny creatures live inside you, and how they help you stay healthy? In this hands-on class, you'll become a Gut Detective! Conduct experiments and discover how your diet and lifestyle shape the amazing world of bacteria in your gut. Get ready for a fun, messy, and mind-blowing journey inside YOU!

Fad Diets: How to Build a Plate

Doreen Blanding, Personal Trainer and Dance Coach

Nutrition is the foundation of our health. In this session, we'll explore what it really means to "eat well," learn to spot fad vs. real diets, and understand macros and nutrients and how they fuel our bodies. We'll practice reading food labels, balancing meals, and making informed choices that support our goals—and build healthy habits for life.

ELECTIVE SESSIONS

Meet AI, The Cool and Intimidating Addition to Your Geek Toolbox!

Laure Marchand, Director of Product at OfferUp

Curious about what's really behind the buzzword "AI" (Artificial Intelligence)? Join us as we dive into the history and foundations of AI to understand how it works and what it can do. Together, we'll explore real-world examples, build fun scenarios to test its capabilities, and imagine what the world of tomorrow might look like with AI woven into our daily lives. How will it look? How will it feel? Most importantly, how can we ensure this technology remains safe, inclusive, accessible, and sustainable?

Disaster Heroes: How to be Prepared When it Counts

Carly Pacekonis, Emergency Preparedness Coordinator

In this interactive session, you'll level up your prep game through hands-on activities and games. From earthquakes to heat waves to windstorms, you'll discover what it takes to stay safe and confident when things get unpredictable. By the end, you'll know how to keep cool under pressure and earn your spot as a Disaster Hero when disaster strikes. Ready to rise above the chaos? Let's go!

Peer-ing into Pressure

Vicky Serdyuk, LMHCA, Provisional Registered Drama Therapist

What does peer pressure mean to you? The idea of being told what to do by your friends? The old saying about jumping and bridges? Learn about the science of peer pressure, how to confront it, and how to stop it from weighing you down.

ELECTIVE SESSIONS

Effective Communication

Beth Secrist, LMHC

Do you ever speak? Do you ever smile? Do you ever roll your eyes?

Guess what?! Those are all forms of communication! In this session, we will talk about the different forms of communication and ultimately what is effective AND ineffective! We all communicate well at times, and we all have room to grow. Come join me and learn something new!

Skincare For the Teen Years

Molly Altobelli, MD

Come learn about your body's largest organ—your skin! During your teen years, both your skin and hair go through many changes. This class will teach you how to keep them healthy and glowing. We'll cover acne, dry skin care, hair care, common skincare myths, and more. Build good habits now for a lifetime of healthy skin and hair!

Building Muscles Doesn't Have to be Complicated

Doreen Blanding, Personal Trainer and RHS Dance Coach

We will explore the role of resistance training, progressive overload and recovery. We will learn how to build a successful training program to meet your needs and desires as a human and as an athlete. We will learn how to even the use of minimal equipment can accomplish our stated goals and why building healthy habits in our youth leads to a better life now and later.

ELECTIVE SESSIONS

Play it Out!

Vicky Serdyuk, LMHCA, Provisional Registered Drama Therapist

In a world where Roblox, Minecraft, YouTube, TikTok, Snapchat, and Instagram often dominate our free time, it's easy to forget the value of unplugging. This session explores the science and importance of taking a break from screens. Discover why screen-free play is essential for your health—helping you learn better, feel better, and strengthen your friendships.

Say Cheese! The Power of a Healthy Smile

Daniela Bachez, Claudia Finch, Winnie Sanbo, Alondra Sanchez

Have you ever wondered why your dentist keeps telling you to brush twice a day—or what really happens when you skip it? In this fun and interactive session, we'll explore how your mouth works, what causes cavities, and how simple daily habits can keep your smile bright for life. You'll even get to see some cool (and kind of gross!) examples of what happens when we don't take care of our teeth. Get ready to learn how to keep your teeth strong, your breath fresh, and your confidence shining!

Mindfulness Matters

Beth McIntire, MHC Intern

Have you ever felt overwhelmed, distracted, or just plain stressed out? You're not alone—and that's where mindfulness comes in. Today, we're going to explore simple, fun ways to calm your mind, focus your attention, and feel more in control of your day. Get ready to try out some cool techniques that you can use anytime, anywhere!

ELECTIVE SESSIONS

Self- Esteem and Body Image

Jodi Bean, CMSC Certified Teacher, Yoga Somatic Life Coach, Yoga Instructor, Artist

Every day, you see images, comments, and comparisons that can make you wonder if you're "good enough." Today, we're going to talk about something everyone deals with—self-esteem and body image. We'll explore how you see yourself, how social media and friends can influence that, and how to build confidence that comes from the inside, not from likes or looks. By the end, you'll have tools to feel stronger, kinder to yourself, and more aware of the messages around you.

Healing Paws

Healing Paws Volunteers

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!

Zen Watercolor

Adriana Villamizar

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.

ELECTIVE SESSIONS

Yoga

Jodi Bean, CMSC Certified Teacher, Yoga Somatic Life Coach, Yoga Instructor, Artist

Imagine a tool that can help you feel calmer, stronger, and more focused—without any equipment at all. That’s what yoga is all about. Today, we’re going to explore how simple movements, breathing, and mindfulness can help your body and brain work better together. You don’t have to be super flexible or athletic to try it—yoga is for everyone. By the end of this presentation, you might discover a few techniques you can use anytime you need a boost!

Recognize and Release Anxiety

Rachel Dahl, Clinical Social Work/Therapist, MSW, LICSW

Have you ever felt your heart race, your stomach twist, or your thoughts spin out of control? That’s anxiety—and everyone experiences it sometimes. Today, we’re going to learn how to recognize those feelings and understand what’s actually happening in your brain and body. Even better, we’ll explore simple strategies to relax, reset, and take back control when stress shows up. By the end, you’ll have practical tools you can use anytime, anywhere. Ready to feel a little lighter and a lot more confident? Let’s begin.

DAY 1: TUESDAY, JAN 20

Time	Room	Session
8:00-9:00	Andrada	7 th Grade HIV 1 (A Group)
	Holck	6 th Grade HIV 1 (A Group)
	Miller	Study Smarter, Not Harder
	Minato	
	Rose	8 th Grade Fitness 1 (A&B)
	Gym	7 th Grade Fitness Survivor (B Group)
9:05-10:05	Andrada	7 th Grade HIV 1 (B Group)
	Holck	8 th Grade Fitness 2 (A&B Group)
	Miller	Study Smarter, Not Harder
	Minato	6 th Grade HIV 1 (B Group)
	Rose	
	Gym	7 th Grade Fitness Survivor (A Group)
10:10-11:20	Commons	Vaccines: What You Need to Know to Stay Healthy
11:20- 11:35		Advisory
11:35-12:05		Lunch
12:15- 1:15	Andrada	Meet AI, The Cool and Intimidating Addition to Your Geek Toolbox!
	Holck	Gut Detectives: Explore Your Microbiome!
	Miller	8 th Grade HIV 1 (A Group)
	Minato	Fad Diets: How to Build a Plate
	Rose	Disaster Heroes: How to be Prepared When it Counts
	Gym	Self Defense
1:20- 2:25	Andrada	Meet AI, The Cool and Intimidating Addition to Your Geek Toolbox!
	Holck	Gut Detectives: Explore Your Microbiome!
	Miller	8 th Grade HIV 1 (B Group)
	Minato	Fad Diets: How to Build a Plate
	Rose	Disaster Heroes: How to be Prepared When it Counts
	Gym	Self Defense

DAY 2: THURSDAY, JAN 22

Time	Room	Session
8:00-9:00	Andrada	
	Holck	8 th Grade Fitness 3 - (A&B Group)
	Miller	7th Grade Substances and Choice (Required class)
	Minato	
	Rose	Peer-ing into Pressure
	Gym	6 th Grade Fitness Survivor (A Group)
9:05-10:05	Andrada	7 th Grade HIV 2 (A Group)
	Holck	6 th Grade HIV 2 (A Group)
	Miller	8 th Grade Substances and Choice (Required class)
	Minato	
	Rose	Peer-ing into Pressure
	Gym	6 th Grade Fitness Survivor (B Group)
10:10-11:20	Commons	From Silent Mode to Full Volume
11:20- 11:35		Advisory
11:35-12:05		Lunch
12:15- 1:15	Andrada	7 th Grade HIV 2 (B Group)
	Holck	Skincare for The Teen Years
	Miller	8 th Grade HIV 2 (A Group)
	Minato	Effective Communication
	Rose	Play it Out!
	Gym	Building Muscles Doesn't Have to be Complicated
1:20- 2:25	Andrada	Skincare for The Teen Years
	Holck	6th Grade HIV 2 (B Group)
	Miller	8 th Grade HIV 2 (B Group)
	Minato	Effective Communication
	Rose	Play it Out!
	Gym	Building Muscles Doesn't Have to be Complicated

DAY 3: FRIDAY, JAN 23

Time	Room	Session
8:00-9:00	Andrada	Say Cheese! The Power Behind a Healthy Smile
	Holck	Mindfulness Matters
	Miller	8th Grade CPR (B Group)
	Minato	6th Grade HIV 3 (B Group)
	Rose	Self-Esteem and Body Image
	Gym	8 th Grade Fitness Survivor (A Group)
9:05-10:05	Andrada	7 th Grade HIV 3 (A Group)
	Holck	Mindfulness Matters
	Miller	8th Grade CPR (A Group)
	Minato	6 th Grade HIV 3 (A Group)
	Rose	Self-Esteem and Body Image
	Gym	8 th Grade Fitness Survivor (B Group)
10:10-11:20	Commons	Careers in Healthcare
11:20- 11:35		Advisory
11:35-12:05		Lunch
12:15- 1:15	Andrada	8th Grade Fitness 4 (A&B Group)
	Holck	Recognize and Release Anxiety
	Miller	6th Grade CPR (A Group)
	Minato	Healing Paws
	Rose	Zen Watercolor
	Gym	Yoga
1:20- 2:25	Andrada	7th Grade HIV 3 (B Group)
	Holck	Recognize and Release Anxiety
	Miller	6 th Grade CPR (B Group)
	Minato	Healing Paws
	Rose	Zen Watercolor
	Gym	Yoga
6:30-8:30		Student Social & Parent Session: The Anxious Generation