

Higher Visions For Education



Fitness for Fun and Health

Quarter Two 2017

Week 1 Summary

Welcome back HVE! What a great week to start our fitness quarter. We were able to take a walk both nights to share conversation and the beautiful weather (see photos below, including our DU pride photo in support of the Men's hockey team making it to the Frozen Four!)

This week, we reviewed the quarter curriculum (which can be found [here](#)) and introduced our 2nd annual daily step tracking project. We handed out new bracelet step/sleep trackers. The trackers pop out of the rubber wrist band and can be charged in any USB port (laptop port, phone charger etc.). For accuracy, they can be linked to the app called LETSFIT (free in the App Store or Google Play store). Several students downloaded the app and linked their trackers. If additional students would like to do this next week, feel free to send them with the device they'd like to use, as well as the password for their App Store/Google Play account. The app is free, but the student needs to be logged in to download it. If students prefer, they can use their own step trackers, or the basic battery powered step trackers that we handed out last year.



Next week, we will be exercising and meditating use apps and websites, so students should wear comfortable clothes and shoes appropriate for exercising.



Announcements:

Thank you to those of you who sent feedback on a potential summer program to Sally. If you haven't yet had a chance to send your feedback, you still have a chance to email Sally at sallym@rmdsa.org with your thoughts. We hope to have more information about this potential program in next week's eblast.

One of our regular YPB volunteers, Stephanie Levine, is a high school special education teacher at Adams City High School. She is looking for a few HVE students to come to her high school class to discuss their jobs/employment and how they've found success after graduation from high school. This would be on a Thursday or Friday between 9:15 and 10:30, and Stephanie could drive the student home after they present. If your student would like to do this, please email Stephanie for more details at stephanielevine20@gmail.com.

**Save the date for our Spring Potluck Picnic for all HVE families and friends!
Saturday May 27, 2:00pm at Observatory Park, Denver**