

Who is Vidal?

Jennifer Vidal finds passion in teaching non-conventional P.E. classes

"I truly believe that kids feel better when they exercise, its a huge mental health boost," P.E. teacher Jen Vidal said. She strongly believes that students need a class period to be disconnected from their phones and be with their peers and exercise. Vidal teaches students skills that they could use outside of their class as well. "I'm introducing my students to some activities and sports that they can do on their own," Vidal said.



CLIMBING 101 Adventure Ed teacher Jen Vidal shows her students different type of rock holds in her class, helping them get more comfortable before they try their hand at climbing the rock wall in the Auxiliary Gym.

LETS TALK Vidal talks to one of her students about climbing, helping her decide a route to take.

WHAT'S COOKIN'? Students in the Adventure Ed class look at what their classmates are cooking

PREPARING PASTA Students in the Adventure Ed class prepare to cook their pasta

MEAT ON A MONDAY Caden Kinderknecht '21 cooks meatballs for his groups pasta in Adventure Ed 1



Let's Cook

Adventure Ed 1 learns how to cook pasta outside

The meatballs sizzle at the bottom of the pan, with spaghetti boiling in another pot. Students who pass by the outdoor area by Athletics watch curiously when they notice something out of the ordinary. Caden Kinderknecht '21, kneeling over a camp stove smiled as he worked with his group to produce a divine meal in his Adventure Ed 1 class.

While most see Adventure Ed 1 as just another P.E. class, the students do a lot more than climbing rock walls and doing laps. Throughout all the exercise, the class does numerous team bonding exercises and stretch their comfort zones physically and mentally.

"In that class we do a lot of team building exercises. It felt good to help each other out and hold each other accountable."

Caden Kinderknecht '21

Kinderknecht got especially excited when the class went outside to cook pasta.

"It was mostly simple, but it was kind of time consuming," Kinderknecht said. "You had to know what to do and make sure you cooked it in depth."

When cooking pasta, there was a lot more involved than water and pasta. They had a limited amount of materials and had to make sure it was fully cooked. But in the end, the activity not only brought the class together but taught them how to be independent.

"The whole point of that class is outdoors, so you can know how to get your own resources," Kinderknecht said.

There was also the aspect of keeping the food warm enough to eat and containing everything properly, which requires a lot of concentration and teamwork.

"You gotta keep your food warm and make sure it's all contained," Kinderknecht said.

Kinderknecht and his class proved that you can do and learn a lot more than exercise in a P.E. class, and that food can taste good no matter where or how you make it.

Coverage by Malia Logan, photos by Shaye Flemming

Make it an Occasion

Learning gets real in senior favorite You and the Law class

WHO Mr. Adair and his You and Law students

WHAT Learning how to lift fingerprints and talking about types of law enforcement vehicles. "It was super cool learning how to lift fingerprints," Jakob Grote '20 said.

WHEN During 1B, 2B, 4B periods

WHERE "We typically go into the lecture center or the library," Hailey Stilley '20 said.

WHY "I think Mr. Adair brings speakers in to help us understand different jobs in criminal workforce. And what the job entails," Grote said.

LIFT A FINGER Students in Mr. Adair's class practice lifting fingerprints off different objects using graphite powder

A DIFFERENCE IN SIZE Hailey Stilley stands next to a Bearcat owned by SWAT and admires how big it is compare to herself

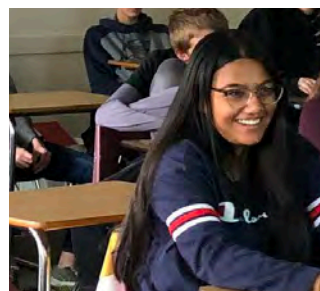


A Fresh Start

Freshmen find a way to kick off the year with extra help in Raptor 101



"I like the games that we played in Raptor 101 because they were really involving and it could be really competitive. All the games we played were super fun and had a good lesson to it," Tyson Clark '23 said. "The link leaders made it a lot of fun and really gave a god insight on what its like at Eaglecrest."



"I loved playing games and getting to let go for a little. It was great because after all the stress I was going through, I could just play and be myself," Telsha Sigdel '23 said. "The stuff that we talked about was really cool and the Link leaders were so nice and helpful!"



"My favorite thing about Raptor 101 was how fun it was. The people and games we played were so fun!" Nicholas Gordon '23 said. "I don't typically play games in school and I'm a very competitive person. Also some of the stuff we talked about was really cool and I learned a lot about high school."



"One of my favorite things about Raptor 101 was the fun times i had with my friends," Reilly O'loughlin '23 said. "The games we played were super fun and it gave me time to do homework. I also got to learn about great resources here at the school! The link leaders were super cool and helped us to feel safe in high school."