



Meeting Date: February 20, 2025

Day Publisher: Steve Clark

Yoga in High School P.E. – the 5 “W”s

Thank You Team 7 - Melinda Brown and Rob Adams

AV	Rob Adams
President’s Fundraiser	Melinda Brown
Pledge	Rob Adams
Invocation	Eva Jimenez
Welcome Guests	Pat Corey
Greeters	Melinda Brown, Scott Pewitt, Brian Scarr Rob Adams, Bruce Dean
Photographer	
Sergeant-At-Arms	Tenessa Audette
Prize Donation	Rob Adams

ANNOUNCEMENTS

- March 20th was the first day of Spring. It was also the day before **President Fauss'** 71st birthday, for which a fairly booming rendition of "Happy Birthday" was offered by the Club. However, **Eva Jimenez** didn't feel the chorus sufficiently honored our illustrious president. She thus reclaimed the microphone and enthusiastically led the Club in the Four Way Test song. Bully-Ho!
- March 13th saw one of the finer and better attended socials in recent memory. About 30-40 Rotarians gathered in the banquet room at CR Gibbs. Hors d'voures were courtesy of CR Gibbs and **PP ED Rullman** and **Brad Rullman**



Left to Right: **PP Ed Rullman**, **Leslie William** and **Andree Blanchier** enjoy Rotary fellowship and adult beverages

- There is a Rotary District Assembly being held in our own backyard next Month. Saturday, April 5th from 8:30am to 2:00pm. **President Rick** emphasized that when an Assembly is held in your hometown it is important the club be well represented, so if you haven't signed up already please consider signing up [HERE](#).
- **Eva Jimenez** needs bike helmets ASAP! They are taking the I-House students out on a bicycle trip and need helmets. This is just a loan. Your helmet will be labeled, sanitized and returned to you, assuming it wasn't sacrificed to save a student's noggin. Please call **Eva**.
- The Board is considering an opportunity to take over an existing fundraiser that has been very popular and successful in the past. This would ostensibly replace the Haunted House – two weeks of work instead of 3 months. Next Board Meeting is April 8th.

RECOGNITIONS

Leslie Morgan has been cruise-hungry for a while now. Recently she, her husband **John**, and 7 other couples boarded a Norwegian liner for a trip to New Orleans pre-Mardi-Gras. While away it seems PG&E almost blew up her house – “lucky it still stands” is the consensus opinion. Not surprisingly, PG&E is not leaping forward to accept responsibility. Unfortunately, this turn of events means they are unable to host I-House students this year. Worth the remainder of her pledge, in spite her misfortune.



Melinda Brown recently enjoyed some travels to Disneyland, Knotts Berry Farm and Italy, where she made sure to visit Venice (watch for pickpockets, please!), the Leaning Tower of Pisa, Pompeii and the Gondola. Worth \$100 to her Paul Harris.

.Yoga in High P.E. the five “W”s

WHO

A Little About Me

Annette Wilson

Born and raised in Redding/Millville

Attended Foothill High School-graduated in 1999

Attended Sac State--BA degree in Social Science and Supplementary Authorization in Physical Education.

Received teaching credential in 2003 in Social Science and Physical Education

Began teaching at Foothill High School in August 2004

Have been teaching Physical Education for 19 of my 21 years at FHS



WHAT

Yoga in the High School

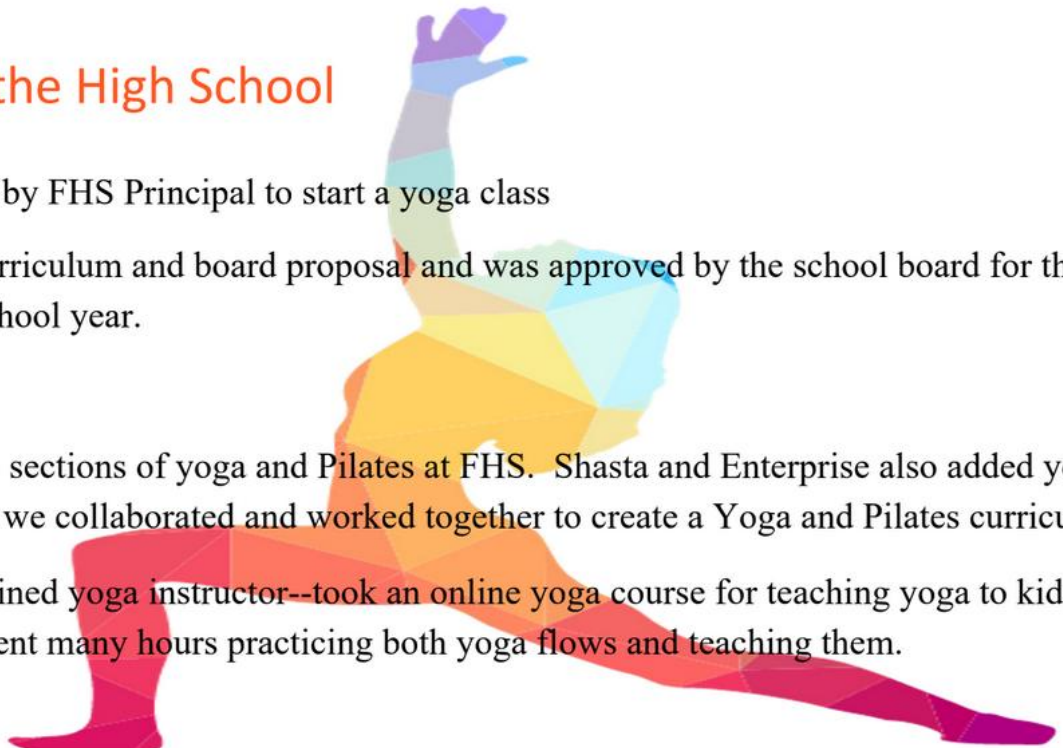
Approached by FHS Principal to start a yoga class

Created a curriculum and board proposal and was approved by the school board for the following school year.

Fall of 2019

*Taught two sections of yoga and Pilates at FHS. Shasta and Enterprise also added yoga sections and we collaborated and worked together to create a Yoga and Pilates curriculum.

I'm not a trained yoga instructor--took an online yoga course for teaching yoga to kids and teens and spent many hours practicing both yoga flows and teaching them.



WHEN

What Does Yoga Class Look Like

Typical Week in Yoga and Pilates

Monday: Yoga Flow with poses and breath work

Tuesday: Yoga Sculpt--implement weights, resistance bands, sliders, cardio with fun and upbeat music

Wednesday: Recovery day--slow stretching yoga flow with a 5-10 minute meditation at the end of class.

Thursday: Mixed bag--Yoga or Pilates video, Just Dance or dancing, volleyball or pickleball...

Friday: Students choice--combine with other PE classes outside or inside to play basketball, volleyball, football or walk.

WHERE: FOOTHILL HS



WHY

Testimonials-Mental Wellbeing

My favorite part of Yoga class is the little dance routines we do sometimes. They are interactive and playful. but YOGA wise, I really like the meditations.

How its relaxing and I get to do something that other people pay for, but I get for free.

corpse time, it gives me time to relax and clear my head before a full day of school

I have noticed that it has helped improve to be more relaxed.

yes. some days i come in with severe anxiety to the point where im getting nauseous and i leave feeling much better

yes I enjoy beginning my day with yoga it helps me relax and be ready for the day

Testimonials-Physical Benefits

I have gained cardio skills and I can sustain stamina for longer. I also have gained flexibility.

I can tell my core is getting stronger its made running easier and overall just made my life better

Yoga has helped me so much with my balance. And the workouts have made me workout muscles in my legs I knew I never had.

The physical benefits that I have gained from the yoga workouts this year is better stamina from the workouts that we do on tuesday, a better stronger core from the planks, and I am a little more flexible from all the flows and stretches

I can see a significant amount of weight loss and muscle growth as well as flexibility.

DATE	UPCOMING PROGRAMS
March 27	I-House
April 3	North State Physician Dream Team
April 10	Rodeo Grounds Update
April 17	United Way – Building Bridges



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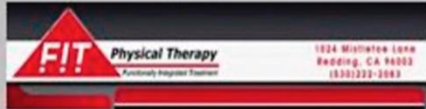
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Rotary



The Four-Way Test

of what we think, say or do

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build good will and better friendships?
4. Will it be beneficial to all concerned?

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Rotary members look for opportunities to improve our communities today and invest in the next generation for tomorrow.



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