



17044 Adventure Bound Trail • Rixeyville, VA 22737

Corporate Programs Custom “Challenge by Choice” Youth Programs Summer Camp Programs Environmental Studies

Dear Families:

As part of the Fauquier Community Child Care after-school program, your child will have the opportunity to participate in a ten-week health program designed for elementary students. My name is Ashley Shilling, and I will be the guest facilitator leading the Too Good for Drugs health program (Too Good). Too Good in elementary school teaches the fundamental elements of social and emotional learning through developmentally appropriate activities that set the foundation for a healthy adolescence. Lessons build the skills children need to set daily goals, identify emotions and feelings, and make healthy choices that contribute to their overall health and well-being.

Too Good is a nationally recognized program that teaches five essential social and emotional learning skills, which research has linked with healthy development and academic success:

1. Goal Setting
2. Decision Making
3. Pro-social Bonding
4. Identifying and Managing Emotions
5. Communicating Effectively

This year I will be incorporating the experiential learning model to the Too Good program. Experiential learning is a learning process whereby students “learn by doing” and by reflecting on the experience. Games and other activities will be shaped around the Too Good curriculum, giving students the opportunity to engage intellectually, creatively, emotionally, socially, and physically during each lesson.

I have spent the last eleven years working for Verdun Adventure Bound, a local non-profit organization that specializes in experiential learning. Verdun was established in 1999 with a vision to strengthen the community in which we exist by empowering individuals, communities, and organizations, to discover their unrealized potential and by fostering impactful collaboration. Verdun utilizes a multi-faceted challenge course, community partnerships, and natural resources in our area to provide custom experiences that connect people to each other and their community. Verdun promotes individual and collective growth through programs designed to meet the specific needs of our clients and our community as a whole.

I am excited to say that I will be implementing the Too Good program starting in January 2022 at the Fauquier Community Child Care after-school program sites, Highland School, and Saint James.

For more information on the Too Good program, go to the webpage of the Mendez Foundation which developed the program: <https://toogoodprograms.org/>. There you can see sample lessons, evaluation studies, research, and more. If you have any questions, please feel free to contact me at (540)937.4920 or ashley.verdun@gmail.com

Sincerely,
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