

Kingman



Left-PALS Coordinator, Jen Potter, and FACS Teacher, Michele Russo, had the opportunity to participate in a two-day training session on the Secrets of Exceptional Speaking. The course teaches how to communicate naturally and comfortably with anyone, in any situation. The workshop was provided by Arizona Tech Prep and was offered to teachers who will become coaches to their students. Mrs. Russo is currently teaching the course to her Family, Career and Community Leaders of America (FCCLA) students. These students will be competing in state events which require presentation skills.

Mrs. Potter plans to introduce the course to her PALS students when they return from Spring Break. Pictured from left to right are Jennifer Potter, Stephanie Widener Hendrie, and Michele Russo. Stephanie Hendrie is the founder of The Hendrie Method which the Secrets course is based on. Her web site is www.secretscourse.com.

Future Educators Association students recently participated in a cultural exchange with Music Mountain High School. FEA was invited to participate in the culminating activities to a unit on Diabetes Intervention Education (DIE). FEA students helped set up for a big "feast." Students, family and community members joined together to celebrate an awareness of diabetes prevention. FEA students join in several interesting activities including having their blood sugar levels tested prior to eating, immediately after eating, and after exercising. Students were shocked at the difference eating made in their levels, especially after including lemonade with lunch. After lunch, students participated in strenuous exercise to see how activity releases the sugars in the blood and helps to bring the levels down. Beth Swider, Music Mountain's Family and Consumer Science teacher is to be commended for her innovative teaching methods, not only educating her students but the entire Hualapai community.



Left - KHS Future Educators students, Brittany MacIntosh, Patricia Canfield and Courtney Behrends, help set up for the healthy feast in the Music Mountain High School cafeteria. The napkin rigs are diabetes awareness bracelets made by the students.

Right - FEA member, Ruth Tabor, center right, is shown working alongside MMHS students making diabetes awareness bracelets. The bracelets consisted of colored beads, each representing a diabetes risk factor.





Left - FEA member Ashley Campbell (white t-shirt) and a Music Mountain student attempt to conquer the climbing wall. Students' blood sugar levels were tested after lunch and then after exercising to demonstrate how physical activity lowers blood sugar levels. Lack of regular exercise is a major factor in our nation's diabetes epidemic