

HEALTHY HAWKS CLUB

8-9am, Thursdays

Kids will learn:

* Gardening! – get their hands dirty and grow their own food.
(We’ll use the school’s planters throughout the year).
* Mindful Eating concepts – learn a better way to eat for health.
* Fun Exercise – get moving in new ways.
* Better breathing - get rid of the stress stuff.

Complete the attached registration form and return to Amber Stevens by August 19th at
amber@youareboundless.com.

Then go to <http://bit.ly/HealthyHawks>, scroll down to see Healthy Hawks and click on “Pay Here” to complete registration. (Price below is per child and includes materials, foods, activities, etc.) Payment must be made in advance.

Following is a general guideline for weekly classes. These ideas may change however based on students existing knowledge and interest. Let's have some fun with health!

* **1. Session 1: Aug 23 - Sep 20 (5 weeks): $75**Students will focus on learning about gardening and where food comes from. We'll make use of the garden beds.
* **2. Session 2: Sep 27 - Nov 1 (6 weeks): $90**Students will learn breathing and mindfulness tools along with hunger cues and learning to tune into their bodies.
* **3. Session 3: Nov 8 - Dec 20 (6 weeks; skip 11/22): $90**Students will have fun learning about foods and holidays from around the world while practicing fullness exercises.
* **4. Session 4: Jan 10 - Feb 14 (6 weeks): $90**
This one’s for the scientists! Students will learn about calories, macro and micro nutrients and food quality.
* **5. Session 5: Feb 21 - Apr 4 (6 weeks, skip 3/28): $90**Time to engage all the senses! Students will explore foods and eating through sight, texture, taste, smell and sound (wonderful and weird foods).
* **6. Session 6: Apr 11 - May 23 (7 weeks): $105**Let's play with our food. The weather is nice, so students will do more movement activities, reconnect with gardening, and explore healthy eating for outdoors and sports activities.

Parents – you are very welcome to volunteer and learn along with your child. I only ask that you help when and where it is needed.

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| *Your instructor:***Amber Stevens, LMT, CINHC**Hi! I’m a Hackberry mom of two active boys. I’m also a Massage Therapist and a Certified Integrative Nutrition and Mindful Eating Health Coach. I’m thrilled to bring my love of nutrition and healthy living to Hackberry Hill. You can learn more about me at [www.YouAreBoundless.com](http://www.YouAreBoundless.com) |  |
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HEALTHY HAWKS REGISTRATION FORM

Please complete the following and return to amber@youareboundless.com by August 19th. Then go to <http://bit.ly/HealthyHawks>, scroll down to see Healthy Hawks and click on “Pay Here” to complete registration. Call or text 720.203.0239 with questions.

Parent Full Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email (required): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Add to newsletter? Y or N

Emergency contact (other than parent):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Nickname?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grade:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Allergies:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Special Diet/Dietary concerns:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Physical limitations/concerns:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Nickname?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grade:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Allergies:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Special Diet/Dietary concerns:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Physical limitations/concerns:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Where do you struggle with your child(ren)’s health?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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By signing below, I release and hold harmless Amber Stevens, LLC, and its owner, from any liability as a result of personal injury or property damage occurring while the above child is in her care at Hackberry Hill Elementary. I understand the payment and advanced reservation requirements and I agree to pay the set amount BEFORE class begins. I understand that there are no refunds. I understand that my child must uphold school policies during club hours. I give permission for my child(ren) to attend the Healthy Hawks Club.

Parent Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Print name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_