

Red Rock Junior High School Life Skills Day Subject List

Group A (students must indicate their 1st and 2nd choices from this group)

How to Get What You Want (Goal Setting)

Explore what makes a great leader and how to set goals you can achieve. Learn about decision-making, responsibility, and motivating others. You'll leave ready to take on leadership roles at school or in the community. (use SMART goals framework)

Jennifer Garrett (VV Rotary) 928-592-3659 - has a student at RRJHS - HEATHER WILL REACH OUT

Kristen Hahn – Hahn Roofing owner (student parent)?

How to Set Your Body and Mind Up for Success (Wellness and Performance)

Unlock your full potential by learning how sleep, movement, mindset, and daily habits work together to boost your energy, focus, and confidence. This session brings it all together—giving you simple ways to feel your best and perform at your peak, in school and beyond.

Former Girl's BBall coach - Rebecca Woodberry - beccawoodberry@gmail.com - HEATHER WILL REACH OUT

Larry Betz (Paul's neighbor) - Trainer

Peter Brock (RR sports medicine teacher)

Rotary? (Paul Bowles?)

How Not to be a Jerk (Conflict Resolution) Confirmed

Learn how to handle arguments and disagreements without drama. This session gives you real-life tools to stay cool, speak up, and solve problems without making things worse.

Tom Swaninger - School District Superintendent - HEATHER WILL REACH OUT

Tom has confirmed. Please email him confirmation/instructions/needs,etc.

Finding Meaning in How You Spend Your Spare Time (Volunteering)

Discover how giving your time can make a big impact—on others and on you. Learn fun and meaningful ways to help out in your school or community, and explore how volunteering can build skills, friendships, and purpose.

Rotary?

Patrick Schweiss - Sedona Film Festival - 928.301.7455 - JENNETTE WILL REACH OUT

Volunteer Sedona Founder - Spring Graf - spring@volunteersedona.com

Group B (students must indicate their 1st, 2nd and 3rd choices from this group)

Earning Money / Starting a Small Business

Learn how to take your great idea or hobby and turn it into hustle, explore ways to make money, and get smart about savings. Want to take it to the next level? Explore start-ups, marketing, and basic business management. This session is all about taking your passion and building financial independence and having fun while doing it.

Verde Valley Shark Tank organizer? - David Simmer knows her - Gwenn Ortmeyer 508.878.9066 ortmeyer@comcast.net - JENNETTE WILL REACH OUT

Kristen Hahn – Hahn Roofing owner (student parent)?

Paul ?? - Started a Candle Business (wife could also do personal fitness)

Cake / Cookie Decorating

Get creative with frosting, sprinkles, and sweet designs! Learn decorating tricks to turn cookies and cakes into edible art—and yes, you'll get to taste your masterpiece too.

Jennette Bill contact? (Sister-in-law) - Viki Ralston - JENNETTE WILL REACH OUT

Fashion

Explore trends, styles, and the basics of putting together fashionable outfits. Learn how colors, patterns, and accessories can create a unique look. This class will help you express yourself through what you wear.

Bennali's (clothing boutique) Manager – Marcia Furst? Or Mimi Maher (owner)? - HEATHER WILL REACH OUT TO MIMI FOR IDEAS

Candice Dolan? Used to own Victorian Cowgirl (wardrobe consultant)

Stock Market Investing & Personal Finance

Curious about how money works and grows? Learn the basics of saving, budgeting, and investing in the stock market—plus try out “pretend trading” to see how smart choices can pay off. This session helps you build money skills for life.

Rotary? Will Trizese (Edward Jones Financial Planner)? - PAUL WILL REACH OUT

Paul Tibbs - Financial Planner started Candle business that (paul.tibbs@gmail.com - 623.760.6035)

Does Chase Bank offer a program to kick-start savings for youth? Hope Harper @ Chase Bank in VOC (Private Client Wealth Management 928.284.4716 hope.harper@mcw.jpmorgan.com) - PAUL WILL REACH OUT

Video Editing

Turn everyday footage into something awesome! Learn how to cut clips, add music, and use cool effects to make your videos pop. Whether you're into gaming, vlogs, or school projects, this session helps you create content worth sharing.

Cindy Wilmer? (high school photo teacher... need to find substitute for her class) - MARILYN TO REACH OUT

12/16/25 Marilyn spoke with Cindy Wilmer who does not feel proficient in the area of video editing but will think about possible options.

12/18/25 Marilyn Emailed Cindy Wilmer to see about any new ideas.

12/18/25 Marilyn emailed [Teresa Lamparter](#) to ask about the Red Rock News videographer. His name is Dave ? and his email is djolkovski@larsonnewspapers.com

1/6/26 Marilyn emailed Dave from the paper inquiring about suggestions- he did not respond

1/7/26 Heather to reach out to the “film festival” guy.

1/15/26 Cindy Wilmer did not have luck in finding someone interested to teach the topic.

First Aid Basics (Confirmed)

Learn how to stay calm and help out when someone gets hurt. You'll practice simple but important skills like bandaging cuts, treating burns, and knowing what to

do in an emergency. These tools could help you make a real difference when it matters most.

American Red Cross (Denny Preisser)?

Maybe someone from the Fire Department

VACTE (Vocational College)

UPDATE (2025-12-18 Paul): Spoke w/ Denny. He's in. Topics to be cuts, burns and dehydration. Will try to also loop in recent college grads (Sydnie Loveridge & Kyle Hallongren)

Decorating a Room

Make your space feel more like *you*! Learn how to use color, layout, and simple design tricks to turn any room into a cozy, stylish hangout. You'll leave with ideas to personalize your space without spending a ton.

Furniture store owner (Blackmarr) & Sedona Digs (Lindsey Potter) - Sponsor for Taste of Sedona - JENNETTE WILL REACH OUT

Sports Readiness - Conditioning / Fitness / Skills Development

Want to compete at your best? This session covers how to prepare your body and mind for sports through smart training, skill-building, recovery tips, and mental focus. Whether you're into team sports or solo challenges, you'll learn how to boost your overall readiness and confidence.

Peter Brock (Sports Medicine person at RRJHS) - Has interns that could help - MARILYN TO REACH OUT

?? PE teacher?

12/19/25-Marilyn spoke with Peter Brock who recommended Galen Bessette (a current bus driver and girls soccer coach with formal education in this area). She emailed Gavin and is waiting for a response.

1/6/26 Galen Bessette emailed and was very interested in teaching the class but checked his calendar is unavailable on Fri. Feb. 27th due to a track meet he is coaching.

